

MENU STANDARDS: Congregate Meals, Home Delivered Meals and Meal Kits

These Menu Standards are based on current Illinois Department on Aging (IDOA) standards. As revised requirements are implemented by IDOA, AgeOptions reserves the right to require menu changes to meet the most recent nutrient requirements.

Meal Requirements

Nutrition service providers must assure that each meal contains a minimum of one-third of the current Dietary Reference Intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. (See DRI chart, page 7.)

Providers who plan to serve two meals on the same day must plan the meals to meet the total nutrients equal to at least two-thirds of the Dietary Reference Intakes.

Special Menus

To meet particular dietary needs or preferences that may be due to health requirements, religious requirements, ethical beliefs or ethnic backgrounds of eligible persons, nutrition service provider must provide special menus, where feasible and appropriate. Ethnic or religious menus must approximate as closely as possible (given religious requirements or ethnic background) the regular meal pattern and required nutrient content of regular meals. Greater consideration will be given to providers who plan to offer special menus to meet the needs of targeted populations.

In determining feasibility and appropriateness, the providers must use the following criteria:

1. Whether there are a sufficient number of people who need the special menus to make their provision practical; and
2. Whether the food and skills necessary to prepare the special menus are available in the program area.

Emergency Meals

To ensure that all participants have meals available to them in the event of unexpected site closures, providers will offer participants “Shelf Stable” Emergency Meals to keep in their homes. Emergency Meals will have a shelf-life **as close to one year as possible** and will provide a minimum of one-third of the current Dietary Reference Intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. (See DRI chart, page 7.) AgeOptions will source Emergency Meals and be responsible for menu planning.

Menu Planning

Nutrition service providers must plan¹ menus in advance of service and keep the menus on file. If a cycle menu² is used, there shall be at least three cycles per year. If the cycle is at least 6 weeks or

¹ Providers who utilize a contracted food service provider must coordinate with the food service provider to develop the menus.

² Please see definitions of seasonal cycle menu and monthly menu in glossary.

greater in length, there shall be at least two cycles per year. Changes may be made to the approved cycle menu, with input from the participants and food service provider and with approval of the AgeOptions Dietitian.

1. Unless previously approved by AgeOptions, menus must list portion sizes for each item on the menu to facilitate calculation of the nutrient content of the meals.
2. Monthly menus must be signed and certified by AgeOptions Dietitian to provide one-third of the current Dietary Reference Intakes and meet the requirements of the contract. Menus must be submitted to AgeOptions dietitian for approval and certification **at least four (4) or more weeks in advance of service.**
3. Monthly menus should be on file at the provider agency, with any changes noted in writing, for at least one year.
4. A monthly, legible and easy to read menu, with or without portion sizes, must be posted in a conspicuous location in each congregate meal site, as well as each preparation area.
5. The menu should be adhered to, subject to seasonal availability of food items. If a change is required, a nutritionally equivalent item must be substituted.
6. Each nutrition provider shall assure that congregate meal participants are offered all the food items needed to meet the menu requirements.
7. Any participant or Nutrition Site Advisory Council suggestions and preferences should be taken into consideration when approving the menus, as long as the requirements of the grant/contract are being met.

Dietary Guidelines

The "Dietary Guidelines for Americans"³ recommends that diets be low in fat, saturated fat and cholesterol and that sodium be used in moderation. This can be accomplished as follows:

1. Bake, boil and steam foods in place of frying foods in fat. Use low-fat salad dressing, cheese and gravies (made without drippings and fats). Use fats only as indicated in a low-fat recipe.
2. Salt should be used sparingly, if at all, in cooking and at the table. Use low-sodium meats, flavorings and seasonings.
3. Use whole grain breads and cereals, cooked dried peas and beans, fresh vegetables and fruits to increase the fiber content of the menus.

Acceptability

Menu variety is an important program goal. There should be every attempt to not repeat entrees or desserts within a menu cycle. An entree or dessert may be repeated if a significant number of participants or the Site Advisory Council requests it. Note that fruit as a dessert is exempted from this

³ The Dietary Guidelines for Americans from the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, 2005.

requirement, with the understanding that there should be variety in the type of fruit served.

Individual meals should include a variety of foods and preparation methods with consideration for color, combinations, texture, size, shape, taste, appearance and temperature to maximize palatability and attractiveness of the meal.

