



Macro Nutrients by Percentage for Common Caloric In-Take

Total Calories	Protein	40%	Carbohydrates	40%	Fat	20%
100%	calories	grams	calories	grams	calories	grams
1200	480	120	480	120	240	27
1500	600	150	600	150	300	33
1800	720	180	720	180	360	40
2000	800	200	800	200	400	44
2200	880	220	880	220	440	49
2500	1000	250	1000	250	500	56

Total Calories	Protein	30%	Carbohydrates	50%	Fat	20%
100%	calories	grams	calories	grams	calories	grams
1200	360	90	600	150	240	27
1500	450	113	750	188	300	33
1800	540	135	900	225	360	40
2000	600	150	1000	250	400	44
2200	660	165	1100	275	440	49
2500	750	188	1250	313	500	56

Total Calories	Protein	50%	Carbohydrates	30%	Fat	20%
100%	calories	grams	calories	grams	calories	grams
1200	600	150	360	90	240	27
1500	750	188	450	113	300	33
1800	900	225	540	135	360	40
2000	1000	250	600	150	400	44
2200	1100	275	660	165	440	49
2500	1250	313	750	188	500	56