

# Women's Daily Nutritional Requirements Chart

Nutrient	Daily Requirement	Sources
Calories	1,800 - 2,400 kcal (varies)	
Protein	46 - 56 grams	
Fat	20 - 35% of total daily calories	
Carbohydrates	130 grams (minimum)	
Dietary Fiber	25 grams (women under 50)	
	21 grams (women 50 and over)	
<b><i>Vitamins &amp; Minerals:</i></b>		
Calcium	1,000 - 1,300 mg	
Iron	18 mg	
Magnesium	310 - 320 mg	
Potassium	2,600 - 2,800 mg	
Vitamin A	700 - 900 mcg	
Vitamin C	75 mg	
Vitamin D	600 IU (15 mcg)	

<b>Vitamin E</b>	15 mg (22.4 IU)	
<b>Vitamin K</b>	90 - 120 mcg	
<b><i>B Vitamins:</i></b>		
<b>B1 (Thiamine)</b>	1.1 - 1.2 mg	
<b>B2 (Riboflavin)</b>	1.1 - 1.3 mg	
<b>B3 (Niacin)</b>	14 - 16 mg	
<b>B5 (Pantothenic Acid)</b>	5 mg	
<b>B6 (Pyridoxine)</b>	1.3 - 2 mg	
<b>B7 (Biotin)</b>	30 - 100 mcg	
<b>B9 (Folate)</b>	400 mcg	
<b>B12 (Cobalamin)</b>	2.4 mcg	