

3 FOOD RATION SCALE FOR ADULT PERSONS

3.1 DAILY AND WEEKLY ALLOWANCE PER PATIENT (*ADULT PERSON*)

ITEM	DAILY ALLOWANCE PER PATIENT SERVING	PORTION SIZE
Brown/Whole-wheat bread	150 - 210g	A portion of bread is equivalent to one slice (<i>35-40g</i>) One portion of bread may be replaced with the following: Rusk's 30g Bread roll/bun 50g Crackers 30g
Dry cereals <i>Breakfast</i>	90 - 150g <i>30 - 50g</i>	A portion of breakfast cereal is equivalent to one of the following: Corn-flakes 30g Oats, dry 30g Grain sorghum, dry 30g Maize-meal, dry: <i>Soft porridge 40g</i> <i>Thick porridge 50g</i>
<i>Light or main meal</i>	<i>60 - 100g</i>	A portion of starch is equivalent to one of the following: Rice/maize-rice/pasta, dry 30g Samp/crushed wheat, dry 30 - 35g Maize-meal, dry: thick porridge 50g The starch may be replaced with a starchy vegetable, e.g. potatoes. (<i>Section 3.3</i>)*
Vegetables - fresh as purchased Potatoes/sweet potatoes Other vegetables	100 - 140g 30g 300 - 400g	Potatoes for cooking purposes (<i>Section 3.3 for portion sizes of potatoes and other vegetables as purchased</i>)*
Coffee/tea	9 - 15g	A portion is one cup and is equivalent to one of the following: Coffee 2,5g (<i>Maximum 4 cups</i>) Tea 1,5g (<i>Maximum 4 cups</i>)
Jam	30 - 40g (<i>2.5- 30ml</i>) 15g	A portion of jam is equivalent to one of the following: Jam, portioned 15g (<i>12,5ml</i>) Un-portioned 15g or 20g Jam for cooking purposes
Margarine /cooking oil	25 - 30 g/ml 5 - 20g	A portion of margarine is 5g (<i>5ml</i>) is equivalent to one of the following for cooking purposes: Cooking oil 5ml Mayonnaise/salad cream/dressing 5ml
Milk full cream, fresh fresh, low-fat	400 or 500ml	A portion of full cream milk is 200ml and is equivalent to one the following: Evaporated milk 100ml Yoghurt 175ml Buttermilk 200ml Low-fat/fat free milk 200ml Milk powder 20g Fresh full-cream milk may be replaced with milk with 2% fat (<i>low fat milk</i>)
Skim-milk powder	10g	Skim milk powder is used for cooking purposes
Sugar	45 - 80g 15g	A portion of sugar is equivalent to the following: Portioned or 1 sachet 10g Un-portioned 5g Sugar used for cooking purposes

Meat/poultry/fish Raw, without bone <i>OR</i> Raw with bone	100 - 200g 150 - 250g	A portion of meat/poultry/fish is equivalent to the purchase weight of the meat/poultry/fish as shown in (Section 3.3) * 100g meat without bone may be replaced with one of the following combinations of TVP (texturised vegetable protein), or dried legumes, and meat: 10g TVP (dry) + 90g meat-raw, with bone 10g TVP (dry) + 70g meat-raw, without bone 12,5g TVP (dry) + 50g meat-raw, without bone 30g TVP (frozen) + 90g meat-raw, with bone 50g TVP (frozen) + 50g meat-raw, without bone 15g legumes + 90g meat-raw, with bone 15g legumes + 70g meat-raw, without bone
Fruit Fresh, as purchased	1 portion (100 - 200g)	A portion of fresh fruit in season is equivalent to the purchase weight of one of type of fruit (Section 3.3)* 150ml fruit juice/nectar may replace a portion of fresh fruit once a week or 40% real juice, not a dairy blend Fruit juice powder 30g
ITEM	WEEKLY ALLOWANCE PER PATIENT	PORTION SIZE
Dried legumes/TVP (dry / frozen)	60 - 100g	The quantities for various uses per portion are as follows: Dried legumes in soup/dishes 30 - 45g Dried legumes or TVP combined with meat 10 - 15g
Eggs	3 1	One egg is a portion and is equal to one of the following: Frozen scrambled-egg mixture 50g Egg powder 13g Egg to be used for cooking purposes
Cheese	60 - 80g 20g	The quantities for different uses are as follows: Cheese on its own: Cheese 25g Meatless dish (main course for light meal): Cheese 15 - 20g Cheese to be used for cooking purposes
Ice-cream Sorbet (optional)	75g	A portion ice-cream is: 125ml
Sandwich spreads Peanut butter Meat/vegetable spread Other spreads	15 - 45g 10g 15g	

