

Recommended Energy Intakes per day

Life stage/ age group	Weight (kg)		Energy (kcal)	
	M	F	M	F
Infants, mo				
0-5	6.5	6.0	620	560
6-11	9.0	8.0	720	630
Children, y				
1-2	12.0	11.5	1,000	920
3-5	17.5	17.0	1,350	1,260
6-9	23.0	22.5	1,600	1,470
10-12	33.0	34.0	2,060	1,960
13-15	48.5	46.0	2,700	2,170
16-18	59.0	51.5	3,010	2,260
Adults, y				
19-29	60.5	52.5	2,530	1,930
30-49	60.5	52.5	2,420	1,870
50-59	60.5	52.5	2,420	1,870
60-69	60.5	52.5	2,140	1,610
≥ 70	60.5	52.5	1,960	1,540
Pregnant				+300*
Lactating				+600

Abbreviations: M-Male, F-Female, E-Energy

*For 2nd and 3rd trimesters only**Acceptable Macronutrient Distribution Ranges**

Lifestage/ age group	Range (% of Energy)		
	Protein	Total Fat	Carbohydrate ^a
Infants, mo			
0-5	5	40-60	35-55
6-11	8-15	30-40	45-62
Children, y			
1-2	6-15	25-35	50-69
3-18	6-15	15-30	55-75
Adults, y			
≥ 19	10-15	15-30	55-75

NOTE: Acceptable Macronutrient Distribution Range (AMDR) is the range of intakes for a particular energy source (carbohydrate, protein or fat) that is associated with reduced risk of chronic diseases while providing adequate intakes of essential nutrients, expressed as a percentage of total energy intake.

^aThe AMDR for carbohydrate is the percentage of total energy available after taking into account that consumed as protein and fat, hence the wide ranges.

Empilwe Intake For 2015

JR Anderson



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