Fresh fruits and vegetables should be offered whenever possible and/or when they are in season.

Menu Standards

Nutrition service providers who choose not to complete a computerized nutritional analysis of their menus will follow the meal pattern described in this section.

Requirements for One or Two Meal(s) Daily

EACH meal must provide:

One (1) Serving lean meat or meat alternate: 3 ounces of edible cooked meat, fish, fowl, eggs or meat alternate

Two (2) Servings vegetables: ½ cup equivalent – may serve an additional vegetable instead of a fruit

One (1) Serving fruit: ½ cup equivalent – may serve an additional fruit instead of a vegetable

Two (2) Servings grain, bread or bread alternate, preferably whole grain: for example, 2 slices of whole grain or enriched bread 1 ounce each or 1 cup cooked pasta or rice

One (1) Serving fat free or low fat milk or milk alternate: 1 cup equivalent

Margarine and dessert are optional and must be counted in the calories, fat and sodium totals, if served in addition to above components.

Meat or Meat Alternate

- Three ounces (providing at least 19 g protein) of lean meat, poultry, fish or meat alternate should be provided for the lunch or dinner meal. Meat serving weight is the edible portion, not including skin, bone, or coating.
- A one ounce serving or equivalent portion of meat, poultry, fish, may be served in combination with other high protein foods. Three one-ounce servings are needed to meet the requirement to add up to a total of 3-ounces of protein served.
- Meat (1 ounce) alternates include:
 - 1 medium egg
 - 1-ounce cheese (nutritionally equivalent measure of pasteurized process cheese, cheese food, cheese spread, or other cheese product)
 - ½ cup cooked dried beans, peas or lentils
 - 2 tablespoons peanut butter or 1/3 cup nuts

¼ cup cottage cheese
½ cup tofu
1 ounce of soy type burger

- Protein/lean meat /meat alternate items containing textured vegetable protein and providing at least 19 g protein in a (3 oz) serving may be served.
- Mixed entrees such as stews and casseroles generally will require a 1 cup serving (in order to include 3 oz. of the protein ingredient).
- Except to meet cultural and religious preferences and for emergency meals, serving dried beans, peas or lentils, peanut butter or peanuts, and tofu for consecutive meals or on consecutive days should be avoided. Smaller amounts of these protein sources plus, eggs, natural or processed cheese etc, may be used in salads, or as ingredients in menu items to complete the protein requirement when an entrée has less than 3 oz. of high quality protein.
- Imitation cheese (which the Food and Drug Administration defines as one not meeting nutritional equivalency requirements for the natural, non-imitation product) cannot be served as meat alternates.
- To limit the sodium content of the meals, serve no more than once a week cured and processed meats (e.g., ham, smoked or Polish sausage, corned beef, wieners, luncheon meats, dried beef).
- To limit the amount of fat, especially saturated fat, and cholesterol in meals, regular ground meat should be served no more than twice weekly when one meal is provided and no more than four times weekly if two meals are provided.

Vegetables

- A serving of vegetable (including cooked dried beans, peas and lentils) is generally ½ cup cooked or raw vegetable; or ¾ cup 100% vegetable juice, or 1-cup raw leafy vegetable. For pre-packed 100% vegetable juices, a ½ cup juice pack may be counted as a serving if a ¾ cup pre-packed serving is not available.
- Fresh, frozen or unsalted canned vegetables are preferred instead of canned vegetables containing salt. Fresh seasonal vegetables are preferred.
- Vegetables may be provided as soups, juices, salads or entrée side dishes.
- Vegetables as a primary ingredient in soups, stews, casseroles or other combination dishes should total ½ cup per serving.
- Combinations of several vegetables (i.e. mixed vegetables, tossed salad) count as one serving if the total serving meets or exceeds the standard portion.

- At least one serving from each of the five vegetable subgroups must be included in a weekly menu. The five vegetable subgroups include dark green vegetables, orange vegetables, cooked dry beans and peas, starchy vegetables, and “other” vegetables.
- Dried beans, peas and lentils may be counted as either a serving of vegetable or meat alternative but not for both groups in the same meal.
- With green salads, a 2 Tbsp. portion of low fat or fat free dressing should be provided.
- A serving of cooked legumes (dried beans, peas and lentils) is recommended to be included twice each week, if one meal is provided; 4 servings per week must be included, if two meals are provided.