* (Section 3.3): Interpretation of the ration scale, provides information about the use of the ration scale for adults. For patients in psychiatric hospitals or patients with tuberculosis the bread ration may be increased to 280g per day, and the margarine ration may then be increased by 5g for every extra slice of bread served.

3.2 KITCHEN COMMODITIES FOR ADULT PERSONS

ITEM	WEEKLY PER 100 PERSONS	BASIS FOR SUBSTITUTIONS
Vinegar	700ml	
Baking powder	300g	20g baking powder = 5g bicarbonate of soda + 10g cream of tartar
Chutney	700 ml/g	100 ml chutney = 100 ml/g tomato sauce OR 100 ml/g Worcester sauce
Flavouring	70 ml	
Jelly powder	1.4kg	100g jelly powder = 10g gelatine OR 100g dessert powder
Curry powder/Masala	170g	
Colouring and browning	20ml	
Cake flour	10,5kg	100g cake flour = 50g maize meal OR 70g Sago OR 50g custard powder

Mageu	25 litres	200-250ml Mageu may be given to each person once a week
Cool drink syrup/squash	2 litres once a week	
Cream	2 litre	100ml cream = 100ml artificial cream
Mustard powder	30g	10 g mustard powder = 30g pre-prepared mustard
Pepper	140g	
herbs and spices	250g	1g of any herb or spice = 1g of a suitable flavouring powder
Salt	4kg	
Tomato puree	1.4kg/litre	100g/ml tomato puree = 50g/ml tomato paste OR 500 g/ml canned tomatoes
Tomato sauce	1,4kg/litre	100g/ml tomato sauce = 100g/ml Worcester sauce OR 100g/ml mayonnaise OR 100g/ml chutney
Meat extract cubes powder	2kg	100g meat extract = 100g sauce powder/soup powder OR 2,5 litre meat stock (<i>made up</i>)
Soup powder	48x 5 litre packets	One 5 litre packet = 25 to 30 portions of soup (170 to 200 ml per portion)

3.3 INTERPRETATION OF THE RATION SCALE FOR ADULTS

3.3.1 DAILY ALLOWANCES: FULL NORMAL DIET

3.3.1.1 Brown, Whole-wheat Bread: Ration per Person: 150 - 210g

(i) Patients in Psychiatric Hospitals

Cereals	100g
Brown Bread	280g
Beans	60g
Potatoes	170g
Milk	500ml

(ii) Patients' in Tuberculosis Hospitals: Ration per Person 280g

- This ration is based on 5-6 slices per day. A standard loaf will provide 21–25 slices. Bread is served at breakfast and supper. Patients seldom eat more than 2 slices with a meal. The extra slice of bread can be served with the late night drink. The period between supper and breakfast is long, and patients sometimes complain about feeling hungry at night.

3.3.1.2 Dry Cereals: Ration per Person: 90 - 150g

- These include porridge meal, dry cereals, pastas, rice, maize rice and samp.

