

Daily Requirements Calories & Fiber
Institute of Medicine, 2002

Age	Calories	Fiber Grams
All Kids 1-3	1,404	19
All Kids 4-8	1,789	25
Males 9-13	2,265	31
Males 14-18	2,840	38
Males 19-30	2,818	38
Males 31-50	2,554	38
Males 51-70	2,162	30
Males 70+	1,821	30
Females 9-13	1,910	26
Females 14-18	1,901	26
Females 19-30	1,791	25
Females 31-50	1,694	25
Females 51-70	1,536	21
Females 70+	1,381	21

Daily Reference Values ~ USFDA

Based on 2,000 calories a day for adults and kids over 4

<u>Food Component</u>	<u>Daily Ref Value</u>
fat	65g
saturated	fatty acids 20g
cholesterol	300mg
total carbohydrate	300g
fiber	25g
sodium	2,400mg
potassium	3,500mg
protein	50g