

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)	
<i>Vitamins & Minerals:</i>		
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)	

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