(i) Breakfast: Ration per person: 30 - 50g

- A portion of breakfast cereal, dry weight, is equivalent to the following:

Brown/whole-wheat bread	35 - 40g
Corn-flakes	30g
Oats	30g
Grain sorghum	30g
Maize-meal	
<i>Soft porridge</i>	40g
<i>Thick porridge</i>	50g

- Dry breakfast cereals are more expensive than soft porridges. Therefore it is advisable to serve dry cereals once per week or during emergencies.

(The cultural eating habits of the people in the area must be taken into account)

(ii) Light or main meal: Ration per person: 60 -100g.

- A portion of starch, dry weight, is equivalent to one of the following:

Rice/maize rice/pasta	30g
Samp/crushed wheat	40g
Maize-meal: thick porridge	50g

- A portion of starch is also equivalent to a portion of the following starchy vegetables:

Potato/sweet potato	120 - 140g (<i>purchase weight</i>)
"Sousboontjies"/baked beans	100g
Sweet corn, canned or frozen	100g

- Usually when potatoes or other starchy vegetables are used as the starch at one meal, rice or another grain will be the starch at the second meal.

3.3.1.3 Vegetables - Fresh As Purchased

(i) Potatoes/sweet potatoes: Ration per person: 170g

- There are 6-8 potatoes per kilogram, depending on their size. When menus are drawn up, baked beans, "sousboontjies" and sweet-corn may be used as vegetables or starch substitutes for potatoes or cereals such as rice, samp, maize rice and pastas. Baked beans can be used as a protein-rich dish for breakfast or a light meal. A portion of potato/sweet potato, or other starchy vegetable as purchased, is equivalent to the following:

STARCHY VEGETABLE	SIZE OF SERVED PORTION *	PURCHASE WEIGHT	NUMBER OF PORTIONS AS PURCHASED PER kg
POTATOES			
Fresh, Whole	100g	120 - 140g	7 - 8
Fresh, diced	100g	120 - 140g	7 - 8
Fresh, mashed	110g	125g	8
Dehydrated	100g	23g	43
SWEET POTATOES			
Fresh	100 - 120g	150 - 170g	6
Dehydrated	100g	28g	36
SOUSBOONTJIES/ BAKED BEANS			
Canned	100g	100g	
SWEET-CORN			
Canned, creamed	100g	100g	
Frozen, cut corn	100g	100g	10
DRIED BEANS, PEAS, LENTILS			
	100g cooked	40g raw	25

* For patients in psychiatric hospitals or patients with tuberculosis the size of the served portion of potatoes may be increased to 170g per person. The portion size of other starchy vegetables may be increased accordingly.

- Potatoes may be used in a stew as an extender. The purchase weight of potatoes as an extender in stew is: 40 - 50g (*210g per week*)
- The following weights can be used for calculating the purchase weights of canned vegetables in A10 cans. These weights represent the net weight (Drained weight, choice grade) of the various vegetables.

STARCHY VEGETABLE	PORTIONS PER CAN
Baked beans in tomato sauce	3,06kg = 30 x 100g portions per A 10 can
Sweet-corn, creamed	3,09kg = 31 x 100g portions per A 10 can 420g = 4 x 100g portions per 420g can

(ii) Other vegetables: Ration per person: 300 - 400g

- This allows for two cooked vegetables and one salad to be served daily.
- A portion of vegetables is equivalent to the purchase weight of one of the following vegetables:

