

DRI Calculator Results

Your entered values:

Sex	Male
Age	11 years
Height	4 ft. 11 in.
Weight	82 lbs.
Activity level	Active

Begin New Calculation

Your calculated results:

Body Mass Index (BMI)	16.6
Estimated Daily Caloric Needs	2,336 kcal/day

Daily Recommended Macronutrient Intake:

Macronutrient	Recommended Intake Per Day
Carbohydrate	263 - 380 grams
Total Fiber	33 grams
Protein	35 grams
Fat	65 - 91 grams
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
<i>Trans</i> fatty acids	As low as possible while consuming a nutritionally adequate diet.
α -Linolenic Acid	1.2 grams
Linoleic Acid	12 grams
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	2.4 liters (about 10 cups)

Daily Recommended Vitamin Intake:

Vitamin	Recommended Intake Per Day	Tolerable UL Intake Per Day
Vitamin A	600 mcg	1,700 mcg
Vitamin C	45 mg	1,200 mg
Vitamin D	15 mcg	100 mcg
Vitamin B ₆	1 mg	60 mg
Vitamin E	11 mg	600 mg
Vitamin K	60 mcg	ND
Thiamin	0.9 mg	ND
Vitamin B ₁₂	1.8 mcg	ND
Riboflavin	0.9 mg	ND
Folate	300 mcg	600 mcg
Niacin	12 mg	20 mg
Choline	0.375 g	2 g
Pantothenic Acid	4 mg	ND
Biotin	20 mcg	ND
Carotenoids	NA	ND

Daily Recommended Essential Mineral Intake:

Mineral	Recommended Intake Per Day	Tolerable UL Intake Per Day
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Calcium ■	1,300 mg	3,000 mg
Chloride ■	2.3 g	3.4 g
Chromium ■	25 mcg	ND
Copper ■	700 mcg	5,000 mcg
Fluoride ■	2 mg	10 mg
Iodine ■	120 mcg	600 mcg
Iron ■	8 mg	40 mg
Magnesium ■	240 mg	350 mg
Manganese ■	1.9 mg	6 mg
Molybdenum ■	34 mcg	1,100 mcg
Phosphorus ■	1.25 g	4 g
Potassium ■	2,500 mg	ND
Selenium ■	40 mcg	280 mcg
Sodium ■	1,200 mg	2,200 mg
Zinc ■	8 mg	23 mg

Daily Recommended Non-Essential Mineral Intake:

Mineral	Recommended Intake Per Day	Tolerable UL Intake Per Day
Arsenic	NA	ND
Boron	0 mg	11 mg

Nickel	0 mg	0.6 mg
Silicon	NA	ND
Sulfate	NA	ND
Vanadium	0 mg	ND