Women NUTRIENT NEEDS

| Energy | 1200-1500 kcals per day as a general guideline - Should result in a safe weight loss of 1-2 pounds per week | NOTES |
|--------------|---|-------|
| Carbohydrate | 45-65% of energy as carbohydrate - Recommend 2 cups fruit per day - Recommend 2-3 cups vegetable per day - Choose whole grain breads and cereals - Include fat-free (skim)/low-fat (1%) dairy products - Minimize intake of refined carbohydrates and added sugars - Limit added sugar to 25g per day | |
| Protein | 15-30% of energy as protein Recommend 60-75 grams protein per day (20% of energy) | |
| Fluid | At least 64 ounces per day | |
| Fat | 25-35% of energy as total fat - <7% of total calories as saturated fat - Up to 10% of total calories as polyunsaturated fat - Up to 20% of total calories as monounsaturated fat | |
| Cholesterol | <200 mg per day | |
| Fiber | 25 grams per day | |

