Dietary Reference Intakes

Resource: [Dietary Reference Intakes PDF](http://clccharter.org/andrea/FCS/nutrition/quest/dietary%20reference%20intakes.pdf)

What are the estimated average requirements for your gender and age group?

Water and Macronutrients

Total Water (L/d) –

Carbohydrates (g/d) –

Total Fiber (g/d) –

Fat (g/d) –

Linoleic Acid (g/d) –

a-Linolenic Acid (g/d) –

Protein (g/d) –

Micronutrients

Sodium (g/d) –

Manganese (mg/d) –

Magnesium (mg/d) –

Iron (mg/d) –

Iodine (µg/d) –

Chloride (g/d) –

Zinc (mg/d) –

Calcium (mg/d) –

Vitamin A (µg/d) –

Vitamin C (mg/d) –