

This chart shows the data that is used for the Meals analysis in the Nutrition Program



Nutrient	Min or max	4- 6 male	4-6 female	7-10 male	7-10 female	11 to 14 male	11 to 14 female	15-18 male	15-18 female	19-49 male	19-49 female	50-64 male	50-64 female	65+ male	65+ fe-male
Energy kj	max EAR	2148	1938	2472	2184	2781	2376	3453	2649	3180	2430	2979	2397	2631	2283
kcal	EAR	515	463	588	522	666	554	826	633	765	582	714	570	630	543
Carbohydrate g	Min	69	61.8	79	69.6	89	73.8	110	84.4	102	77.6	98.6	76	88.5	74
Total sugars	Max	25	25	28.5	28.5	34.1	28.5	42.4	32.4	39.2	29.9	36.6	29.2	32.4	27.8
Fat g	Max	20	18	23	20.3	25.9	21.3	32	24.6	29.7	22.6	28.8	22.6	25.8	21.6
Saturated fat g	Max	6.3	5.6	7.2	6.3	8.1	6.7	10.1	7.7	9.3	7.1	9	7	8.1	6.8
Protein g	Min RNI	5.91	5.91	8.5	8.5	12.6	12.6	16.6	13.6	16.7	13.5	16	14	16	14
Fibre NSP g	Min	4.2	3.6	4.8	4.2	5.4	4.5	5.4	5.4	5.4	5.4	5.4	5.4	5.4	5.4
salt g	max SACN	0.9	0.9	1.5	1.5	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8
sodium mg	max SACN	357	357	595	595	714	714	714	714	714	714	714	714	714	714
Vitamin A ug	Min RNI	140	140	175	175	210	210	245	210	245	210	245	210	245	210
Vitamin C mg	Min RNI	10.5	10.5	10.5	10.5	12.25	12.25	14	14	14	14	14	14	14	14
Folate ug	Min RNI	35	35	52.5	52.5	70	70	70	70	70	70	70	70	70	70
Calcium mg	Min RNI	158	158	193	193	350	280	350	280	245	245	245	245	245	245
Iron mg	Min RNI	2.1	2.1	3	3	4	5.2	4	5.2	3	3	3	3	3	3
Zinc mg	Min RNI	2.3	2.3	2.45	2.45	3.15	3.15	3.3	2.45	3.3	2.45	3.3	2.45	3.3	2.45
EAR	Estimated average requirement														
RNI	Reference Nutrient Intake														
SACN	Scientific Advisory Committee on Nutrition														