Fruits

- A serving of a fruit is generally a medium apple, banana, orange, or pear; ½ cup chopped, cooked, or canned fruit; or ¾ cup 100% fruit juice. For pre-packed 100% fruit juices, a ½ cup juice pack may be counted as a serving if a ¾ cup pre-packed serving is not available.
- Fresh, frozen, or canned fruit will preferably be packed in juice, without sugar or light syrup. Fresh seasonal fruits are preferred.
- Fruits may be provided as juices, salads, desserts or entrée side dishes.
- When possible, choose whole fruit instead of fruit juice.
- Combinations of several fruits (i.e. mixed fruit cup, tropical fruit salad) count as one serving if the total serving meets or exceeds the standard portion.

Grain, Bread or Bread Alternate

- A serving of grain or bread is generally 1 slice (1 ounce), whole grain or enriched; ½ cup cooked whole grain or enriched pasta or grain product; or 1 ounce of ready-to-eat cereal. ***Priority should be given to serving whole grains.***
- Grain, bread and bread alternates include:
 - 1 small 2-ounce muffin, 2” diameter
 - 2 mini muffins
 - 2” cube cornbread
 - 1 biscuit, 2” diameter
 - 1 waffle, 4” diameter
 - 1 slice French toast
 - ½ slice French toast from “Texas Toast”
 - ½ English muffin
 - 1 tortilla, 4-6” diameter
 - 1 pancake, 4” diameter
 - ½ bagel

- 1 small sandwich bun (<3" diameter)
- ½ cup cooked cereal
- 4-6 crackers (soda cracker size)
- ½ large sandwich bun
- ¾ cup ready to eat cereal
- 2 graham cracker squares
- ½ cup bread dressing/stuffing
- ½ cup cooked pasta, noodles or rice
- Prepared pie crust, 1/8 of an 8" or 9" two-crust pie
- ½ cup cooked grain product in serving of fruit "crisp" or cobbler

- A variety of enriched and/or whole grain products, particularly those high in fiber, are recommended.
- Two servings of whole grain products must be served at least twice a week when one meal is provided; 4 servings whole grain products must be served per week when 2 meals are provided.
- Grain/bread alternates do not include starchy vegetables such as potatoes, sweet potatoes, corn, yams, or plantains etc. These foods are included in the vegetable food group.

Milk or Milk Alternates

- **One cup** skim, low fat, whole, buttermilk, low-fat chocolate milk, or lactose-free milk fortified with Vitamins A and D should be used. Low fat or skim milk is recommended for the general population. Powdered dry milk (1/3 cup) or evaporated milk (½ cup) may be served as part of a shelf stable meal.
- Milk alternates for the equivalent of one cup of milk include:
 - 1 cup fat free or low fat milk
 - 1 cup yogurt, fat free or low fat
 - 1 cup fortified soymilk
 - 1 ½ cups cottage cheese, low fat
 - 8 ounces tofu (processed with calcium salt)
 - 1½ ounces natural or 2 ounces processed cheese

Nutrient Values for Meal Planning and Evaluation

The table below presents the most current DRIs and other nutrient values to use when planning and evaluating meals. Values are provided for serving 1, or a combination of 2 or 3 meals for 1-day consumption for the average older adult population served by nutrition programs. Menus that are documented as meeting the nutritional requirements through menu analysis must have written documentation, which supports the following nutrient content of each meal.

Nutrient	Amount Required	Notes
Calories (cal)	685 calories per meal averaged over one week	No one meal may be less than 600 calories
Protein (gm)	19 –21 grams	
Carbohydrate (gm)	43	
Fat (gm)	<26 grams ≤ 30% calories averaged over one week	
Fiber (gm)	10	
Vitamin A (ug)	300	
Vitamin C (mg)	30	
Vitamin E (ug)	5	
Vitamin B6 (mg)	.6	
Folate (ug)	133	
Vitamin B12 (ug)	.8	
Calcium (mg)	400	
Magnesium (mg)	140	
Zinc (mg)	3.7	
Potassium (mg)	1133	
Sodium (mg)	<900 averaged over one week	

Menu Approval Sheets are provided at the end of this document for use in documenting that nutritional requirements are met by the menu through meeting the meal pattern requirements or through carrying out a computerized nutritional analysis of menus.

SPECIFIC NUTRIENT SOURCES**Vitamin A**

Each day each meal must provide at least 300 mcg vitamin A through foods served.

