

Comparison of Selected Nutrients in USDA Food Guide and Nutrient

Nutrient	USDA Food Guide (2,000 kcals)	Dietary Reference Intakes (DRIs) Food & Nutrition Board, Institute of Medicine, National Academies	
Protein % of kcal	18%	Adults	10-35%
Protein (grams)	91gms	Male age 19-30yrs	56 gms
		Male age 31-50 yrs	56 gms
		Male age 51-70 yrs	56 gms
		Female age 19-30yrs	46 gms
		Female age 31-50 yrs	46 gms
		Female age 51-70 yrs	46 gms
Carbohydrate % of kcal	55%	Adults	45-65%
Carbohydrate (grams)	271 gms	Male age 19-30yrs	130 gms
		Male age 31-50 yrs	130 gms
		Male age 51-70 yrs	130 gms
		Female age 19-30yrs	130 gms
		Female age 31-50 yrs	130 gms
		Female age 51-70 yrs	130 gms
Fat Total % of kcal	29	Adults	25-35
Fat Total (grams)	65gm	ND	ND
Saturated Fat% of kcal	7.8%		
Saturated Fat (grams)	17 grams		
Polyunsaturated fat % of kcal	9.0		
Cholesterol (mg)	230 mg		
Sodium (mg)	1,779 mg		
Dietary fiber (gms)	31 grams		

1. Source: The *Dietary Guidelines for Americans* Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). <http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>
2. [Dietary Reference Intakes: Recommended Intakes for Individuals \(PDF|87 KB\)](#) National Academy of Sciences. Institute of Medicine. Food and Nutrition Board. Comprehensive DRI table for vitamins, minerals and macronutrients; organized by age and gender. <http://www.iom.edu/Object.File/Master/21/372/0.pdf>