

5 FOOD RATION SCALE FOR CHILDREN 4 - 6 YEARS**5.1 DAILY AND WEEKLY ALLOWANCE PER PATIENT (CHILDREN 4 - 6 YEARS)**

ITEM	DAILY ALLOWANCE PER PATIENT SERVING	PORTION SIZE
Brown/whole-wheat bread	120 - 140g	A portion of bread is equivalent to one slice (35-40g) and is equivalent to the following: Biscuits/Rusk's 30g Crackers 30g Bread roll/bun 50g
Dry cereals <i>Breakfast</i>	50 - 90g 20 - 40g	A portion of breakfast cereal is equivalent to the following: Brown/ Whole-wheat bread 30 - 40g Corn-flakes 30g Oats, dry 30g Grain sorghum, dry 30g Maize-meal, Dry Soft porridge 30g Thick porridge 50g
<i>Light or main meal</i>	30 - 50g	A portion of starch is equivalent to one of the following: Rice/maize-rice/pasta, dry 30g Samp/crushed wheat, dry 30g Maize-meal, dry: thick porridge 50g The starch may be replaced with a starchy vegetable, e.g. potatoes. (Section 5.3)
Vegetables - fresh as purchased Potatoes/sweet potatoes Other vegetables	100 - 120g 30g 180 - 240g	Potatoes to be used for cooking purposes (Section 5.3* for portion sizes of potatoes and other vegetables as purchased)
Tea (preferably Rooibos tea), cocoa	1,5 - 2,5g	A portion is one cup and is equivalent to one of the following: Rooibos tea 0,75g (Maximum 2 cups per day)
Jam	30 - 40 g (25 - 30 ml) 10g	A portion of jam is equivalent to one of the following: Jam, portioned 15g or 20g Un-portioned 15g (12,5ml) Honey/Syrup 15g Jam to be used for cooking purposes
Margarine Cooking oil	20g 5 ml	A portion of margarine is 5g (5ml) is equivalent to one of the following: Cooking oil 5ml Mayonnaise/salad cream/dressing 5ml Oil for cooking purposes
Milk full cream, fresh fresh, low fat Full cream-milk powder	500ml 5g	A portion of fresh, full cream milk is 200ml and is equivalent to one of the following: Evaporated milk 100ml Buttermilk 200ml Milk powder 20g Fresh full-cream milk may be replaced with milk with 2% fat (low fat milk) Full cream milk powder is used for cooking purposes
Sugar	30 - 40g 10g	A portion of sugar is equivalent to the following: Portioned 10g Un-portioned 5g Sugar for cooking purposes

Meat/poultry/fish Raw, without bone OR Raw with bone	80 - 100g 100 - 125g	A portion of meat/poultry/fish is equivalent to the purchase weight of the meat/poultry/fish as shown in <i>Section 5.3*</i> 60g meat without bone may be replaced with one of the following combinations of TVP (<i>texturised vegetable protein</i>), or dried legumes, and meat: 5g TVP (<i>dry</i>) + 45g meat-raw, with bone 5g TVP (<i>dry</i>) + 35g meat-raw, without bone 6,5g TVP (<i>dry</i>) + 25g meat-raw, without bone 15g TVP (<i>frozen</i>) + 45g meat-raw, with bone 25g TVP (<i>frozen</i>) + 25g meat-raw, without bone 7,5g legumes + 45g meat-raw, with bone 7,5g legumes + 35g 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 (<i>Section 5.3*</i>) 150ml fruit juice/nectar may replace a portion of fresh fruit once a week or 30g fruit juice powder.
ITEM	WEEKLY ALLOWANCE PER PATIENT SERVING	PORTION SIZE
Dried legumes/TVP (dry/frozen)	45 - 60g	The quantities for various uses per portion are as follows: Dried legumes in soup/dishes 30 - 45g Dried legumes or TVP combined with meat 5 - 10g
Eggs	2 1	One egg is a portion and is equal to one of the following: Frozen scrambled-egg mixture 50g Egg powder 13g Egg for cooking purposes
Cheese	60 - 80g 5g	The quantities for different uses are as follows: Cheese on its own: <i>Cheese:</i> 15g Meatless dish (<i>main course for light meal</i>): <i>Cheese:</i> 15g Cheese to be used for cooking purposes
Ice cream/Sorbet	75g	A portion of ice-cream is: 125ml
Sandwich spreads Peanut butter Meat/vegetable spread	15g 5g	