- To ensure this amount of vitamin A is provided when the meal pattern is followed, vitamin A rich foods must be served 2 to 3 times per week for one meal per day.
- When serving 2 meals per day, vitamin A rich foods must be served 4 to 6 times per week.
- One rich source or two fair source servings may be used to meet the requirements.
- Some examples of **rich** sources of vitamin A include:

Apricots	Cantaloupe	Collard greens
Kale	Mango	Spinach
Turnip greens & other dark greens		
Winter squash (Hubbard, Acorn, Butternut)		
Carrots and sweet potatoes		
- Some examples of **fair** sources of vitamin A include:

Apricot Nectar	Broccoli	Tomato Sauce
Pumpkin	Vegetable Juice	

Vitamin C

Each day each meal must provide at least 30 mg vitamin C through foods served.

- To ensure this amount of vitamin C is provided when the meal pattern is followed, vitamin C may be provided as one serving of a rich source, 2 half servings of rich sources or 2 servings of fair sources.
- When serving one meal per day, 1 rich or 2 fair sources must be served.
- When serving 2 meals per day, 2 rich or 4 fair sources must be served.
- Fortified, full-strength juices, defined as fruit juices that are 100% natural juice with vitamin C added, are vitamin C-rich foods.
- Partial-strength or simulated fruit juices or drinks, even when fortified, may not count as fulfilling this requirement, except cranberry juice.
- Some examples of **rich** sources of vitamin C include:

Broccoli	Brussels sprouts	Cantaloupe
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Cauliflower	Fruit juices, fortified	Grapefruit
Grapefruit juice	Green pepper	Honeydew
Kale	Kiwi	Mango
Mandarin oranges	Oranges/orange juice	Strawberries
Sweet potatoes	Yams	Sweet red pepper
Tangerines		

- Some examples of **fair** sources of vitamin C include:

Asparagus	Cabbage	Collard greens
Mustard greens	Pineapple	Potatoes
Spinach	Tomato/tomato juice/sauce	Turnip greens
Watermelon		

- These are a few examples of vitamins A and C sources. A listing of vitamin A and C content of common vegetables and fruits is included at the end of this document as additional information. By consulting this listing and ensuring that a minimum of 300 mcg vitamin A and 30 mg vitamin C are included through vegetables and fruits in meals on a daily basis, providers will meet these vitamin requirements.

Food Preparation and Serving Recommendations

- When cooking, use salt sparingly or eliminate entirely by using spices, herbs or other seasoning. To flavor foods, use salt-free seasoning, lemon juice, lime juice or vinegar.
- Minimize the use of fat in food preparation. Fats should be primarily vegetable sources and in a liquid or soft (spreadable) form that is low in hydrogenated fat, saturated fat, and cholesterol. Limit fat to no more than 20-35 percent of the calories average for the week.
- Each meal should contain at least 10 grams of dietary fiber. Use whole grains, meat alternatives, and fruits and vegetables to increase the fiber content of the menus. By ensuring that a minimum of 10 g fiber is included through foods served on a daily basis, providers will meet the fiber requirements.
- Reflect seasonal availability of food.
- Plan so that food items within the meat and meat alternatives, vegetable, fruit and grain/bread groups are varied within the week and menu cycle.
- Include a variety of foods and preparation methods with consideration for color, combinations, texture, size, shape, taste and appearance.
- Do not provide vitamin and/or mineral supplements.
- Use low-sodium meats, flavorings, and seasonings.

9. Use low-fat salad dressing, spreads, cheese and gravies (made without drippings and fat)
10. Bake, broil, steam or stew foods in place of frying food in fat.
11. At congregate sites, have drinking water readily available to encourage fluid intake. Coffee/decaf and tea with low-fat or non-dairy creamer, sugar/sugar substitute must be available on a daily basis at congregate sites.
12. Desserts may be provided as an option to satisfy the caloric requirements or for additional nutrients. Desserts such as fruit, whole grains, low fat or low sugar products are encouraged. Fresh, frozen, or canned fruits packed in their own juice are encouraged often as a dessert item, in addition to the serving of fruit provided as part of the meal. However, if a dessert contains at least $\frac{1}{2}$ cup of fruit it may be counted as a serving of fruit. A dessert containing at least $\frac{1}{2}$ cup enriched/whole grain product may be counted as a serving of grain. For example, a serving of two-crust (approx. $\frac{1}{8}$ of an 8" or 9" pie) fruit pie that contains at least $\frac{1}{2}$ cup fruit is counted as one serving fruit and one serving grain.
13. Ethnic or religious menus must approximate as closely as possible (given religious requirements or ethnic background) the regular meal pattern and nutrient content of meals as previously stated.
14. Meals served in accordance with the meal standards are appropriate for persons with chronic disease, such as diabetes, heart disease and hypertension.
15. Each nutrition provider shall assure that congregate meal participants are offered all the food items needed to meet the menu requirements.

