

NUTRITIONAL INTAKE COMPARISON

Daily Caloric Reference Chart for Seniors (Ages 60+)

ACTIVITY LEVEL	FEMALES (DAILY CAL)	MALES (DAILY CAL)	PRIMARY GOAL
Sedentary (Light daily living)	1,600	2,000	Maintenance
Moderately Active (Walking 1.5-3 miles/day)	1,800	2,200 - 2,400	Energy Balance
Active (Walking >3 miles/day)	2,000 - 2,200	2,400 - 2,800	Performance

Macro Breakdown (Recommended)

- Protein: 1.0 - 1.2g per kg body weight
- Carbohydrates: 45% - 65% of total calories
- Healthy Fats: 20% - 35% of total calories

Key Micronutrients

- Calcium: 1,200 mg
- Vitamin D: 800 - 1,000 IU
- Vitamin B12: 2.4 mcg

** This chart is for educational purposes only. Caloric needs vary based on weight, height, and underlying health conditions. Consult a healthcare provider or registered dietitian for a personalized nutrition plan.*