## Dietary Targets

## THE LANCET

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

Major carbohydrate sources - 0-6   0% of energy   232 grams (adjusted to wheat, corn), dry   meet energy target)   811   meet energy target)   Starchy vegetables (potatoes and cassava)   50 (0-100) grams   39   39   39   39   39   39   39   3	Food group	Macronutrient intake range	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         50 (0-104) grams         15           Beef or lamb         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, lentls 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         142           Dairy (whole milk and dairy products, such as cheese)         250 (0 500) grams, including 100 grams of dork green vegetables         Red and orange vegetables - 23           Red and orange vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables - 25         Other vegetables - 25           Fruits         200 (100 300) grams         126           Added fats         40 (20-80) grams         60           Palm oil         6.8 (0-6.8) grams	rood group		Calorie intake (kcai/day)	
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         50 (0-100) grams         15           Beef or lamb         7 (0-14) grams         15           Poultry         29 (0-58) grams         62           Eggs         13 (0-25) grams (about 1.5 eggs per week)         19           Eish (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, including 100 grams of dork green vegetables         153           Vegetables         300 (200-600) grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables         20           Fruits         200 (100 300) grams         126           Added fats         200 (100 300) grams         60           Palm oil         6.8 (0-6.8) grams         60           Unsaturated oils (olive, so				
wheat, corn), dry         meet energy target)         39           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)         25 (0-75) grams         153           Fruit and vegetables         300 (200-600) grams, including 100 grams of dork green vegetables, 100 grams of dork green vegetables, 23 Red and orange vegetables - 23 Red and orange vegetables - 25 (of ther vegetables - 25)           Fruits         200 (100 300) grams         126           Added fats         200 (100 300) grams         126           Palm oil         6.8 (0-6.8) grams         60           Unsaturated oils (oive, soybean, rapeseed. sunflower, and pe			811	
Starchy vegetables (potatoes and cassava)	,			
Protein - around 15% of energy intake			30	
Protein - around 15% of energy intake	, , ,	50 (0-100) grains	33	
Beef or lamb				
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, including 100 grams of dork green vegetables         153           Fruit and vegetables         300 (200-600) grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables - 25         Red and orange vegetables - 25           Fruits         200 (100 300) grams         126           Added fats         40 (20-80) grams         354           Palm oil         60           Unsaturated oils (olive, soybean, rapeseed. sunflower, and peanut oil)         40 (20-80) grams         0           Dairy fats (such as butter)         0 grams         0           Lard or tallow         5 (0-5) grams         36 <td></td> <td></td> <td>15</td>			15	
Poultry				
Eggs				
Per week   Pish (including shellfish)   28 (0-100) grams   40	-			
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         300 (200-600) grams, including 100 grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables, and 100 grams of other vegetables, and 100 grams of other vegetables - 25         200 (100 300) grams         126           Added fats         200 (100 300) grams         60         354           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	Eggs		19	
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         300 (200-600) grams, including 100 grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables, and 100 grams of other vegetables, and 100 grams         Dark green vegetables - 23 Red and orange vegetables - 30 Other vegetables - 30           Fruits         200 (100 300) grams         126           Added fats         40 (20-80) 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	Figh (code Figure 1 - 105 - L.)	. ,	40	
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)     Fruit and vegetables   300 (200-600) grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, and 100 grams of 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)     Dairy fats (such as butter)   0 grams   36     Added sugars   3				
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         300 (200-600) grams, including 100 grams, including 100 grams of dork green 100 grams of dork green 100 grams of dork green 100 grams of other vegetables, and 100 grams of other vegetables, and 100 grams of other vegetables 100 grams of other vegetables 100 grams of other vegetables 100 grams 100 gra				