Menu Approval Sheet
for use with Meal Pattern for
AgeOptions Title IIIC Nutrition Programs

Refer to Menu Standards for portion sizes, frequency and nutrient content. Minimum and maximum amounts indicated are for one week of menus.

Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Protein Foods	3 oz-eq.		6 oz-eq.		6 oz-eq.	
Meat, Poultry, Eggs (oz-eq/week)	9oz-eq/week	Suggested for variety when planning menus, but are not requirements.	18oz-eq/week	Suggested for variety when planning menus, but are not requirements.	26oz-eq/week	Suggested for variety when planning menus, but are not requirements.
Fish/Seafood (oz-eq/week)	3oz-eq/week		6oz-eq/week		9oz-eq/week	
Nuts, Seeds, Soy Products, Legumes (oz-eq/week)	2oz-eq/week		3.5oz-eq/week		oz-eq/week	
Limit	Ground red meat (fat >10%) no more than 2x/wk		Ground red meat (fat >10%) no more than 4x/wk		Ground red meat (fat >10%) no more than 6x/wk	
Notes: Limiting cured/processed meats such as bacon, hot dogs, bologna, and luncheon meats to no more than 1X/week per meal can help with meeting the DRI for sodium. A 3oz-eq. meat alternative for a meal can meet the protein requirement for vegetarian/vegan diet.						
Vegetables	1 cup-eq.		2 cup-eq.		2 ½ cup-eq.	
Note: A least one serving from each of the five vegetable subgroups must be included in a weekly menu.						Check
Dark-Green	Some examples: Broccoli, spinach, romaine lettuce, collards, kale.					
Red & Orange	Some examples: tomatoes, sweet potatoes, red peppers, winter squash, pumpkin, carrots.					
Beans, Peas, Lentils	Some examples: cooked dry beans, split peas, edamame, lentils.					
Starchy Vegetables	Some examples: corn, potatoes, green peas, lima beans.					
Other Vegetables	Some examples: iceberg lettuce, cabbage, asparagus, avocado, onions, zucchini, cauliflower, beets.					
Notes: May serve an additional vegetable equivalent instead of fruit. Beans and lentils are both in the Vegetables Group and Protein Group, however, can count as only one group in a meal.						
Fruits	½ cup-eq.		1 ½ cup-eq.		2 cup-eq.	
Note: May serve additional fruit(s) equivalents instead of vegetables.						
Fruits and Vegetables Vitamin A Target	1 rich or 2 fair servings 2-3x/wk		1 rich or 2 fair servings 4-6x/wk		1 rich or 2 fair servings 4-6x/wk	

<i>Fruits and Vegetables</i> Vitamin C Target	1 rich or 2 fair servings daily		2 rich or 4 fair servings daily		3 rich or 6 fair servings daily	
Grains	2oz-eq.		4oz-eq.		6oz-eq.	
Note: Preferably at least half of the servings per meal should come from whole grain sources. For example, for serving 2 meals per day, at least 2oz-eq. of whole grains would be served. Refer to “Menu Standards Brief Description” on the next page for examples.						
Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Milk	1 cup-eq.		2 cup-eq.		3 cup-eq.	
Energy (kcal)	No less than 600 Average of 685 for the week		No less than 1235 Average of 1370 for the week		No less than 2000 Average of ≤2054 for the week	
Sodium Limit <u>Note:</u> **800 mg or less per meal is ideal	Present Goal: **800 mg-1000 mg or less (900 mg averaged over one week)		1600 mg or less (1700 mg averaged over one week)		2300 mg or less (2400 mg averaged over one week)	
Total fat Limit (20%-35% kcal)	Fat (15-26 g)		Fat (29-52 g)		Fat (44-78 g)	

NOTE: Meal Kit boxes that are equivalent to 28 meals should use the “Total-2 Meals per Day” column above (multiplied by 14).

