

## Nutrient Composition of a Suggested Meal Pattern for Older Americans Nutrition Program Meals

	Target 1/3 DRI	Total Amount	Food Groups <sup>1</sup>						
			Breads		Vegetables	Fruits	Milk, 2% <sup>2</sup>	Meat	Fats
			1 whole grain	1 enriched	2 servings	1 serving	1 cup	3 ounces	1 tsp
<b>Nutrients <sup>3</sup></b>									
Kilocalories (Kcal)	685.00	666.00	72.00	83.00	113.00	69.00	121.00	171.00	37.00
Protein (gm)	34.00	42.30	2.30	2.10	5.60	0.90	8.00	23.40	0.00
Carbohydrate (gm)	86.00	82.80	14.20	15.90	23.10	17.30	12.00	0.30	0.00
Fat (gm)	23.00	22.70	0.90	1.10	0.40	3.00	5.00	8.10	4.20
Saturated Fat (gm)	<10%	7.8 (10%)	0.20	0.30	0.00	0.10	2.90	3.00	1.30
Cholesterol (gm)	<300/day	106.00	0.00	4.00	0.00	0.00	18.00	81.00	3.00
Dietary Fiber (gm)	10.00	9.20	1.80	0.60	5.20	1.60	0.00	0.00	0.00
Vitamin A (ug)	300.00	398.50	0.00	1.50	210.50	16.00	69.50	93.00	8.00
Vitamin C (mg)	30.00	45.40	0.00	0.00	10.40	33.00	2.00	0.00	0.00
Vitamin E (mg)	5.00	2.40	0.20	0.10	0.80	0.40	0.00	0.30	0.60
Thiamin (mg)	0.40	0.58	0.08	0.10	0.08	0.07	0.10	0.15	0.00
Riboflavin (mg)	0.43	0.91	0.06	0.07	0.06	0.05	0.40	0.27	0.00
Vitamin B6 (mg)	0.57	0.85	0.04	0.02	0.24	0.15	0.10	0.30	0.00
Folate (ug)	133.00	148.00	8.00	7.00	85.00	26.00	13.00	9.00	0.00
Calcium (mg)	400.00	398.50	0.70	0.80	70.00	15.00	297.00	15.00	0.00
Copper (ug)	300.00	480.00	80.00	40.00	130.00	80.00	30.00	120.00	0.00
Iron (mg)	2.70	7.50	0.70	0.80	1.10	3.00	0.10	1.80	0.00
Magnesium (mg)	140.00	146.00	21.00	7.00	54.00	15.00	28.00	21.00	0.00
Zinc (mg)	3.70	6.08	0.47	0.21	0.43	0.12	0.98	3.87	0.00
Potassium (mg)	1167.00	1259.00	59.00	31.00	274.00	256.00	377.00	261.00	1.00
Sodium (mg)	<800	524.00	81.00	106.00	78.00	4.00	122.00	117.00	16.00

<sup>1</sup> Calculated using: US Department of Agriculture, Human Nutrition Information Service & *USDA Food Guide: Background and Development*.

Table 5. Nutrient profiles for food groups and subgroup composites. Misc. Pub. No. 1514; Hyattsville, MD: US Government Printing Office; 1993.

<sup>2</sup> For 2% low fat milk value, also used USDA's Home and Garden Bulletin No.72 (revised October 2002).

<sup>3</sup> Refer to Table "Dietary Reference Intakes for Meal Planning and Evaluation" for nutrient value references.