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