

RECOMMEDED DIETARY ALLOWANCES RDA FOR BOTH WAIST

TOTAL COLORIES	See Page 14 Daily Calorie Requiremets Table (Middle Table)
PROTEINS	0.9 gm per kg body weight
Saturated Fats (SF)	Less than 10% of Total Calories
Cholesterol Fat (C)	Less than 28 mg.
CARBOHYDRATES	More than 60% of Total Calories
<u>Mineral</u>	
Calcium	1100mg
Iron	15mg (Preganmt & Latctating Women = 30 mg)
Sodium	2200 mg
VitaminA	5000I.U.
<u>Vitmins</u>	
Vitamin B, (Thiamin)	1.3mg, Pregnant & Lactating Women = 1.6 mg.
Vitamin B2 (Riboflavin)	1.6 mg, Pregnant & Lactating Women = 1.8 mg.
Niacin	1.8 mg.
Vitamin C	100 mg.

In case of pregnant or lactating women add 18 gms. in total proteins calculated.