

GUIDELINES FOR MAINLINE MEALS

Mainline menus will be for the population majority.

Description: Pork free, moderate spice, and target matrix below

	Recommended Adult Female	Recommended Adult Male
Calories	1,800 – 2,100 calories	2,600 – 2,900 calories
Protein (grams)	10% - 20%	10% - 20%
Carbohydrate (grams)	50% - 60%	50% - 60%
Dietary Fiber (grams)	28g	38g
Sugar (grams)	< 10% of daily calories	< 10% of daily calories
Fat (grams)	25-35% of calories	25-35% of calories
Saturated Fat (grams)	<10% of calories	<10% of calories
Calcium (mg)	1,000 mg	1,000 mg
Iron (mg)	18 mg	8 mg
Sodium (mg)	2300 mg	2300 mg
Vitamin D (IU)	800 IU	800 IU
Potassium (mg)	4700 mg	4700 mg