VEGETABLES	SIZE OF SERVED PORTION*	PURCHASE WEIGHT	NUMBER OF PORTIONS PURCHASED (kg)
BABY MARROW			
Fresh	65 - 80g	70 - 85g	13 - 14
Frozen	65 - 80g	65 - 80g	11 - 13
Pre- prepared	65g	70g	13
BETROOT			
Fresh Canned	65 - 80g	110 - 160g	6 - 9
Pre- prepared	65 - 80g 65g	75 - 90g 70g	12 - 15 13
BROCCOLI			
Fresh	65 - 80g	120 - 150g	7 - 8
Canned	65 - 80g	65 - 80g	12 - 15
Pre- prepared	65g	70g	13
BUTTERNUT	<i>(without skin)</i>		
Fresh	90 - 100g	110 - 130g	8 - 9
Pre- prepared	90g	100g	8
CABBAGE			
Fresh, cooked	65 - 80g	100 - 120g	8 - 10
Fresh, salad	45 - 65g	70 - 100g	10 - 14
Dehydrated	65 - 80g	10 - 12g	80 - 100
Pre- prepared	65g	100g	8
CARROTS			
Fresh, with tops	65 - 80g	120 - 150g	6 - 8
Fresh, without tops	65 - 80g	85 - 105g	9 - 12
Salad	65g	85 g	12
Frozen	65 - 80g	65 - 80g	12 - 15
Dehydrated	65 - 80g	11 - 13g	86 - 90
Pre- prepared	70g	100g	7
CAULI FLOWER			
Fresh	65 - 80g	120 - 150g	7 - 8
Frozen	65 - 80g	65 - 80g	12 - 15
Dehydrated	65 - 80g	10 - 12g	80 - 100
Pre- prepared	70g	100g	8
CUCUMBER			
Fresh, ordinary	50 - 55g	60 - 65g	13 - 16
English	50 - 55g	50 - 55g	13 - 16
GEM SQUASH	<i>(with skin)</i>		
Fresh	90 - 100g	180g	6
Pre- prepared	100g	120g	8
GREEN BEANS			
Fresh	65 - 80g	75 - 90g	11 - 13
Frozen	65 - 80g	65 - 80g	12 - 15
Canned	65 - 80g	120 - 150g	
Dehydrated	65 - 80g	10 - 12g	80 - 100
Pre- prepared	70g	80g	12

GREEN PEAS			
Frozen	45 - 65g	45 - 65g	15 - 22
Canned	45 - 65g	70 - 100g	
Dehydrated	45 - 65g	14 - 20g	50 - 70
GREEN PEPPER			
Fresh, medium, rings	6g	8g	125
Fresh, medium, whole	According to dish	120g	8
HUBBARD SQUASH			
Fresh	90 - 100g	140 - 150g	7
Pre- prepared	90g	100g	8
LETTUCE	According to dish	8 - 10g (1 leaf)	100
MIXED VEGETABLES			
Frozen	65 - 80g	65 - 80g	12 - 15
Canned	65 - 80g	120 - 150g	
MOROGO			
Dehydrate	65 - 80g	13 - 16g	60 - 75
ONIONS			
Fresh, medium	According to dish	100g purchased = 85g peeled	10
Dehydrated	According to dish	13g dehydrated = 56g dehydrated	
Pre- prepared	According to dish	85g	10
PUMPKIN			
Fresh	90 - 100g	160 - 180g	6
Pre- prepared	90g	100g	10
SPINACH			
Fresh	65 - 80g (without stalks)	140 - 170g	6 - 7
Fresh, cooked	65 - 80g (end of stalks cut off)	95 - 115g	8 - 10
Dehydrated	65 - 80g	13 - 16g	60 - 75
Pre- prepared	80g	100g	10
TOMATOES			
Salad	50 - 80g	55 - 85g	13 - 18
Canned	According to dish	According to dish	

*For patients in psychiatric hospitals or patients with tuberculosis the size of the served portion of vegetables may be increased to 100g.

