

Required Nutrient Values for Meal Planning and Evaluation

	1 meal/day 33 1/3 % DRI/AI	2 meals/day 67% DRI/AI	3 meals/day 100% DRI/AI
Macronutrients			
Kilocalories (Kcal)	685	1369	2054
Protein (gm) 20-35% of total Kcal	34 – 60	68 – 120	103 – 180
Carbohydrate (gm) 45-55% of total Kcal	77 – 94	154 -188	231 -282
Fat (gm) 20-35% of total Kcal	15 – 27	30 - 53	46 - 80
Saturated fat (<10% of total Kcal)			
Cholesterol (<300mg/day)			
Dietary Fiber	10gm	20gm	30gm
Vitamins			
A (mcg)	300	600	900
C (mg)	30	60	90
D (mcg)	5	10	15
E (mg)	5	10	15
Thiamine (mg)	0.40	0.80	1.20
Riboflavin (mg)	0.43	0.86	1.30
B6 (mg)	0.57	1.13	1.70
Folate (mcg)	133	267	400
B12 (mcg)	0.8	1.6	2.4
Minerals			
Calcium (mg)	400	800	1200
Iron (mg)	2.70	5.30	8.0
Magnesium (mg)	140	280	420
Zinc (mg)	3.70	7.30	11.0
Electrolytes			
K (mg)	1167	2333	3500
Sodium (mg)	<800 – 1200	<1600 – 2400	<3000