* *Section 5.3: Interpretation of the ration scale, provides information about the use of the ration scale for children 4-6 years.*

5.2 KITCHEN COMMODITIES FOR CHILDREN 4 - 6 YEARS

ITEM	WEEKLY PER 100 CHILDREN	BASIS FOR SUBSTITUTIONS
Vinegar	500ml	
Baking powder	225g	20g baking powder = 5 g bicarbonate of soda + 10g cream of tartar
Chutney	500ml/g	100 ml chutney = 100 ml/g tomato sauce OR 100 ml/g Worcester sauce
Flavouring	50ml	
Jelly powder	1kg	100g jelly powder = 10g gelatine OR 100g dessert powder
Curry powder/Masala	125g	
Colouring and browning	15ml	
Cake flour	7,5kg	100g cake flour = 50g maize meal OR 70g Sago OR 50g custard powder

Fruit Juice/nectar concentrated	7,5 litre		
Mageu	25 litre	Once a week	
Mustard powder	20g	10 g mustard powder	= 30g pre-prepared mustard
cream	1,5 litre	100 ml cream	= 100 ml artificial cream
Pepper	100g		
Herbs and spices	175g	1g of any herb or spice	= 1g of a suitable flavouring powder
Salt	3kg		
Tomato puree	1kg/litre	100 g/ml tomato puree	= 50 g/ml tomato paste OR 500 g/ml canned tomatoes
Tomato sauce	1kg/litre	100 g/ml tomato sauce	= 100 g/ml Worcester sauce OR 100g/ml may onnaise
Meat extract cubes powder	1,5kg	100g meat extract	= 100g sauce powder/soup powder OR 2,5 litre meat stock (<i>made up</i>)
Soup powder	24 x 5 litre packets	One 5 litre packet	= 25 to 30 portions of soup (170 to 200ml per portion)

5.3 INTERPRETATION OF THE RATION SCALE FOR CHILDREN 4 - 6 YEARS

5.3.1 DAILY ALLOWANCES: FULL NORMAL DIET

5.3.1.1 Brown/Whole-wheat Bread: Ration per Child: 120 - 140g

- This ration is based on 3-4 slices of bread per day. A standard loaf will provide 21-25 slices. Bread is served at breakfast and supper. Children seldom eat more than 2 slices with a meal and for smaller children one slice will be sufficient.

5.3.1.2 Dry Cereals: Ration per Child: 50 - 90g

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

(i) **Breakfast: Ration per child: 20 - 40g**

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

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

- Dry breakfast cereals are more expensive than soft porridges. To cut costs corn flakes are restricted to once per week, but may also be replaced entirely with soft porridge.

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

(ii) **Light or main meal: Ration per child 30 - 50g**

- 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.

5.3.1.3 Vegetables - Fresh as Purchased

(i) Potatoes/sweet potatoes: Ration per person 100 - 120g

- There are 6-8 potatoes per kilogram, depending on their size. When menus are drawn up, baked beans, "sousboontjies" and sweet-corn should not be regarded as vegetables, but can be used as 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 PER kg
POTATOES			
Fresh, Whole	100g	120 - 140g	7 - 8
Fresh, diced	100g	120 - 140g	7 - 8
Fresh, mashed	110	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

- Potatoes may be used in a stew as an extender. The purchase weight of potatoes as an extender in stew is: 40-50g (*210 g 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 100 g portions per A 10 can
Sweet-corn, creamed	3,09kg = 31 x 100 g portions per A 10 can 420g = 4 x 100 g portions per 420g can

