

	AGE years	WEIGHT		HEIGHT cm. in.	CALORIES Kcal	PROTEIN g	VITAMINS				CALCIUM mg	IRON mg	
		kg.	lbs.				A I.U.	C mg	B <sub>2</sub> mg	B <sub>1</sub> mg			
Infants	0- $\frac{1}{2}$	4	9	55	22	Kg x 120	Kg x 2.2	1500	35	0.4	0.2	400	6
	$\frac{1}{2}$ -1	7	15	63	25	Kg x 110	Kg x 2.0	1500	35	0.5	0.4	500	10
Children	$\frac{1}{2}$ -1	9	20	72	28	Kg x 100	Kg x 1.8	1500	35	0.6	0.5	600	15
	1-2	12	26	81	32	1100	25	2000	40	0.6	0.6	700	15
	2-3	14	31	91	36	1250	25	2000	40	0.7	0.6	800	15
	3-4	16	35	100	39	1400	30	2500	40	0.8	0.7	800	10
	4-6	19	42	110	43	1600	30	2500	40	0.9	0.8	800	10
	6-8	23	51	121	48	2000	35	3500	40	1.1	1.0	900	10
Males	8-10	28	62	131	52	2200	40	3500	40	1.2	1.1	1000	10
	10-12	35	77	140	55	2500	45	4500	40	1.3	1.3	1200	10
	12-14	43	95	151	59	2700	50	5000	45	1.4	1.4	1400	18
	14-18	59	130	170	67	3000	60	5000	55	1.5	1.5	1400	18
	18-22	67	147	175	69	2800	60	5000	60	1.6	1.4	800	10
	22-35	70	154	175	69	2800	65	5000	60	1.7	1.4	800	10
Females	35-55	70	154	173	68	2600	65	5000	60	1.7	1.3	800	10
	55-75+	70	154	171	67	2400	65	5000	60	1.7	1.2	800	10
	10-12	35	77	142	56	2250	50	4500	40	1.3	1.1	1200	18
	12-14	44	97	154	61	2300	50	5000	45	1.4	1.2	1300	18
	14-16	52	114	157	62	2400	55	5000	50	1.4	1.2	1300	18
	16-18	54	119	160	63	2300	55	5000	50	1.5	1.2	1300	18
	18-22	58	128	163	64	2000	55	5000	55	1.5	1.0	800	18
	22-35	58	128	163	64	2000	55	5000	55	1.5	1.0	800	18
	35-55	58	128	160	63	1850	55	5000	55	1.5	1.0	800	18
	55-75+	58	128	157	62	1700	55	5000	55	1.5	1.0	800	10
Pregnancy					+200	65	6000	60	1.8	+0.1	+400	18	
Lactation					+1000	75	8000	60	2.0	+0.5	+500	18	

CHART Ia: RECOMMENDED DAILY DIETARY ALLOWANCES

after "Recommended Daily Dietary Allowances," Recommended Daily Allowances, Food and Nutrition Board, Nat. Res. Council, Publication 1694, National Academy of Sciences, Washington, D. C., 7th revised edition, 1968, page 102.

FOOD	MEASURE cups	CALORIES Kcal	PROTEIN g	A I.U.	C mg	B <sub>2</sub> mg	B <sub>1</sub> mg	CALCIUM mg	IRON mg	
Recommended Daily Allowance	70 Kg Man	2800±	65	5000	60	1.7	1.4	800	10	
breakfast:										
ORANGE	100g	1 small	45	.9	225	53	.05	.08	33	.4
OATS	100g	1 1/2 cups	392	14.2	-	-	.17	.61	53	5.0
DATES	25g	3 1/2 dates	71	.6	45	-	.01	.02	18	.5
lunch:										
CARROT	100g	1 raw	42	1.2	12000	6	.06	.06	39	.8
PEANUTS	100g	3/4 cup	559	26.9	-	-	.16	.30	74	1.9
COTTAGE CHEESE	100g	5 1/2 tbsp	95	19.5	20	-	.31	.02	96	.3
dinner:										
RICE	100g	1/2 cup	360	7.5	50	-	.05	.32	39	2.0
LENTILS	100g	1/2 cup	339	24.0	570	5	.24	.56	34	7.4
BROCCOLI	100g	1 stalk 5"	29	3.3	6000	118	.21	.10	130	1.3
DEFICIENCIES CIRCLED →	SUBTOTAL	(1862)	98.1	18910	182	(1.23)	2.07	(516)	19.6	
additions:										
SWISS CHEESE	50g	2 slices 3x3	199	12.5	700	-	.20	-	462	.4
MUSHROOMS	100g	10 mushrooms	23	2.4	-	5	.44	.12	9	.8
SALAD & COOKING OIL	25g	1/8 cup	221	-	-	-	-	-	-	-
★	GRAND TOTAL	2305	113	19610	187	1.87	2.19	987	20.8	
alternate supplement:										
BREWERS' YEAST	50g	1/4 cup	124	18.4	-	-	2.72	4.84	53	9.1

CHECK PROTEIN QUALITY BY ADDING BAR GRAPH VALUES FOR LIMITING AMINO ACID OF EACH FOOD. SUM SHOULD BE GREATER THAN ONE BUT LESS THAN 2.

CHART Ib: TYPICAL DAY