

Men NUTRIENT NEEDS



Energy	1500-1800 calories per day OR Mifflin equation x 1.3 activity factor, then subtract 500-1000 calories - Should result in a weight loss of 1-2 pounds per week
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
Protein	15-30% of energy as protein Recommend 75-90 grams protein per day (20% of energy)
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	38 grams per day
Fluid	At least 64 ounces per day