Frozen vegetables shrinkage is insignificant during cooking or steaming

- The following weights can be used for calculating the purchase weights of canned vegetables in A10 cans. These weights represent the net weight (*drained weight, choice grade*) of the various vegetables:

CANNED VEGETABLES	PORTIONS PER A10 CAN
Beetroot	1,86kg = 28 x 65g
Mixed vegetables	1,86kg = 28 x 65g
Green beans	1,64kg = 25 x 65g
Green peas	1,96kg = 30 x 65g
Tomato and onion, braised	3,00kg = 46 x 65g
Tomatoes, whole and peeled	1,82kg = 28 x 65g
Carrots	1,82kg = 28 x 65g

3.3.1.4 Coffee/Tea: Ration per Person: 9 - 15g (*dry weight*)

- A portion is one cup and is equivalent to one of the following:

Coffee	2,5g
Tea	1,5g
Rooibos tea, (<i>loose</i>)	1,5g

One tea bag (2,5 g) is sufficient for 2 cups of tea

It is more economical to use ground coffee and loose tea.

3.3.1.5 Jam: Ration per Person: 30 - 40g (25 - 30ml)

- This is for spreading on bread at breakfast and supper. Patients usually eat one slice of bread with their main dish or soup and the second slice with jam or syrup.

3.3.1.6 Margarine/Cooking Oil: Ration per Person: 25 - 50 g/ml

- Margarine is used for spreading bread. One teaspoon is 5g and is enough to spread one slice of bread thinly.
- The oil is used for food preparation, e.g. fried dishes.
- If 30g margarine is used for spreading bread, then only 20ml oil and/or salad dressing or margarine can be used with salads or for cooking purposes. Restrict fried foods.

3.3.1.7 Milk

(i) *Fresh: Ration per person: 400ml*

- Milk is used for as listed in table (*Example of milk distribution*):

Early morning tea or coffee	30 - 40ml
Breakfast porridge	80 - 100ml
Breakfast tea or coffee	30 - 40ml
Mid-morning tea or coffee	30 - 40ml
Lunch tea or coffee	30 - 40ml
Afternoon tea or coffee	30 - 40ml
Supper tea or coffee	30 - 40ml
Late-night tea or coffee	30 - 40ml

- 2% (*Low fat*) milk can be used instead of full cream milk, if cheaper, or fresh full-cream milk may be partly substituted with skim-milk powder on the basis of 100ml 10g skim-milk powder, or full-cream milk may be mixed on a half and half basis.
- Some hospitals use full-cream-milk powder instead of fresh full-cream milk. For full cream milk powder, follow directions on the package.
- Although the price of milk per litre is sometimes lower when milk is bought in bulk than when one-litre bags, bottles or cartons are used, it is usually easier to ration the one-litre containers. Therefore the total milk consumption could be lower when milk is bought in litres instead of in bulk.

(ii) *Milk ration for pregnant women and lactating mothers*

- For these women the daily milk ration can be increased as follows:

Pregnant woman	650ml
Lactating mothers	650 - 900ml

(iii) *Skim-milk powder: Ration per person: 10g (100ml reconstituted)*

- The skim-milk powder can be used for custard, white sauces, puddings and dishes, e.g. macaroni-and-cheese. Use 100-g skim-milk powder to make one litre skim milk.
(This ration remains the same for pregnant and lactating women)

3.3.1.8 Sugar: Ration per Person: 60 - 100g

- Example of sugar distribution:

SUGAR IS USED FOR	VOLUME
Early morning tea or coffee	2 teaspoons 10g
Breakfast porridge	2 teaspoons 10g
Breakfast tea or coffee	2 teaspoons 10g
Midmorning tea or coffee	2 teaspoons 10g
Lunch tea or coffee	2 teaspoons 10g
Afternoon tea or coffee	2 teaspoons 10g
Supper tea or coffee	2 teaspoons 10g
Late-night tea or coffee	2 teaspoons 10g
TOTAL	80g

The rest of the sugar may be used for cooking purposes.

