NUTRIENT and CALORIC NEED RANGES:
REE MEN $=66.5+(13.75 *$ wt in kg$)+(5.003$ * ht in cm $)-(6.775 *$ age $)$
REE Women $=655.1+(9.563 *$ wt in kg$)+(1.850 *$ ht in cms $)-(4.676 *$ age $)$
sed - 1.2
low act -1.4
Mod act - 1.6
very act- 1.8
above Multiply it by REE
Fat 9 cal
Carbs 4cal
Protein 4cal

