Dietary Recommendations

It’s important to remember dietary recommendations are based on the assumed healthy population and may vary depending on your individual needs

* 2000 calories (kcal) for females and 2500 for males per a day
* 55g of protein for males and 45g for females
* Less than 6g of salt per a day
* Total carbs should be 50% of total dietary energy per day
* Total dietary fats should not exceed 35% of total dietary energy per day
* 30g of fibre per day
* No more than 30g of free sugars per a day, or 5% of total dietary energy per day
* No more than 70g of red and processed meat per day
* Saturated fats should not exceed 10% of total dietary energy per day, equating to no more than 20g per day