

**Keskmine valguvajadus**

| <b>Vanuserühm<br/>(aastates)</b> | <b>Valgud vähemalt<br/>(grammi päevas)</b> |
|----------------------------------|--|
| <b>Poisid</b>                    |  |
| 14                               | 59   |
| 15–18                            | 72   |
| <b>Tüdrukud</b>                  |  |
| 14                               | 50   |
| 15–18                            | 55   |
| <b>Mehed</b>                     |  |
| 19–30                            | 65   |
| 31–50                            | 65   |
| 51–65                            | 60   |
| Üle 65                           | 55   |
| <b>Naised</b>                    |  |
| 19–30                            | 50   |
| 31–50                            | 50   |
| 51–65                            | 50   |
| Üle 65                           | 47   |