

SD Meals Program Nutrient Goals (2010 Dietary Guidelines) for Planning and Analyzing Menus

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1 meal per day

Calorie goal +/- 10% of Value below

Macronutrients (protein, carbohydrate, fat) balanced

(fat can be lower as long as calories are met)

Micronutrient (vitamins & minerals) 80-100% or more daily except sodium

Present sodium goal 800-1000 mg daily

Nutrient	Value
Basic Components * indicates required	
*Calories (kcal)	735.00
Water (g)	1233.30
*Protein (g) actual is 18.8 our goal is based on 17% of calories and wt/ht/activity of reference person (75 yo male 68" 153#) Lightly Active	31.24
Carbohydrates (g) based on 53% of calories	97.40
Fat (g) can be less (limit or delete solid fats)	24.50
*Dietary Fiber (g) (14 g/1000 calories)	10.29
*Fat (g) based on 30% of calories -can be lower	24.50
Net Carbs (g)	87.11
Vitamins	
*Vitamin A RAE	300.00
*Vitamin B-6 (mg)	0.60
*Vitamin B-12 (mcg)	0.80
*Vitamin C (mg)	30.00
Vitamin D (mcg) (600 IU or more ideal)	15.00
Folate DFE (mcg)	133.30
Minerals	
*Calcium (mg)	400.00
*Magnesium (mg)	140.00
Iron (mg)	2.70
*Potassium (mg) goal: (1567.0 or more ideal)	1250.00
*Sodium (mg) goal: (800 or less ideal)	1000.00
*Zinc (mg)	3.75