

✓ ESTIMATED AVERAGE REQUIREMENTS FOR ENERGY *

AGE	MALE - kcal/day	FEMALE - kcal/day
14 -18	2000 - 2500	1500 - 2000

* Estimated energy requirements will be greater in more active people, and lower in those that are more sedentary.

✓ DAILY RECOMMENDED INTAKE OF ...

	WATER	MACRONUTRIENTS			VITAMINS			
AGE	Total Water * (Litres/day)	Carbohydrate (g/d)	Total Fiber (g/d)	Protein (g/d)	Vitamin A (µg/d) *	Vitamin C (mg/d)	Vitamin B ₆ (mg/d)	Vitamin B12 (µg/d)
Males								
14-18	3.3*	130	38	52	900 0,9 mg	75	1.3	2.4 0,0024 mg
Females								
14-18	2.3*	130	26	46	700 0,7 mg	65	1.2	2.4 0,0024 mg

* Total water includes all water contained in food, beverages, and drinking water.

* µg – microgram. A microgram is a thousandth of a milligram

MINERALS

AGE	Calcium (mg/d)	Copper (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Phosphorus (mg/d)	Zinc (mg/d)	Potassium (mg/d)	Sodium (mg/d)
Males								
14-18	1,300	890 0,89 mg	11	300	775	9.5	3,500	1,600
Females								
14-18	1,300	890 0,89 mg	14	300	625	7	3,500	1,600