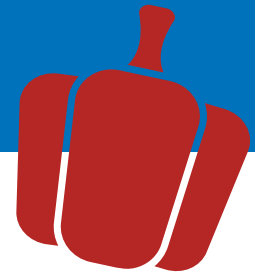


# Women NUTRIENT NEEDS



<b>Energy</b>	<b>1200-1500 kcals per day OR</b> Mifflin equation x 1.3 activity factor, then subtract 500-1000 calories - Should result in a weight loss of 1-2 pounds per week
<b>Carbohydrate</b>	<b>45-65% of energy as carbohydrate</b> - 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
<b>Protein</b>	<b>15-30% of energy as protein</b> Recommend 60-75 grams protein per day (20% of energy)
<b>Fat</b>	<b>25-35% of energy as total fat</b> - <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
<b>Cholesterol</b>	<b>&lt;200 mg per day</b>
<b>Fiber</b>	<b>25 grams per day</b>
<b>Fluid</b>	<b>At least 64 ounces per day</b>

