

# Nutrient Intakes Recommended Per Day

Nutrient	DASH Eating Plan (2,000 kcals)	USDA Food Guide (2,000 kcals)	IOM Recommendations for Females 19 to 30
Protein, g	105	91	RDA: 46
Protein, % kcal	20	18	AMDR: 10-35
Carbohydrate, g	281	271	RDA: 130
Carbohydrate, % kcal	54	55	AMDR: 45-65
Total fat, g	60	65	—
Total fat, % kcal	26	29	AMDR: 20-35
Saturated fat, g	12	17	—
Saturated fat, % kcal	6	7.8	ALAP <sup>d</sup>
Monounsaturated fat, g	25	24	—
Monounsaturated fat, % kcal	12	11	—
Polyunsaturated fat, g	16	20	—
Polyunsaturated fat, % kcal	7	9.0	—
Linoleic acid, g	14	18	AI: 12
Alpha-linolenic acid, g	2.2	1.7	AI: 1.1
Cholesterol, mg	136	230	ALAP <sup>d</sup>
Total dietary fiber, g	34	31	AI: 28 <sup>e</sup>
Potassium, mg	4,721	4,044	AI: 4,700
Sodium, mg	2,096 <sup>f</sup>	1,779	AI: 1,500, UL: <2,300
Calcium, mg	1,406	1,316	AI: 1,000
Magnesium, mg	554	380	RDA: 310
Copper, mg	1.9	1.5	RDA: 0.9
Iron, mg	22	18	RDA: 18
Phosphorus, mg	1,955	1,740	RDA: 700
Zinc, mg	14	14	RDA: 8
Thiamin, mg	1.7	2.0	RDA: 1.1
Riboflavin, mg	2.7	2.8	RDA: 1.1
Niacin equivalents, mg	50	22	RDA: 14
Vitamin B <sub>6</sub> , mg	2.9	2.4	RDA: 1.3
Vitamin B <sub>12</sub> , µg	5.6	8.3	RDA: 2.4
Vitamin C, mg	162	155	RDA: 75
Vitamin E (AT) <sup>g</sup>	19	9.5	RDA: 15.0
Vitamin A, µg (RAE) <sup>h</sup>	925	1,052	RDA: 700

<http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm#table2>