Tree nuts         25 (0-75) grams         149           Dairy (whole milk and dairy products, such as cheese)         250 (0 500) grams         153           Fruit and vegetables         300 (200-600) grams, including 100 grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables and 100 grams of other vegetables.         Dark green vegetables - 23 Red and orange vegetables - 30 Other vegetables - 30 Other vegetables - 25           Fruits         200 (100 300) grams         126           Added fats         200 (100 300) grams         60           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				
Dairy (whole milk and dairy products, such as cheese)  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, and 100 grams of other vegetables.  Fruits  200 (100 300) grams  126  Added fats  Palm oil  Unsaturated oils (olive, soybean, rapeseed. sunflower, and peanut oil)  Dairy fats (such as butter)  Lard or tallow  Added sugars  153  153  153  153  154  155  Palm oil grams, including Red and orange vegetables - 23  Red and orange vegetables - 30  Other vegetables - 25  60  40 (20-80) grams  60  0 grams  354  354  366	Peanuts			
Fruit and vegetables  Vegetables  Vegetables  300 (200-600) grams, including 100 grams of dork green vegetables - 23 Red and orange vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables, and 100 grams of other vegetables - 25 Other vegetables - 25  Fruits  200 (100 300) grams  126  Added fats  Palm oil  Unsaturated oils (olive, soybean, rapeseed. sunflower, and peanut oil)  Dairy fats (such as butter)  Lard or tallow  Added sugars  300 (200-600) grams, including Red and orange vegetables - 23  Red and orange vegetables - 30  Other vegetables - 25  60  40 (20-80) grams  0  136  Added sugars				
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  Fruits  200 (100 300) grams  126  Added fats  Palm oil  Unsaturated oils (olive, soybean, rapeseed. sunflower, and peanut oil)  Dairy fats (such as butter)  Lard or tallow  Added sugars  Dark green vegetables - 23 Red and orange vegetables - 30 Other vegetables - 25  Other vegetables - 25  Other vegetables - 25  Other vegetables - 25  Other vegetables - 30 Other vegetables -		250 (0 500) grams	153	
Vegetables  300 (200-600) grams, including 100 grams of dork green vegetables, 100 grams red and orange vegetables, 100 grams of other vegetables, and 100 grams of other vegetables  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)  Dairy fats (such as butter)  Lard or tallow  Added sugars  Dark green vegetables - 23 Red and orange vegetables - 30 Other vegetables - 25  60  Other vegetables - 35  60  354  0  Grams 0  354  36  Added sugars				
100 grams of dork green vegetables, 100 grams red and orange vegetables, 100 grams red and orange vegetables, and 100 grams of other vegetables.  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)  Dairy fats (such as butter) 0 grams 0  Lard or tallow 5 (0-5) grams 36  Added sugars	Fruit and vegetables			
vegetables, 100 grams red and orange vegetables, and 100 grams of 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)  Dairy fats (such as butter) 0 grams 0  Lard or tallow 5 (0-5) grams 36  Added sugars	Vegetables	300 (200-600) grams, including	Dark green vegetables - 23	
orange vegetables, and 100 grams of 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)  Dairy fats (such as butter) 0 grams 0  Lard or tallow 5 (0-5) grams 36  Added sugars		100 grams of dork green	Red and orange vegetables	
of other vegetables           Fruits         200 (100 300) grams         126           Added fats		vegetables, 100 grams red and	-30	
Fruits         200 (100 300) grams         126           Added fats         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		orange vegetables, and 100 grams	Other vegetables - 25	
Added fats  Palm oil 6.8 (0-6.8) grams 60  Unsaturated oils (olive, 40 (20-80) grams 354  soybean, rapeseed. sunflower, and peanut oil)  Dairy fats (such as butter) 0 grams 0  Lard or tallow 5 (0-5) grams 36  Added sugars		of other vegetables		
Palm oil 6.8 (0-6.8) grams 60 Unsaturated oils (olive, 40 (20-80) grams 354 soybean, rapeseed. sunflower, and peanut oil) Dairy fats (such as butter) 0 grams 0 Lard or tallow 5 (0-5) grams 36 Added sugars	Fruits	200 (100 300) grams	126	
Unsaturated oils (olive, soybean, rapeseed. sunflower, and peanut oil)  Dairy fats (such as butter)  Lard or tallow  Added sugars  40 (20-80) grams  354  0  0  354  354  354  354  354  36	Added fats			
soybean, rapeseed. sunflower, and peanut oil)  Dairy fats (such as butter)  Lard or tallow  5 (0-5) grams  Added sugars	Palm oil	6.8 (0-6.8) grams	60	
and peanut oil)  Dairy fats (such as butter)  Lard or tallow  5 (0-5) grams  36  Added sugars	Unsaturated oils (olive,	40 (20-80) grams	354	
Dairy fats (such as butter)         0 grams         0           Lard or tallow         5 (0-5) grams         36           Added sugars         36	soybean, rapeseed. sunflower,			
Lard or tallow 5 (0-5) grams 36 Added sugars	and peanut oil)			
Added sugars	Dairy fats (such as butter)	0 grams	0	
Added sugars	Lard or tallow	5 (0-5) grams	36	
	Added sugars			
All sweeteners 31 (U-31) grams 120	All sweeteners	31 (0-31) grams	120	