

Your Changing Nutritional Needs Over the Decades

(from Eat Well, Live Well, Be Well)

Nutrient	Your 20s	Your 40s	Your 60s+	Why the Change?
Daily Calories	2,000-2,400 (women) 2,400-2,800 (men)	1,800-2,200 (women) 2,200-2,600 (men)	1,600-2,000 (women) 2,000-2,400 (men)	Slower metabolism, less muscle mass
Protein (grams)	46-56g	46-56g	60-75g	Muscle maintenance becomes crucial
Calcium (mg)	1,000mg	1,000mg	1,200mg (women) 1,000-1,200mg (men)	Bone density naturally decreases
Vitamin D (IU)	600 IU	600 IU	800 IU	Skin produces less from sunlight
Vitamin B12 (mcg)	2.4 mcg	2.4 mcg	2.4 mcg*	Same amount needed, but absorption decreases
Fiber (grams)	25-38g	25-38g	21-30g	Slightly less due to lower calorie needs
Iron (mg)	18mg (women) 8mg (men)	18mg (women) 8mg (men)	8mg (both)	Women's needs decrease after menopause
Sodium (mg)	Less than 2,300mg	Less than 2,300mg	Less than 1,500mg	Blood pressure becomes more sensitive