MENU STANDARDS BRIEF DESCRIPTION

Food Group	Equivalent Reference	Examples of Common Portion Sizes	Target for 1 Meal
Protein Foods <u>Note:</u> for individuals that regularly eat meat, poultry, fish, count beans and peas in the vegetable group, however a combination of meat and peas/beans can meet the protein recommendation.	1oz protein eq. 2oz protein eq. 3oz protein eq.	1 large egg OR 1oz natural cheese = 1oz protein eq. 2 TBSP peanut butter OR 1oz of nuts/seeds OR 1 soy or bean burger patty OR ½ cup (~4oz) tofu OR ½ cup roasted soybeans OR ½ cup cooked beans, peas, lentils OR 1 cup lentil, split pea or bean soup = 2oz protein eq. 3oz boneless skinless chicken breast (edible portion, no coating) = 3oz protein eq.	3oz-eq.
Vegetables	½ cup-eq. 1 cup-eq.	1 cup raw spinach = ½ cup veggie eq. 1 cup raw or cooked chopped broccoli OR 1 cup cooked potatoes, peas, beans, corn OR 1 cup tomato juice OR 2 cups raw leafy greens (e.g. spinach, romaine) = 1 cup veggie eq.	1 cup-eq.
Fruits	½ cup-eq. 1 cup-eq.	4oz applesauce container OR 4oz drained canned fruit OR ¼ cup dried fruit or ½ cup 100% fruit juice = ½ cup fruit eq. 1 large banana OR 1 cup melon balls OR 1 cup grapes OR 1 large orange OR 1 cup 100% fruit juice = 1 cup fruit eq.	½ cup-eq.

Grains <u>Note:</u> preferably at least half of the servings are coming from whole grains.	1 oz-eq.	½ cup cooked oatmeal OR ½ cup (1oz dry) cooked white or brown rice OR ½ cup (1oz dry) cooked pasta OR 1 cup ready-to-eat breakfast cereal (flakes or rounds) OR 1- 6-inch flour tortilla OR 5 crackers OR ½ English muffin OR 1 small piece cornbread 2.5"X 1 ¼" X 1 ¼" = 1oz grain eq.	2oz-eq.
Milk <u>Note:</u> low-fat milk is preferred.	1 cup-eq	1 cup of milk, calcium fortified milk alternative OR 1 cup of yogurt OR 1 ½ oz natural cheese OR ½ cup evaporated milk OR 1/3 cup shredded cheese = 1 cup milk eq.	1 cup-eq.

Menu Approval Sheet
for use with Nutritional Analysis for
AgeOptions Title IIIC Nutrition Programs

Nutrient	1 Meal per Day		2 Meals per Day		3 Meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Calories (Kcal)	No less than 600 per meal; 685 averaged over one week		No less than 1235 1370 averaged over one week		No less than 2000 2054 averaged over one week	
Protein	19-21 grams		38 grams		56 grams	
Carbohydrate	43 grams		87 grams		130 grams	
Fat	<26 grams ≤30% calories averaged over one week		<52 grams ≤30% calories averaged over one week		<78 grams ≤30% calories averaged over one week	
Fiber	10 grams average over one week		19 grams average over one week		28 grams average over one week	
Vitamin A (RAE)[†]	300 mcg		600 mcg		900 mcg	
Vitamin C	30 mg		60 mg		90 mg	
Vitamin E (AT)[†]	5 mg		10 mg		15 mg	
Vitamin B6	.6 mg		1.2 mg		1.7 mg	
Folate (DFE)[†]	133 mcg		267 mcg		400 mcg	
Vitamin B12	.8 mcg		1.61 mcg		2.4 mcg	
Calcium	400 mg		800 mg		1200 mg	
Magnesium	140 mg		280 mg		420 mg	
Zinc	3.7 mg		7.3 mg		11 mg	
Potassium	1133 mg		2267 mg		3400 mg	

Sodium <u>Note:</u> ^Δ 800mg or less per meal is ideal	^Δ 800 mg-1000 mg or less (900 mg averaged over one week)		1600 mg or less (1700 mg averaged over one week)		2300 mg or less (2400 mg averaged over one week)	
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† RAE = Retinol Activity Equivalent; AT = Alpha-tocopherol; DFE = Dietary Folate Equivalent