

**IN THE NAME OF THE MOST MERCIFUL GOD**

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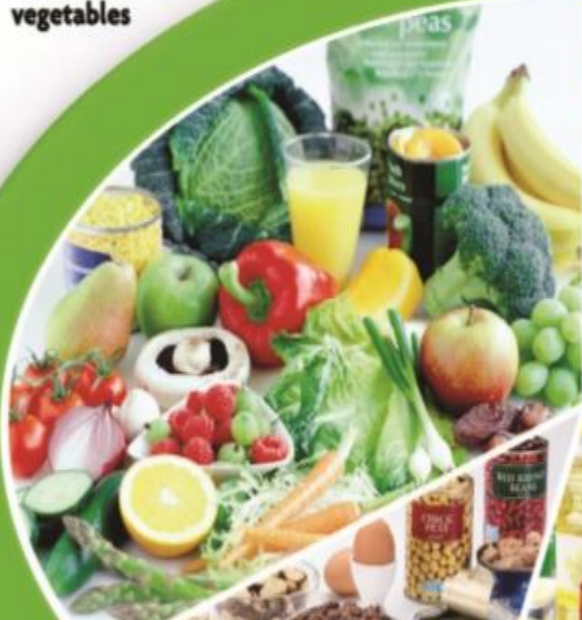
FOOD  
STANDARDS  
AGENCY

# FSA nutrient and food based guidelines for UK institutions

گردآورنده : لعيا همدانيان  
استاد محترم : خانم دكتور نجارزاده

Revised October 2007

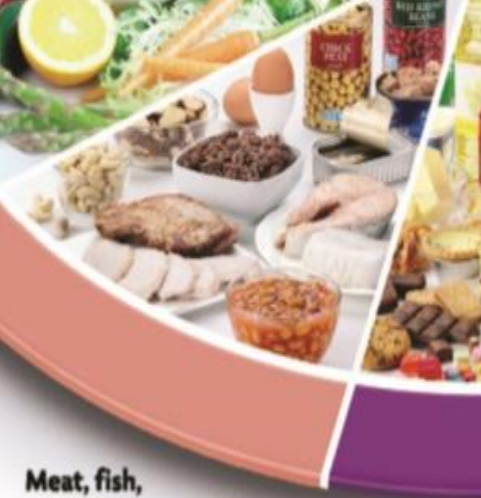
**Fruit and vegetables**



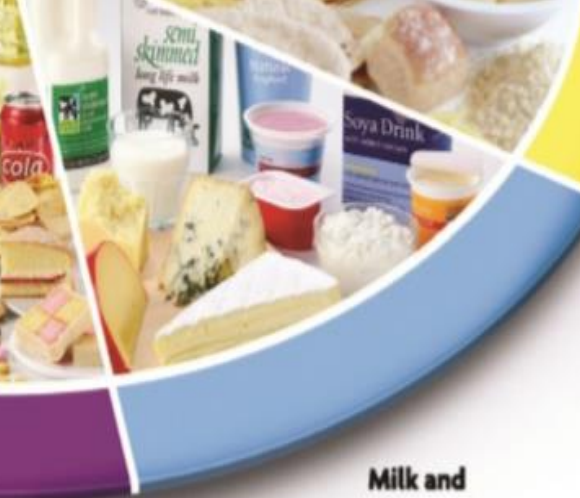
**Bread, rice, potatoes, pasta and other starchy foods**



**Meat, fish, eggs, beans and other non-dairy sources of protein**



**Milk and dairy foods**



**Foods and drinks high in fat and/or sugar**



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	Population average % of food energy
Saturated fatty acids	Not more than 11
Polyunsaturated fatty acids	6.5
Monounsaturated fatty acids	13
Trans fatty acids	Not more than 2
Total fat	Not more than 35
Non-milk extrinsic sugars	Not more than 11
Intrinsic and milk sugars, and starch	39
Total carbohydrate	50
Fibre as non-starch polysaccharide (g/day)	18*

\*Only applicable to children over 5 years

<b>Age</b>	<b>Target average salt intake (g/d)</b>
0-6 mths	Less than 1
7-12 mths	1
1 – 3 yrs	2
4-6yrs	3
7-10yrs	5
11yrs +	6

<b>Nutrient</b>	<b>1-3yrs</b>	<b>4-6yrs</b>	<b>7-10yrs</b>	<b>11-14yrs</b>	<b>15-18yrs</b>
Protein	15g	20g	28g	42g	55g
Iron	7mg	6mg	9mg	14.8mg	14.8mg
Zinc	5mg	6.5mg	7mg	9mg	9.5mg
Vitamin A (retinol equivalents)	400mcg	400mcg	500mcg	600mcg	700mcg
Folate	70mcg	100mcg	150mcg	200mcg	200mcg
Vitamin C	30mg	30mg	30mg	35mg	40mg
Salt <sup>2</sup>	2g	3g	5g	6g	6g

<b>Nutrient</b>	<b>Adults 19-50 years</b>	<b>Adults 50 years and above</b>
Protein	55g	53g
Iron	14.8mg	9mg
Zinc	9.5mg	9.5mg
Vitamin A (retinol equivalents)	700mcg	700mcg
Folate	200mcg	200mcg
Vitamin C	40mg	40mg
Salt <sup>2</sup>	6g	6g

## Percentage of daily intake

	energy, protein, fibre	total /sat fat, sugar, salt		vitamins and minerals (where insufficiencies are apparent)	
		average population requirement	target <sup>#</sup>	average population requirement	target <sup>#</sup>
<b>Breakfast</b>	20	20		20	-
Lunch	30	30	29	30	35-40
Even meal	30	30	29	30	35-40
Snacks	20	20		*	
Total	100	100	98 or less	100	100 or more