(ii) Other vegetables: Ration per child: 180 - 240g

- 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 AS PURCHASED PER KG
BABY MARROW Fresh Frozen Pre-prepared	45 – 60g 45 – 60g 45g	50 – 65g 55 – 60g 50g	14 – 15 12 – 14 14
BETROOT Fresh Canned Pre-prepared	45 – 60g 45 – 60g 45g	90 – 140g 55 – 70g 60g	7 – 10 13 – 14 7
BROCCOLI Fresh Canned Pre-prepared	45 – 60g 45 – 60g 45g	100 – 130g 45 – 60g 70g	8 - 9 13 - 16 6
BUTTERNUT Fresh Pre-prepared	<i>(without skin)</i> 70 - 80g 70g	90 - 110g 90g	9 - 10 9
CABBAGE Fresh, cooked Fresh, salad Dehydrated Pre-prepared	45 - 60g 45 - 65g 45 - 60g 45g	80 - 100g 50 - 80g 10 - 12g 80g	10 - 12 12 - 15 80 - 100 10
CARROTS Fresh, with tops Fresh, without tops Salad Frozen Dehydrated Pre-prepared	45 - 60g 45 - 60g 45g 45 - 60g 45 - 60g 45g	100 - 130g 65 - 85g 65g 45 - 60g 10 - 12g 75g	8 - 10 12 - 14 14 13 - 16 86 - 90 10
CAULI FLOWER Fresh Frozen Dehydrated Pre-prepared	45 - 60g 45 - 60g 45 - 65g 45g	100 - 130g 45 - 60g 10 - 12g 80g	8 - 9 14 - 16 80 - 100 9
CUCUMBER Fresh English	30 - 45g 30g	30 - 45g 30g	13 - 16 13
GEM SQUASH Fresh cooked Pre-prepared	<i>(with skin)</i> 70 - 80g 70g	160g 100g	7 7
GREEN BEANS Fresh Frozen Canned Dehydrated Pre-prepared	45 - 60g 45 - 60g 45 - 60g 45 - 60g 45g	55 - 70g 45 - 60g 100 - 130g 10 - 12g 55g	12 - 14 13 - 16 80 - 100 12
GREEN PEAS Frozen Canned Dehydrated	45 - 65g 45 - 65g 45 - 65g	45 - 65g 50 - 80g 12 - 18g	15 - 22 50 - 70
GREEN PEPPER Fresh, medium, rings Fresh, medium, whole	6g According to dish	8g 120g	125 8
HUBBARD SQUASH Fresh Pre-prepared	70 - 80g 70g	120 - 130g 90g	9 10
LETTUCE	According to dish	8 - 10g <i>(1 leaf)</i>	100

MIXED VEGETABLES			
Frozen	45 - 60g	45 - 60g	12 - 15
Canned	45 - 60g	100 - 130g	
MOROGO			
Dehydrate	45 - 60g	10 - 13g	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, cooked	70 - 80g	140 - 160g	8
Pre-prepared	70g	90g	9
SPINACH			
Fresh, cooked	45 - 60g (without stalks)	120 - 150g	7 - 9
Fresh, cooked	45 - 60g (end of stalks cut off)	75 - 95g	10 - 12
Dehydrated	45 - 60g	10 - 14g	60 - 75
Pre-prepared	45g	75g	10
TOMATOES			
Salad	30 - 60g	55 - 85g	13 - 18
Canned	According to dish	According to dish	

- 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 A 10 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

5.3.1.4 Tea (preferably Rooibos tea): Ration per Child: 1,5 - 2,5g (*dry weight*)

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

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

*One tea bag (2,5g) is sufficient for 2 cups of tea
It is more economical to use loose tea.*

5.3.1.5 Jam: Ration per Child: 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.

5.3.1.6 Margarine/Cooking Oil: Ration per Child: 20 - 25 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 15g margarine is used for spreading bread, then only 10ml oil and/or salad dressing or margarine can be used with salads or for cooking purposes. Fried foods on the menu should, however, be restricted.

5.3.1.7 Milk

(i) Fresh: Ration per child: 500ml

- Milk is used/distributed as follows:

Breakfast porridge	75ml
Breakfast drink	175ml
Mid-morning tea	50ml
Afternoon tea	50ml
Supper drink	150ml
TOTAL	500ml

(ii) Full cream-milk powder: Ration per child: 5g (50ml reconstituted)

- The full cream-milk powder can be used for custard, white sauces, puddings and dishes, e.g. macaroni-and-cheese. Full cream milk powder, follow directions on package for making one litre.