3.3.1.9 Meat/Poultry/Fish

(i) **Raw, without bone: Ration per person: 100 - 200g**

OR

(ii) **Raw, with bone: Ration per person: 150 - 250g**

- Portion sizes for meat, fish and poultry:

TYPE OF MEAT	SIZE OF SERVED PORTIONS	PURCHASE WEIGHT	NUMBER OF PORTION PER kg
MEAT WITHOUT BONE			
Mince meat, lean	70g	100g	10
Pot or oven Roast	70g	120-150g	6 - 8
beef, mutton or pork	70g	100-110g	9 - 10
<i>Stewing meat</i>			
Beef, mutton or pork	70g	120g	8
Steak	70g	100g	10
Sausage	70g	120g	8
Liver or other organ meat	70g	120g	8
MEAT WITH BONE			
Leg, mutton or pork	70g	150g	7
Chops, mutton or pork	100g (2 chops) 75g (1 chop)	150g	7
Chuck	100g	150g	7
Forequarter	100g	150g	7
PROCESSED MEAT			
Polony, Vienna	80g	80g	12
FISH (Frozen, without batter)			
Haddock fillets, with skin			
Hake fillets, without skin	80-100g	100-120g	8 - 10
Hake portions, without skin	80-100g 2 x 40g	100-120g 2 x 70g	8 - 10 7
POULTRY			
Chicken breast	100g	150g	6 - 7
Chicken thigh	100g	150g	6 - 7
Turkey	100g	150g	6 - 7

(iii) **Guidelines for uniform menus**

- In order to ensure uniformity in respect of menus, the following guide show how many times per week protein rich food/dishes may be repeated. The guidelines fit in with the ration scales and include breakfasts, lunches and suppers:

TYPE OF FOOD	NUMBER OF SERVINGS PER WEEK
Eggs (<i>boiled, fried, scrambled, or poached</i>)	3
Sausage	2
Fish	3
Poultry	3
Minced meat	3
Roast (<i>e.g. roast chicken</i>)	1
Meatless dish (<i>e.g. cheese dish</i>)	2 - 3
Stewing beef	3
TOTAL	21 Meals

- Meat, especially minced meat, can be extended with TVP (*textured vegetable protein*) or dried legumes in the amounts as shown on the ratio scale.
- Roasts may be alternate or replaced with stews.
- Polony or processed cold meats can be served in summer in place of stews.

3.3.1.10 Fruit: Ration per Person: 100 - 200g/day

- The ration scale allows one portion of fruit per person per day.
- Portion sizes for fruit:

FRUIT	SIZE OF SERVED PORTION	PURCHASE WEIGHT	NUMBER OF PORTIONS PER kg
APPLES Fresh, medium	1	140 - 150g	6 - 7
APRICOTS Fresh, medium	2 x 35g	70g	14
BANANAS Fresh, medium	1	150 - 180g	5 - 8
GRAPEFRUIT	1 half	150g	7
GRAPES	1 bunch = 100g	120g	8
GUAVAS Fresh, small Medium	2 x 50g 1 x 85g	100g 85 - 100g	10 10 - 12
ORANGES Fresh, medium	1	140 - 150g	6 - 7
PEACHES Fresh, medium	1	115g	8 - 9
PEARS Fresh, medium	1	140 - 150g	6 - 7
PINEAPPLES Fresh, peeled	100 - 110g	200g	5
PLUMS Fresh, medium	2 x 50 - 60g	100 - 120g	8 - 10
SPANSPEK Fresh, peeled	100g	200g	5
WATERMELON Fresh, peeled	90 - 100g	200g	5
PURE FRUIT JUICE OR FRUIT NECTAR	150 ml ready to drink Refer to the instructions on the label for the correct dilution		

- Fresh fruit may be substituted with canned fruit occasionally, but not more than once per week. The following weights can be used for calculating the purchase weight of canned fruit in A10 packs. These weights represent the net weight (*drained weight, choice grade*) of the various types of fruit:

