

**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 2<sup>nd</sup> and 3<sup>rd</sup> trimesters only**Acceptable Macronutrient Distribution Ranges**

Lifestage/ age group	Range (% of Energy)		
	Protein	Total Fat	Carbohydrate <sup>1</sup>
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.

<sup>1</sup>The 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

**Rachel S Tattersall**



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