5.3.1.8 Sugar: Ration per Child: 30 - 40g

- Example of sugar distribution:

SUGAR IS USED FOR:	
Breakfast porridge	2 teaspoons (10g)
Mid-morning tea	2 teaspoons (10g)
Afternoon tea	2 teaspoons (10g)
TOTAL	30g

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

5.3.1.9 Meat/Poultry/Fish

(i) Raw, without bone: Ration per child: 100 - 120g

OR

(ii) Raw, with bone: Ration per child: 125 - 150g

- 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	35g	50g	20
Pot or oven Roast	35g	75g	13
Beef, mutton or pork	35g	50 - 60g	18 - 20
<i>Stewing meat</i>			
Beef, mutton or pork	35g	60g	16 - 17
Steak	35g	50g	20
Sausage	35g	60g	16 - 17
Liver or other organ meat	35g	60g	16 - 17
MEAT WITH BONE			
Leg, mutton or pork	35g	90g	11
Chops, mutton or pork	50g (1 chop)	75g	13
Chuck	50g	75g	13
Forequarter	50g	75g	13
PROCESSED MEAT			
Polony, Vienna	40g	40g	25

FISH (frozen, without batter)			
Haddock fillets, with skin	40 - 50g	60g	17
Hake fillets, without skin	50 - 55g	60g	17
Hake portions, without skin	40g	70g	14
POULTRY			
Chicken breast	50g	75g	13
Chicken thigh	50g	75g	13
Turkey	50g	60 - 70g	15

(iii) Guidelines for uniform menus

- In order to ensure uniformity in respect of menus, the following guide show how many times per week certain items 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>)	2 - 3
Sausage	2
Fish	3
Poultry	3
Minced meat	3
Roast (<i>e.g. roast chicken or fore-quarter cut</i>)	1
Meatless dish (<i>e.g. cheese dish</i>)	2 - 3
Stew	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 can be alternated or replaced with stews.
- Polony or processed cold meats can be served in summer in place of stews.

5.3.1.10 Fruit: Ration Per Child: 100 - 200g/day

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

FRUIT	SIZE OF SERVED PORTION	PURCHASE WEIGHT	NUMBER OF PORTIONS PER kg
APPLES			
Fresh, small	1	115 - 120g	8 - 9
APRICOTS			
Fresh, medium	2 x 35g	70g	14
BANANAS			
Fresh, medium	1	150 - 180g	5 - 6
GRAPEFRUIT	1 half	150g	7
GRAPES	1 bunch=100g	120g	8
GUAVAS			
Fresh, small	2 x 50g	100g	10
Medium	1 x 85g	85 - 100g	10 - 12
ORANGES			
Fresh, medium	1	140 - 150g	6 - 7
PEACHES			
Fresh, medium	1	115g	8 - 9
PEARS			
fresh, medium	1	140 - 150g	8 - 9
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	150ml 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	125ml = 90 - 100g
	Rings	1,87kg = 29 x 65g rings	1 - 2 rings

5.3.2 WEEKLY ALLOWANCES

(i) **Dried Legumes/TVP (Dry) : Ration per Child : 60 - 100g**

- The quantities per portion for various uses are as follows:
 - Dried legumes in soup/dishes 25 - 30g
 - 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 Child: 3 - 4**

- Eggs are to be served 2-3 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
- 1 egg for cooking purposes

(iii) **Cheese: Ration per Child: 60 - 80g**

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

(iv) **Sandwich Spreads**

- The quantities allowed are as follows:
 - Peanut butter 15g
 - Meat/vegetable spread 5g

5.3.3 KITCHEN COMMODITIES FOR CHILDREN 4 - 6 YEARS

The quantities of food used to make dishes, sauces, etc. are indicated under item 5.2

5.4 EXAMPLE OF THE NUTRIENT ANALYSIS OF PRUDENT DIET FOR CHILDREN 4-6 YEARS (FEMALE)

SUBJECT INFORMATION	STATISTICS
Date	31/08/2000
Type	Daily
Reference	Feeding
Sex	Female
Age	4
Weight	20kg
Height	1.12m
BM Index	15.94

MEAL CONSTITUENTS	
Bread/rolls, brown	140g
Rice, white cooked	60g
Oats, rolled or oat-meal, cooked	30g
Potato, boiled without skin	120g
Pumpkin/squash, summer CKD + HM	240g
Tea, brewed	400g
Marmalade	40g
Margarine, hard/brick	25g
Milk, whole fresh, also UHT /longlife	500g
Suger, white granulated	40g
Beef, bolo/topside, braised (lean)	100g
Banana, raw	200g
Egg, boiled	60g