CANNED FRUIT		PORTIONS PER A 10 TIN	SIZE OF SERVED PORTION
Apricot	halves	1,82kg = 115 -130 halves	2 x 35g = 70g
Apple	pie	2,84kg = 28 x 100g portions	100g
Guavas	halves	1,65kg = 27 - 40 halves	2 x 50g = 100g
Pears	halves	1,75kg = 30 - 38 halves	2 x 50g = 100g
Peaches	halves	1,82kg = 34 - 36 halves	2 x 50g = 100g
	slices	1,82kg = 120 -135 slices	6-7 slices
Pineapple	diced	1,82kg = 115 -130 halves	125 ml = 90 - 100g
	rings	1,87kg = 29 x 65g rings	1 - 2 rings

3.3.2 WEEKLY ALLOWANCES

(i) Dried Legumes/TVP (Dry): Ration er Person: 60 - 100g

- The quantities per portion for various uses are as follows:
 - Dried legumes in soup/dishes 30 - 45g
 - Combined with meat 10 - 15g
- TVP (*texture vegetable protein*) is used with minced meat dishes as a meat extender (*see ration scale item 9*).

(ii) Eggs: Ration per Person: 3 - 4

- Eggs are to be served 3 times per week at breakfast. One egg is a portion and is equal to one of the following:
 - Frozen scrambled egg mixture 50g
 - Egg powder 13g
- One egg for cooking purposes

(iii) Cheese: Ration per Person: 60 - 80g

- The quantities for different uses are as follows:
 - Cheese on its own (for breakfast) 25g
 - Meatless dish (main course for light meal) 15 - 20g

(iv) Sandwich Spreads

- The quantities allowed are as follows:
 - Peanut butter 15g
 - Meat/vegetable spread 10g

3.3.3 KITCHEN COMMODITIES FOR ADULT PER PERSON

The quantities of food used to make dishes, sauces, etc. are indicated under item 3.2

3.4 EXAMPLE OF THE NUTRIENT ANALYSIS OF PRUDENT DIET FOR ADULT (MALE)

SUBJECT INFORMATION	STATISTICS
Date	31 /08/2000
Type	Daily
Reference	Feeding
Sex	Male
Age	25
Weight	79kg
Height	1.76m
BM Index	25.5

MEAL CONSTITUENTS	
Bread/rolls, brown	210g
Oats, rolled or oat-meal, cooked	50g
Samp and beans, 1:1	100g
Potato, cooked with butter	140g
Pumpkin/squash, summer CKD + HM	400g
Tea, brewed	800g
Marmalade	40g
Margarine, hard/brick	30g
Milk, whole fresh, also UHT /longlife	500g
Suger, white granulated	80g
Beef, bolo/topside, braised (lean)	200g
Apple, raw with skin	200g
Lentils, split cooked	100g
Egg, boiled	61g
Cheese, medium fat/reduced fat	80g

MACRO NUTRIENTS	AMOUNT	RDA	%
Moisture (%)	78.50%		
Energy (kJ)	12 073kJ	12 134	99.50%
Total Protein (g)	151.10g	63.00	239.84%
Plant Protein (g)	38.40g		
Animal Protein (g)	112.70g		
Total Fat (g)	107.70g		
Saturated Fat (g)	40.22g		
Mono-unsaturated Fat (g)	42.03g		
Poly-unsaturated Fat (g)	14.22g		
Total trans Fatty Acids (g)	7.12g		
Fat Ratio (poly/sat)	0.35		
Cholesterol (mg)	566.00mg		
Total Carbohydrates (g)	324.40g		
Fibre (g)	35.90g		
Added Sugar (g)	105.20g		
Total CHO-Sugar (g)	203.00g		
Alcohol (g)	00.00g		
Energy – Protein (%)			20.901%
Energy – Fat (%)			33.631%
Energy – Carbohydrates (%)			49.839%
Energy – Alcohol (%)			00.000%

PRUDENT DIET RECOMMENDATIONS

Energy from Total Fat is ABOVE the recommended 30% maximum
Energy from Saturated Fat is ABOVE the recommended 10% maximum
Energy from Poly-unsaturated Fat is BELOW the recommended 10% minimum
Energy from Carbohydrates is BELOW the recommended 50% minimum
Cholesterol intake EXCEEDS the recommended 300mg maximum per day
Fibre intake is ABOVE the recommended 20g minimum per day

