

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	2,280
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 ¹
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.

¹The 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

AW Chickering



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Empilwe Intake For 2015 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Empilwe Intake For 2015**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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