MACRO NUTRIENTS	AMOUNT	RDA	%
Moisture (%)	78.30%		
Energy (kJ)	7 913kJ	7 531	105.07%
Total Protein (g)	76.30g	24.00	317.92%
Plant Protein (g)	20.50g		
Animal Protein (g)	55.80g		
Total Fat (g)	67.60g		
Saturated Fat (g)	23.67g		
Mono-unsaturated Fat (g)	27.47g		
Poly-unsaturated Fat (g)	10.06g		
Total trans Fatty Acids (g)	5.70g		
Fat Ratio (poly/sat)	0.43		
Cholesterol (mg)	417.00mg		
Total Carbohydrates (g)	246.70g		
Fibre (g)	18.30g		
Added Sugar (g)	65.40g		
Total CHO-Sugar (g)	181.30g		
Alcohol (g)	00.00g		
Energy – Protein (%)			16.103%
Energy – Fat (%)			32.207%
Energy – Carbohydrates (%)			55.927%
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 BELOW the recommended 20g minimum per day

WHO RECOMMENDATIONS (% of Recommended Value)

Energy (kJ)	136.51%	of	4 066
Protein (g)	338.22%	of	16.38
Vitamin A (ug)	154.40%	of	250.00
Vitamin D (ug)	56.00%	of	10.00
Thiamin (mg)	136.00%	of	0.50
Riboflavin (mg)	195.00%	of	0.80
Niacin (mg)	105.56%	of	9.00
Folic Acid (ug)	166.00%	of	100.00
Vitamin B12 (ug)	622.22%	of	0.90
Vitamin C (mg)	170.00%	of	20.00
Calcium (mg)	186.00%	of	400.00
Iron (mg)	120.00%	of	5.00

MINERALS	AMOUNT	RDA	%
Calcium (mg)	744.00	600.00	124.00%
Iron (mg)	6.00	10.00	60.00%
Magnesium (mg)	240.00	60.00	400.00%
Phosphorus (mg)	990.00	500.00	198.00%
Potassium (mg)	2 576.00	* 700.00	368.00%
Sodium (mg)	844.00	** 2 000.00	42.20%
Zink (mg)	9.12	5.00	182.40%
Copper (mg)	0.81	*** 0.60	135.00%
Manganese (mg)	1.41	*** 0.80	176.25%

* *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)	386	375.00	102.93%
Thiamin (B1) (mg)	0.68	0.40	170.00%
Riboflavin (B2) (mg)	1.56	0.50	312.00%
Niacin (mg)	9.50	6.00	158.33%
Vitamin B6 (mg)	1.722	0.60	287.00%
Folic Acid (ug)	166.00	35.00	474.29%
Vitamin B12 (ug)	5.60	0.50	1 120.00%
Vitamin C (mg)	34.00	35.00	97.14%
Panto-acid (mg)	4.24	*** 3.00	141.33%
Biotin (ug)	25.60	*** 15.00	170.67%
Vitamin D (ug)	5.60	10.00	56.00%
Vitamin E (mg)	5.25	4.00	131.25%

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

FATTY ACID COMPOSITION	AMOUNT
C4 : 0 (g)	0.590
C6 : 0 (g)	0.310
C8 : 0 (g)	0.210
C10 : 0 (g)	0.440
C12 : 0 (g)	0.620
C14 : 0 (g)	2.650
C16 : 0 (g)	12.340
C18 : 0 (g)	5.510
C20 : 0 (g)	0.050
C22 : 0 (g)	0.030
C24 : 0 (g)	0.020
C14 : 1 (g)	0.210
C16 : 1 (g)	1.200
C18 : 1 (g)	19.040
C20 : 1 (g)	0.050
C22 : 1 (g)	0.000
C18 : 2 (g)	4.560
C18 : 3 (g)	0.580
C18 : 4 (g)	0.000
C20 : 3 (g)	0.000
C20 : 4 (g)	0.100
C20 : 5 (g)	0.020
C22 : 5 (g)	0.000
C22 : 6 (g)	0.040

ESSENTIAL AMINO ACIDS	AMOUNT
Isoleucine (g)	2.609
Leucine (g)	4.649
Lysine (g)	4.015
Methionine (g)	1.372
Phenylalanine (g)	2.419
Threonine (g)	2.302
Tryptophan (g)	0.751
Valine (g)	3.043
Arginine (g)	2.973
Histidine (g)	1.622