

Men NUTRIENT NEEDS



		NOTES
Energy	<p>1500-1800 calories per day as a general guideline</p> <ul style="list-style-type: none"> - Should result in a safe weight loss of 1-2 pounds per week 	
Carbohydrate	<p>45-65% of energy as carbohydrate</p> <ul style="list-style-type: none"> - 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 37g per day 	
Protein	<p>15-30% of energy as protein</p> <p>Recommend 75-90 grams protein per day (20% of energy)</p>	
Fluid	<p>At least 64 ounces per day</p>	
Fat	<p>25-35% of energy as total fat</p> <ul style="list-style-type: none"> - <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	<p><200 mg per day</p>	
Fiber	<p>38 grams per day</p>	