

Daily nutritional goals.

Macronutrients		Gender/Age					
		F 19-30	F 31-50	F 51+	M 19-30	M 31-50	M 51+
Calorie Level Assessed	Source of Goal*	2,000	1,800	1,600	2,400	2,200	2,000

An overview per age and gender.

Protein (g)	RDA	46	46	46	56	56	56
Protein (%kcal)	AMDR	10-35	10-35	10-35	10-35	10-35	10-35
Carbohydrate (g)	RDA	130	130	130	130	130	130
Carbohydrate (%kcal)	AMDR	45-65	45-65	45-65	45-65	45-65	45-65
Total lipid (% kcal)	AMDR	20-35	20-35	20-35	20-35	20-35	20-35

*Acceptable Macronutrient Distribution Range (AMDR) and Recommended Dietary Allowance (RDA).

Source: U.S. Department of Agriculture & U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025, 9th ed. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

