

Table 2: Nutrient Availability of an Older Americans Nutrition Program Meal Relative to the Dietary Reference Intakes and Recommended Dietary Allowances

Macronutrients									
	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Total Fat	Saturated Fat ⁸	Cholesterol (mg) ⁸	Sodium (g)	Fiber (g)	Water (L)
OAA Standards:									
<i>Dietary Guidelines for Americans</i>			>55%	<30%	<10%	<300/day	<2400/day		
OAA Standards: 1/3 RDA or AI (DRIs)¹									
Male	685 ⁵	19 ⁶	43 ⁷					10	
Female	624 ⁵	15 ⁶	43 ⁷					7	
AMDR ²		10-35%	45-65%	20-35%					
OAA Standards: 1/3 1989 RDA									
Age 51+	767	21							
OAA Nutrition Program Evaluation ³									
Average Title III Meal Content ⁴									
Congregate Meal	828	37	49%	35%	12%	87	1162	ND	
Home Delivered Meal	849	41	49%	34%	12%	71	951	ND	
Average Title VI Meal Content ⁴									
Congregate Meal	840	36	49%	35%	13%	86	1390	ND	
Home Delivered Meal	768	37	47%	35%	11%	62	1229	ND	

¹ Recommended Dietary Allowances (RDAs) are in **bold type** and Adequate Intakes (AIs) are in ordinary type followed by an asterisk (*). See Footnotes, page 5.

² Acceptable Macronutrient Distribution Ranges (AMDRs) for intakes of carbohydrates, proteins, and fats are expressed as % of total calories.

³ National Evaluation of the Elderly Nutrition Program 1993-1995, Mathematica Policy Research, Inc., 1996.

⁴ Compared to the 1989 RDAs (Mathematica Policy Research, Inc. 1996).

⁵ Values are based on Table 5-22 Estimated Energy Requirements (EER) for Men and Women 30 Years of Age. Used height of 5'7", "low active" physical activity level (PAL) and calculated the median BMI and calorie level for men and women. Caloric values based on age were calculated by subtracting 10 kcal/day for males (from 2504 kcal) and 7 kcal/day for females (from 2188 kcal) for each year of age above 30. Calculated for 75 years old.

⁶ The RDA for protein equilibrium in adults is a minimum of 0.8 gm/kg body weight for reference body weight.

⁷ The RDA for carbohydrate is the minimum adequate to maintain brain function in adults.

⁸ DRI values for saturated and monounsaturated fatty acids, and cholesterol not established as "they have no beneficial role in preventing chronic disease, and thus are not required in the diet."

The DRI values for this table were excerpted from the Institute of Medicine, *Dietary Reference Intakes: Applications in Dietary Assessment*, 2000 and *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients)* 2002.