

Nutrient Targets: Targets may be met as a monthly average, +/-10%

Table 304-F-1

Nutrient	Target Value
*Calories	600
*Protein	17 grams
*Fat	Up to 35% of total calories:
*Saturated Fat	Up to 10% of total calories
*Calcium	400 milligrams
*Sodium	766 milligrams
*Potassium	1566 milligrams
*Magnesium	123 milligrams
*Zinc	3.2 micrograms
*Vitamin A	300 micrograms
*Vitamin B ₆	0.57 micrograms
*Vitamin B ₁₂	0.8 micrograms
*Vitamin D	5 micrograms
*Vitamin E	5 milligrams
*Folate	133 micrograms
*Fiber	≥ 8 grams
*Vitamin C	≥ 27 milligrams

*Targets based on 2015-2020 Dietary Guidelines for Americans averaged for Females 51+ and Males 51+