

Women's Daily Nutritional Requirements Chart

Patient's name: _____ Age: _____ Height: _____ Weight: _____ Activity level: _____

Medical history

Other medical considerations

Are you pregnant or breastfeeding? Pregnant Breastfeeding Not applicable

Daily nutritional requirements for ages 6-12 months and 12-23 months		
Nutrients	6 – 12 months	12 – 23 months
Macronutrients		
Protein (g)	11	13
Carbohydrate (g)	95	130
Fiber, total dietary (g)	n/a	19
Total lipid (% kcal)	n/a	30 – 40
18:2 Linoleic acid (g)	4.6	7
18:3 Linolenic acid (g)	0.5	0.7
Minerals		
Calcium (mg)	260	700
Iron (mg)	11	7
Magnesium (mg)	75	80
Phosphorus (mg)	275	460
Potassium (mg)	860	2,000
Sodium (mg)	370	1,200
Zinc (mg)	3	3

Nutrients	6 – 12 months			12 – 23 months			
Vitamins							
Vitamin A (mcg RAE)	500			300			
Vitamin E (mg AT)	5			6			
Vitamin D (IU)	400			600			
Vitamin C (mg)	50			15			
Thiamin (mg)	0.3			0.5			
Riboflavin (mg)	0.4			0.5			
Niacin (mg)	4			6			
Daily nutritional requirements for ages 2 and up							
Nutrients	2 – 3	4 – 8	9 – 13	14 – 18	19 – 30	31 – 50	51+
Macronutrients							
Calorie level assessed	1,000	1,200	1,600	1,800	2,000	1,800	1,600
Protein (% kcal)	5 – 20	10 – 30	10 – 30	10 – 30	10 – 35	10 – 35	10 – 35
Protein (g)	13	19	34	46	46	46	46
Carbohydrate (% kcal)	45 – 65	45 – 65	45 – 65	45 – 65	45 – 65	45 – 65	45 – 65
Carbohydrate (g)	130	130	130	130	130	130	130
Fiber (g)	14	17	22	25	28	25	22
Added Sugars (% kcal)	<10	<10	<10	<10	<10	<10	<10
Total lipid (% kcal)	30 – 40	25 – 35	25 – 35	25 – 35	20 – 35	20 – 35	20 – 35
Saturated Fatty Acids (% kcal)	<10	<10	<10	<10	<10	<10	<10
18:2 Linoleic acid (g)	7	10	10	11	12	12	11
18:3 Linolenic acid (g)	0.7	0.9	1	1.1	1.1	1.1	1.1

Nutrients	2 – 3	4 – 8	9 – 13	14 – 18	19 – 30	31 – 50	51+
Minerals							
Calcium (mg)	700	1,000	1,300	1,300	1,000	1,000	1,200
Iron (mg)	7	10	8	15	18	18	8
Magnesium (mg)	80	130	240	360	310	320	320
Phosphorus (mg)	460	500	1,250	1,250	700	700	700
Potassium (mg)	2,000	2,300	2,300	2,300	2,600	2,600	2,600
Sodium (mg)	1,200	1,500	1,800	2,300	2,300	2,300	2,300
Zinc (mg)	3	5	8	9	8	8	8
Vitamins							
Vitamin A (mcg RAE)	300	400	600	700	700	700	700
Vitamin E (mg AT)	6	7	11	15	15	15	15
Vitamin D (IU)	600	600	600	600	600	600	600
Vitamin C (mg)	15	25	45	65	75	75	75
Thiamin (mg)	0.5	0.6	0.9	1	1.1	1.1	1.1
Riboflavin (mg)	0.5	0.6	0.9	1	1.1	1.1	1.1
Niacin (mg)	6	8	12	14	14	14	14
Vitamin B-6 (mg)	0.5	0.6	1	1.2	1.3	1.3	1.5
Vitamin B-12 (mcg)	0.9	1.2	1.8	2.4	2.4	2.4	2.4
Choline (mg)	200	250	375	400	425	425	425
Vitamin K (mcg)	30	55	60	75	90	90	90
Folate (mcg DFE)	150	200	300	400	400	400	400

Daily nutritional requirements for women who are lactating by age group and months postpartum						
Nutrients	14 – 18 0 – 6 months postpartum	14 – 18 7 – 12 months postpartum	19 – 30 0 – 6 months postpartum	19 – 30 7 – 12 months postpartum	31 – 50 0 – 6 months postpartum	31 – 50 7 – 12 months postpartum
Calorie level assessed	2,200	2,200	2,400	2,400	2,200	2,200
Macronutrients						
Protein (% kcal)	10 – 30	10 – 30	10 – 35	10 – 35	10 – 35	10 – 35
Protein (g)	71	71	71	71	71	71
Carbohydrate (% kcal)	45 – 65	45 – 65	45 – 65	45 – 65	45 – 65	45 – 65
Carbohydrate (g)	210	210	210	210	210	210
Fiber (g)	31	31	34	34	31	31
Added Sugars (% kcal)	<10	<10	<10	<10	<10	<10
Total lipid (% kcal)	25 – 35	25 – 35	20 – 35	20 – 35	20 – 35	20 – 35
Saturated Fatty Acids (% kcal)	<10	<10	<10	<10	<10	<10
18:2 Linoleic acid (g)	13	13	13	13	13	13
18:3 Linolenic acid (g)	1.3	1.3	1.3	1.3	1.3	1.3
Minerals						
Calcium (mg)	1,300	1,300	1,000	1,000	1,000	1,000
Iron (mg)	10	10	9	9	9	9
Magnesium (mg)	360	360	310	310	320	320
Phosphorus (mg)	1,250	1,250	700	700	700	700
Potassium (mg)	2,500	2,500	2,800	2,800	2,800	2,800
Sodium (mg)	2,300	2,300	2,300	2,300	2,300	2,300
Zinc (mg)	13	13	12	12	12	12
Iodine (mcg)	290	290	290	290	290	290

Nutrients	14 – 18 0 – 6 months postpartum	14 – 18 7 – 12 months postpartum	19 – 30 0 – 6 months postpartum	19 – 30 7 – 12 months postpartum	31 – 50 0 – 6 months postpartum	31 – 50 7 – 12 months postpartum
Calorie level assessed	2,200	2,200	2,400	2,400	2,200	2,200
Vitamins						
Vitamin A (mcg RAE)	1,200	1,200	1,300	1,300	1,300	1,300
Vitamin E (mg AT)	19	19	19	19	19	19
Vitamin D (IU)	600	600	600	600	600	600
Vitamin C (mg)	115	115	120	120	120	120
Thiamin (mg)	1.4	1.4	1.4	1.4	1.4	1.4
Riboflavin (mg)	1.6	1.6	1.6	1.6	1.6	1.6
Niacin (mg)	17	17	17	17	17	17
Vitamin B-6 (mg)	2	2	2	2	2	2
Vitamin B-12 (mcg)	2.8	2.8	2.8	2.8	2.8	2.8
Choline (mg)	550	550	550	550	550	550
Vitamin K (mcg)	75	75	90	90	90	90
Folate (mcg DFE)	500	500	500	500	500	500

Additional notes

Healthcare provider's name: _____ Signature: _____ Date: _____

Reference

United States Department of Agriculture. (2020). Dietary guidelines for Americans 2020 -2025. In Dietary Guidelines for Americans. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf