

6 RATION SCALE FOR TODDLERS 1 - 3 YEARS

6.1 DAILY AND WEEKLY ALLOWANCE PER PATIENT (TODDLERS 1 - 3 YEARS)

ITEM	DAILY ALLOWANCE PER PATIENT SERVING	PORTION SIZE
Brown/whole-wheat bread	30 - 35g	A portion of bread is half a slice (17 - 20g) and is equivalent to the following: Biscuits/ Rusk's 15g Bread roll/ bun 25g Crackers 15g Maize meal, dry (soft or thick) 15 - 25g
Dry cereals Breakfast	50 - 70g 25 - 35g	A portion of breakfast cereal is equivalent to the following: Brown/whole-wheat bread 35 - 17g Corn-flakes 25g Oats, dry 25g Grain sorghum, dry 25g Maize-meal, Dry Soft porridge 25g Thick porridge 35g
Light or main meal	25 - 35g	A portion of starch is equivalent to one of the following: Rice/maize/rice/pasta, dry 25g Samp/crushed wheat, dry 25g Maize-meal, dry : thick porridge 35g The starch may be replaced with a starchy vegetable, e.g. potatoes. (Section 6.3)*
Vegetables - fresh as purchased Potatoes/sweet potatoes	80 - 100g	See Section 6.3* for portion sizes of potatoes and other vegetables as purchased
Other vegetables	20g 120 - 160g	For cooking purposes
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	10g (12,5ml) 5g	A portion of jam is equivalent to one of the following: Jam, portioned 10g (7,5ml) Syrup 10g (7,5ml) For cooking purposes
Margarine /cooking oil	5 - 10g/ml 5g	A portion of margarine is 2,5g (2,5ml) is equivalent to one of the following: Cooking oil 2,5ml Mayonnaise/salad cream/dressing 2,5ml For cooking purposes
Milk full cream fresh	500ml	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 Skim milk is used for cooking purposes
Skim-milk powder	5g	
Sugar	25 - 40g 10g	A portion of sugar is equivalent to the following: Portioned 10g Un-portioned 5g For cooking purposes

Meat/poultry/fish Raw, without bone OR Raw with bone	70 - 80g 90 - 100g	A portion of meat/poultry/fish is equivalent to the purchase weight of the meat/poultry/fish as shown in (Section 6.3)* 35g meat without bone may be replaced with one of the following combinations of TVP (texturised vegetable protein), or dried legumes, and meat: 3g TVP (dry) + 30g meat-raw, with bone 3g TVP (dry) + 25g meat-raw, without bone 10g TVP (frozen) + 30g meat-raw, with bone 50g TVP (frozen) + 25g meat-raw, without bone 7,5g legumes + 30g meat-raw, with bone 7,5g legumes + 25g meat-raw, without bone
Fruit Fresh, as purchased OR Juice or nectar diluted	1 portion (100 - 200g) OR 75ml	A portion of fresh fruit in season is equivalent to the purchase weight of one of type of fruit as shown in (Section 6.3)* 75ml fruit juice/nectar may replace a portion of fresh fruit once a week, and is equivalent to 15g fruit juice powder
ITEM	WEEKLY ALLOWANCE PER PATIENT SERVING	PORTION SIZE
Cheese	50g	The quantities for different uses are as follows: Cheese on its own: <i>Cheese:</i> 10g Meatless dish (<i>main course for light meal</i>): <i>Cheese:</i> 10g
Sandwich spreads Peanut butter Meat / vegetable spread	5g 2,5g	
Dried legumes/TVP (dry/frozen)	10 - 20g	The quantities for various uses per portion are as follows: Dried legumes in soup/dishes 10 - 15g Dried legumes or TVP combined with meat 5g
Ice-cream/Sorbet	75g	A portion of ice cream is 125ml
Eggs	2 - 3	One egg is a portion and is equal to one of the following: Frozen scrambled-egg mixture 50g Egg powder 13g

* (Section 6.3): Interpretation of the ration scale, provides information about the use of the ration scale for toddlers 1-3 years

6.2 KITCHEN COMMODITIES FOR TODDLERS 1 - 3 YEARS

ITEM	WEEKLY PER 100 TODDLERS	BASIS FOR SUBSTITUTIONS
Vinegar	350ml	
Baking powder	150g	20g baking powder = 5g bicarbonate of soda + 10g cream of tartar
Chutney	350ml/g	100ml chutney = 100ml/g tomato sauce OR 100ml/g Worcester sauce
Flavouring	35ml	
Jelly powder	700g	100g jelly powder = 10g gelatine OR 100g dessert powder
Curry powder/Masala	80g	
Colouring and browning	10ml	
Cake flour	5kg	100g cake flour = 50g maize meal OR 70g sago OR 50g custard powder
Fruit juice/nectar concentrated	5 litre	
Pepper	70g	
Herbs and spices	125g	1g of any herb or spice = 1g of a suitable flavouring powder

Salt	2kg	
Tomato puree	700g/ml	100g/ml tomato puree = 50g/ml tomato paste OR 500g/ml canned tomatoes
Tomato sauce	700g/ml	100g/ml tomato sauce = 100g/ml Worcester sauce OR 100g/ml mayonnaise
Meat extract cubes powder	1kg	100g meat extract = 100g sauce powder/soup powder OR 2,5 litre meat stock (<i>made up</i>)
Mageu	12,5 litres	125ml Mageu per toddler may be used once a week, instead of juice, or tea

6.3 INTERPRETATION OF THE RATION SCALE FOR TODDLERS 1 - 3 YEARS

6.3.1 DAILY ALLOWANCES: FULL NORMAL DIET

6.3.1.1 Brown/Whole-wheat Bread: Ration per Toddler: 30 - 35g

- This ration is based on one (1) and a half (1/2) slices of bread per day. A standard loaf will provide 21-25 slices. Bread is served at breakfast and supper. Toddlers seldom eat more than a half slice of bread at a meal. For older toddlers half a slice of bread may be increased to one slice at a time. The margarine allowance then increases to 5g with every slice of bread.

6.3.1.2 Dry Cereals: Ration per Toddler: 50 - 70g

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

(i) *Breakfast: Ration per toddler: 25 - 35g*

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

Brown/whole-wheat bread	17 - 35g
Corn-flakes	25g
Oats	25g
Grain sorghum	25g
Maize-meal	
<i>Soft porridge</i>	25g
<i>Thick porridge</i>	35g

- 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 toddler: 25 - 50g*

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

Rice/maize rice/pasta	25g
Samp/crushed wheat	30g
Maize-meal: thick porridge	35g

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

Potato/sweet potato	90g (<i>purchase weight</i>)
"Sousboontjies"/baked beans	75g
Sweet-corn, canned or frozen	75g

- 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.

6.3.1.3 Vegetables - Fresh as Purchased

(i) Potatoes/sweet potatoes: Ration per toddler: 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 AS PURCHASED PER kg
POTATOES			
Fresh, Whole	70g	90g	11
Fresh, diced	60g	85g	12
Fresh, mashed	60g	85g	12
Dehydrated	75g	21g	48
SWEET POTATOES			
Fresh	70g	90g	11
Dehydrated	75g	21g	50
SOUSBOONTJIES/ BAKED BEANS			
Canned	75g	75g	
SWEET – CORN			
Canned, creamed	75g	75g	
Frozen, cut corn	75g	75g	13
DRIED BEANS, PEAS, LENTILS	75g cooked	30g raw	33

- Potatoes may be used in a stew as an extender. The purchase weight of potatoes as an extender in stew is: 30 (120 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 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 toddler: 120 - 160g

- 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	40g	45g	16
Frozen	40g	40g	14
Pre-prepared	40g	45g	16

BEETROOT			
Fresh	40g	85g	11
Canned	40g	50g	17
Pre-prepared	40g	60g	12
BROCCOLI			
Fresh	40g	95g	10
Canned	40g	40g	15
Pre-prepared	40g	70g	12
BUTTERNUT	<i>(without skin)</i>		
Fresh	40g	85g	11
Pre-prepared	40g	65	13
CABBAGE			
Fresh, cooked	25g	75g	12
Fresh, salad	25g	45g	12
Dehydrated	20g	7g	120
Pre-prepared	25g	55g	16
CARROTS			
Fresh, with tops	40g	95g	10
Fresh, without tops	40g	60g	14
Salad	40g	60g	14
Frozen	40g	40g	17
Dehydrated	40g	8g	100
Pre-prepared	40g	55g	15
CAULI FLOWER			
Fresh	40g	95g	10
Frozen	40g	40g	17
Dehydrated	40g	8g	120
Pre-prepared	40g	55g	15
CUCUMBER			
Fresh	30g	30g	32
English	30g	30g	32
GEM SQUASH	<i>(with skin)</i>		
Fresh cooked	65g	165g	8
Pre-prepared	65g	100g	10
GREEN BEANS			
Fresh	40g	50g	15
Frozen	40g	40g	17
Canned	40g	95g	15
Dehydrated	40g	8g	120
Pre-prepared	40g	45g	18
GREEN PEAS			
Frozen	40g	40g	22
Canned	40g	45g	15
Dehydrated	40g	10g	100
GREEN PEPPER			
Fresh, medium, rings	6g	8g	125
Fresh, medium, whole	According to dish	120g	8
HUBBARD SQUASH			
Fresh	65g	125g	10
Pre-prepared	65g	100g	15
LETTUCE	According to dish	8 - 10g <i>(1 leaf)</i>	100
MIXED VEGETABLES			
Frozen	40g	40 g	30
Canned	40g	125g	
MOROGO			
Dehydrate	40g	10g	100
ONIONS			
Fresh, medium	According to dish	100g purchased = 85g peeled	10
Dehydrated	According to dish	13g dehydrated = 56g dehydrated	

PUMPKIN			
Fresh, cooked	65g	155g	8
Pre-prepared	65g	100g	10
SPINACH			
Fresh, cooked	40g (<i>without stalks</i>)	115g	10
Fresh, cooked	40g (<i>end of stalks cut off</i>)	70g	12
Dehydrated	40g	10g	100
Pre-prepared	40g	85g	14
TOMATOES			
Salad	30g	55g	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 vegetable.

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

6.3.1.4 Tea (Preferably Rooibos)/Cocoa: Ration per Toddler: 1,5 - 2,5g (*dry weight*)

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

Cocoa	0,75 - 1,5g
Tea	0,75 - 1,5g
Rooibos tea (<i>loose</i>)	0,75 - 1,5g

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

It is more economical to use loose tea.

6.3.1.5 Jam: Ration per Toddler: 15g (*12,5 ml*)

- This is for spreading on bread at supper. The extra 5g is for kitchen use.

6.3.1.6 Margarine/Cooking Oil: Ration per Toddler : 10 - 15g/ml

- Margarine is used for spreading bread. One teaspoon is 5 g and is enough to spread one slice of bread.

6.3.1.7 Milk

(i) *Fresh: Ration per Toddler: 500ml*

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

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 toddler: 5g (50ml reconstituted)

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

6.3.1.8 Sugar: Ration per Toddler: 25 - 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.

6.3.1.9 Meat/Poultry/Fish**(i) Raw, without bone: Ration per toddler: 70 - 80g**

OR

(ii) Raw, with bone: Ration per toddler: 90 - 100g

- 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	25g	35g	28
Pot or oven Roast	25g	50g	20
Beef, mutton or pork	25g	35g	20
<i>Stewing meat</i>			
Beef, mutton or pork	25g	40g	25
Steak	25g	40g	25
Sausage	25g	40g	25
Liver or other organ meat	25g	30g	33
MEAT WITH BONE			
Leg, mutton or pork	25g	65g	15
Chops, mutton or pork	50g (1 chop)	70g	14
Chuck	50g	70g	14
Forequarter	50g	70g	14
PROCESSED MEAT			
Polony, Vienna	25g	25g	40
FISH (frozen, without batter)			
Haddock fillets, with skin	25-30g	40g	25
Hake fillets, without skin	25g	40g	25
Hake portions, without skin	20g	35g	28
POULTRY			
Chicken breast	30g	50g	20
Chicken thigh	30g	50g	20
Turkey	25g	40g	25

(iii) Guidelines for uniform menus

- In order to ensure uniformity in respect of menus, the following guide show how many times per week meat/ fish/ poultry and eggs 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 (boiled, fried, scrambled, or poached)	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.

6.3.1.10 Fruit: Ration per Toddler: 100 - 200 g/day

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

FRUIT	SIZE OF SERVED PORTION	PURCHASE WEIGHT	NUMBER OF PORTIONS PER kg AS PURCHASED
APPLES Fresh, small	1	115 - 120g	8 - 9
APRICOTS Fresh, medium	2 x 35g	70g	14
BANANAS Fresh, medium	1	100 - 120g	8 - 10
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, small	1	90 - 110g	10 - 11
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 A10 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

6.3.2 WEEKLY ALLOWANCES

(i) Dried Legumes/TVP (Dry): Ration per Toddler: 10 - 20g

- The quantities per portion for various uses are as follows:
 - Dried legumes in soup/dishes 10-15g
 - Combined with meat 5g
- TVP (*texture vegetable protein*) is used with minced meat dishes as a meat extender. (*see ration scale item 9*).

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

- Eggs are to be served 3-4 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 Toddler: 50g

- The quantities for different uses are as follows:
 - Cheese on its own (*for breakfast*) 10g
 - Meatless dish (main course for light meal) 10g

(iv) Sandwich Spreads

- The quantities allowed are as follows:
 - Peanut butter 10g
 - Meat/vegetable spread 2,5g

6.3.3 KITCHEN COMMODITIES FOR TODDLERS 1 - 3 YEARS

The quantities of food used to make dishes, sauces, etc. are indicated under item 6.2

6.4 EXAMPLE OF THE NUTRIENT ANALYSIS OF PRUDENT DIET FOR TODDLERS 1-3 YEARS (MALE)

SUBJECT INFORMATION	STATISTICS
Date	31 /08/2000
Type	Daily
Reference	Feeding
Sex	Male
Age	1
Weight	9kg
Height	0.71m
BM Index	17.85

MEAL CONSTITUENTS	
Bread/rolls, brown	40g
Oats, rolled or oat-meal, cooked	35g
Maize meal, cooked soft porridge	40g
Potato, mashed (SM, HM)	70g
Pumpkin/squash, Winter CKD + HM	80g
Marmalade	10g
Margarine, hard/brick	5g
Milk, whole fresh, also UHT /longlife	650g
Suger, white granulated	5g
Apple, juice	75g
Beef, minced savoury reg. (tomato and onion)	30g
Egg, boiled	60g

MACRO NUTRIENTS	AMOUNT	RDA	%
Moisture (%)	82.40%		
Energy (kJ)	3 919kJ	2 720	144.08%
Total Protein (g)	42.10g	13.00	323.85%
Plant Protein (g)	6.20g		
Animal Protein (g)	35.80g		
Total Fat (g)	43.20g		
Saturated Fat (g)	19.51g		
Mono-unsaturated Fat (g)	15.53g		
Poly-unsaturated Fat (g)	4.49g		
Total trans Fatty Acids (g)	2.30g		
Fat Ratio (poly/sat)	0.23		
Cholesterol (mg)	364.00mg		
Total Carbohydrates (g)	94.00g		
Fibre (g)	6.70g		
Added Sugar (g)	11.60g		
Total CHO-Sugar (g)	82.60g		
Alcohol (g)	00.00g		
Energy – Protein (%)			17.940%
Energy – Fat (%)			41.558%
Energy – Carbohydrates (%)			42.911%
Energy – Alcohol (%)			00.000%

PRUDENT DIET RECOMMENDATIONS

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

WHO RECOMMENDATIONS (% of Recommended Value)

Energy (kJ)	143.92%	of	2 723
Protein (g)	283.50%	of	14.85
Vitamin A (ug)	203.33%	of	300.00
Vitamin D (ug)	56.50%	of	10.00
Thiamin (mg)	206.67%	of	0.30
Riboflavin (mg)	288.00%	of	0.50
Niacin (mg)	87.04%	of	5.40
Folic Acid (ug)	186.67%	of	60.00
Vitamin B12 (ug)	1 500.00%	of	0.30
Vitamin C (mg)	215.00%	of	20.00
Calcium (mg)	173.00%	of	500.00
Iron (mg)	80.00%	of	5.00

MINERALS	AMOUNT	RDA	%
Calcium (mg)	865.00	400.00	216.25%
Iron (mg)	4.00	6.00	66.67%
Magnesium (mg)	161.00	40.00	402.50%
Phosphorus (mg)	932.00	300.00	310.67%
Potassium (mg)	1 866.00	* 500.00	373.20%
Sodium (mg)	806.00	** 2 000.00	40.30%
Zink (mg)	5.76	5.00	115.20%
Copper (mg)	0.45	*** 0.50	90.00%
Manganese (mg)	1.20	*** 0.45	266.67%

* *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)	610	375.00	162.67%
Thiamin (B1) (mg)	0.62	0.30	206.67%
Riboflavin (B2) (mg)	1.44	0.40	360.00%
Niacin (mg)	4.70	5.00	94.00%
Vitamin B6 (mg)	0.642	0.30	214.00%
Folic Acid (ug)	112.00	25.00	448.00%
Vitamin B12 (ug)	4.50	0.30	1 500.00%
Vitamin C (mg)	43.00	30.00	143.33%
Panto-acid (mg)	3.96	*** 2.00	198.00%
Biotin (ug)	29.00	*** 10.00	290.00%
Vitamin D (ug)	5.65	7.50	75.33%
Vitamin E (mg)	4.61	3.00	153.67%

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

FATTY ACID COMPOSITION	AMOUNT
C4 : 0 (g)	0.720
C6 : 0 (g)	0.390
C8 : 0 (g)	0.260
C10 : 0 (g)	0.520
C12 : 0 (g)	0.620
C14 : 0 (g)	2.440
C16 : 0 (g)	9.680
C18 : 0 (g)	4.170
C20 : 0 (g)	0.050
C22 : 0 (g)	0.030
C24 : 0 (g)	0.020
C14 : 1 (g)	0.260
C16 : 1 (g)	0.870
C18 : 1 (g)	14.280
C20 : 1 (g)	0.030
C22 : 1 (g)	0.000
C18 : 2 (g)	3.900
C18 : 3 (g)	0.540
C18 : 4 (g)	0.000
C20 : 3 (g)	0.000
C20 : 4 (g)	0.060
C20 : 5 (g)	0.020
C22 : 5 (g)	0.000
C22 : 6 (g)	0.040

ESSENTIAL AMINO ACIDS	AMOUNT
Isoleucine (g)	2.129
Leucine (g)	3.665
Lysine (g)	2.929
Methionine (g)	1.088
Phenylalanine (g)	1.955
Threonine (g)	1.775
Tryptophan (g)	0.600
Valine (g)	2.463
Arginine (g)	1.987
Histidine (g)	1.102