

## 2015-2020 Dietary Guidelines

# Appendix 7. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and *Dietary Guidelines* Recommendations

Table A7-1.

## Daily Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and *Dietary Guidelines* Recommendations

Previous Column

Next Column

	Source of goal <sup>a</sup>	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	Female 14-18	Male 14-18
<b>Calorie level(s) assessed</b>		1,000	1,200	1,400, 1,600	1,600	1,800	1,800	2,200, 2,800, 3,200
<b>Macronutrients</b>								
Protein, g	RDA	13	19	19	34	34	46	52
Protein, % kcal	AMDR	5-20	10-30	10-30	10-30	10-30	10-30	10-30
Carbohydrate, g	RDA	130	130	130	130	130	130	130

	Source of goal	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	Female 14-18	Male 14-18
Carbohydrate, % kcal	AMDR	45-65	45-65	45-65	45-65	45-65	45-65	45-65
Dietary fiber, g	14g/ 1,000 kcal	14	16.8	19.6	22.4	25.2	25.2	30.8
Added sugars, % kcal	DGA	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Total fat, % kcal	AMDR	30-40	25-35	25-35	25-35	25-35	25-35	25-35
Saturated fat, % kcal	DGA	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Linoleic acid, g	AI	7	10	10	10	12	11	16
Linolenic acid, g	AI	0.7	0.9	0.9	1	1.2	1.1	1.6
<b>Minerals</b>								
Calcium, mg	RDA	700	1,000	1,000	1,300	1,300	1,300	1,300
Iron, mg	RDA	7	10	10	8	8	15	11
Magnesium, mg	RDA	80	130	130	240	240	360	410
Phosphorus, mg	RDA	460	500	500	1,250	1,250	1,250	1,250
Potassium, mg	AI	3,000	3,800	3,800	4,500	4,500	4,700	4,700
Sodium, mg	UL	1,500	1,900	1,900	2,200	2,200	2,300	2,300
Zinc, mg	RDA	3	5	5	8	8	9	11
Copper, mcg	RDA	340	440	440	700	700	890	890
Manganese, mg	AI	1.2	1.5	1.5	1.6	1.9	1.6	2.2
Selenium, mcg	RDA	20	30	30	40	40	55	55

	Source of goal	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	Female 14-18	Male 14-18
<b>Vitamins</b>								
Vitamin A, mg RAE	RDA	300	400	400	600	600	700	900
Vitamin E, mg AT	RDA	6	7	7	11	11	15	15
Vitamin D, IU	RDA	600	600	600	600	600	600	600
Vitamin C, mg	RDA	15	25	25	45	45	65	75
Thiamin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.2
Riboflavin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.3
Niacin, mg	RDA	6	8	8	12	12	14	16
Vitamin B <sub>6</sub> , mg	RDA	0.5	0.6	0.6	1	1	1.2	1.3
Vitamin B <sub>12</sub> , mcg	RDA	0.9	1.2	1.2	1.8	1.8	2.4	2.4
Choline, mg	AI	200	250	250	375	375	400	550
Vitamin K, mcg	AI	30	55	55	60	60	75	75
Folate, mcg DFE	RDA	150	200	200	300	300	400	400

<sup>a</sup> RDA = Recommended Dietary Allowance, AI = Adequate Intake, UL = Tolerable Upper Intake Level, AMDR = Acceptable Macronutrient Distribution Range, DGA = *2015-2020 Dietary Guidelines* recommended limit; 14 g fiber per 1,000 kcal = basis for AI for fiber.

<sup>b</sup> Calcium RDA for males ages 71+ years is 1,200 mg.

<sup>c</sup> Vitamin D RDA for males and females ages 71+ years is 800 IU.

## Notes

Source: Institute of Medicine. Dietary Reference Intakes: The essential guide to nutrient requirements. Washington (DC): The National Academies Press; 2006.

Source: Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. Washington (DC): The National Academies Press; 2010.