

# Dietary Targets

## THE LANCET

Based on a 2,500 kcal/day diet (2) the dietary targets consist of a daily combined intake of:

Food group	Macronutrient intake range (grams/day), ranges Included	Calorie intake (kcal/day)
Major carbohydrate sources - 0-6		
0% of energy		
Whole grains (such as rice, wheat, corn), dry	232 grams (adjusted to meet energy target)	811
Starchy vegetables (potatoes and cassava)	50 (0-100) grams	39
Protein - around 15% of energy intake		
Beef or lamb	7 (0-14) grams	15
Pork	7 (0-14) grams	15
Poultry	29 (0-58) grams	62
Eggs	13 (0-25) grams (about 1.5 eggs per week)	19
Fish (including shellfish)	28 (0-100) grams	40
Dry beans, lentils or peas	50(0100) grams	172
Soy foods, dry	25 (0-50) grams	112
Peanuts	25 (0-75) grams	142
Tree nuts	25 (0-75) grams	149
Dairy (whole milk and dairy products, such as cheese)	250 (0 500) grams	153
Fruit and vegetables		
Vegetables	300 (200-600) grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables	Dark green vegetables - 23 Red and orange vegetables -30 Other vegetables - 25
Fruits	200 (100 300) grams	126
Added fats		
Palm oil	6.8 (0-6.8) grams	60
Unsaturated oils (olive, soybean, rapeseed. sunflower, and peanut oil)	40 (20-80) grams	354
Dairy fats (such as butter)	0 grams	0
Lard or tallow	5 (0-5) grams	36
Added sugars		
All sweeteners	31 (0-31) grams	120