WHO RECOMMENDATIONS (% of Recommended Value)

Energy (kJ)	113.88%	of	10 601
Protein (g)	255.02%	of	59.25
Vitamin A (ug)	118.80%	of	750.00
Vitamin D (ug)	305.60%	of	2.50
Thiamin (mg)	119.17%	of	1.20
Riboflavin (mg)	139.44%	of	1.80
Niacin (mg)	100.51%	of	19.80
Folic Acid (ug)	263.00%	of	200.00
Vitamin B12 (ug)	460.00%	of	2.00
Vitamin C (mg)	166.67%	of	30.00
Calcium (mg)	401.50%	of	400.00
Iron (mg)	396.00%	of	5.00

MINERALS	AMOUNT	RDA	%
Calcium (mg)	1 606.00	800.00	200.75%
Iron (mg)	19.80	10.00	198.00%
Magnesium (mg)	527.00	350.00	150.57%
Phosphorus (mg)	2 498.00	800.00	312.25%
Potassium (mg)	4 270.00	* 2 000.00	213.50%
Sodium (mg)	2 878.00	** 3 000.00	95.93%
Zink (mg)	23.05	15.00	153.67%
Copper (mg)	1.98	*** 2.20	90.00%
Manganese (mg)	4.64	*** 3.50	132.57%

* *Estimated minimum requirement*** *This is not a RDA, but a dietary guideline**** *Estimated safe and adequate daily dietary intake (value is the mean of the range)*

VITAMINS	AMOUNT	RDA	%
Vitamin A (RE) (ug)	891	1 000.00	89.10%
Thiamin (B1) (mg)	1.43	1.50	95.33%
Riboflavin (B2) (mg)	2.51	1.70	147.65%
Niacin (mg)	19.90	19.00	104.74%
Vitamin B6 (mg)	2.236	2.00	111.80%
Folic Acid (ug)	526.00	200.00	263.00%
Vitamin B12 (ug)	9.20	2.00	460.00%
Vitamin C (mg)	50.00	60.00	83.33%
Panto-acid (mg)	6.56	*** 5.50	119.27%
Biotin (ug)	34.40	*** 65.00	52.92%
Vitamin D (ug)	7.64	5.00	152.80%
Vitamin E (mg)	11.70	10.00	117.00%

* *Estimated safe and adequate daily dietary intake (value is the mean of the range)*

FATTY ACID COMPOSITION	AMOUNT
C4 : 0 (g)	0.930
C6 : 0 (g)	0.490
C8 : 0 (g)	0.300
C10 : 0 (g)	0.640
C12 : 0 (g)	0.940
C14 : 0 (g)	4.410
C16 : 0 (g)	21.960
C18 : 0 (g)	9.400
C20 : 0 (g)	0.170
C22 : 0 (g)	0.110
C24 : 0 (g)	0.030
C14 : 1 (g)	0.200
C16 : 1 (g)	1.840
C18 : 1 (g)	39.540
C20 : 1 (g)	0.110
C22 : 1 (g)	0.000
C18 : 2 (g)	13.030
C18 : 3 (g)	1.050
C18 : 4 (g)	0.000
C20 : 3 (g)	0.000
C20 : 4 (g)	0.160
C20 : 5 (g)	0.020
C22 : 5 (g)	0.000
C22 : 6 (g)	0.040

ESSENTIAL AMINO ACIDS	AMOUNT
Isoleucine (g)	7.201
Leucine (g)	12.274
Lysine (g)	10.898
Methionine (g)	3.505
Phenylalanine (g)	6.752
Threonine (g)	5.961
Tryptophan (g)	1.879
Valine (g)	8.030
Arginine (g)	8.102
Histidine (g)	4.607