



Nutrients: How Much Does the Average Person Need Per Day?

1. **Calories** (Think Range from a small female to a large male)- 1700-3500
 2. **Fat Grams per day**- 60- 80 grams
 3. **Saturated Fat per day**- less than 20-25 grams
 4. **Cholesterol per day**- less than 300 mg
 5. **Sodium per day**- 1300-2400 mg
 6. **Fiber per day**- 25-30 grams
 7. **Carbohydrates per day**- 300-375 grams
 8. **Protein per day**- 40-100 grams
 9. **What percentage of your diet should come from Carbohydrates?** 45%-65%
 10. **What percentage of your diet should come from Protein?** 10%-35%
 11. **What percentage of your diet should come from Fat?** 20%-35%
 12. **What percentage of your diet should come from Saturated Fat?** None or no more than 7%
 13. **What percentage of your diet should come from Trans Fat?** None or no more than 1%
 14. **How many discretionary calories are allowed each day?** 200 calories or less
 - *Discretionary calories are those coming from foods you enjoy but do not provide nutritional value such as sweets and alcohol*
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