

Nutrition Standards

Nutrient	DASH TLC Heart Healthy (Standard Diet)	HIV/AIDS	HIV/AIDS + HLD (hyperlipidemia)	Elderly	Kidney Chronic Stages 1-5 (non-dialysis)	Kidney ESRD/Dialysis	Diabetes/Pre-diabetes	Heart Failure
Calories	As per individual needs	Needs vary similar to healthy individuals	Needs vary	Needs vary	23-35 kcal/kg	25-35 Kcal/kg	Needs vary	Higher if catabolic
Protein % of total daily calories	18% Daily calories Lean meats/plant-based sources	*10-35% of daily calories Individualized	10-35% of daily calories individualized	N/A	N/A	N/A	Individualized macronutrient composition addressed in practice.	N/A
Protein g/kg body weight	N/A	N/A	N/A	1-1.25g/kg (NCM)	GFR<50=0.6-0.8g/kg	HD 1.2 g/kg PD 1.2-1.3 g/kg		1.1g/kg is stable 1.3 g/kg if depleted for CHF
Carbohydrate % total daily calories	55% daily calories Emphasize whole grains + vegetables	N/A	N/A	45-65% daily calories	N/A	N/A		N/A
Total Fat % total daily calories	25-35% daily calories	N/A	25-35% of total daily calories	20-35% of daily calories	N/A	N/A		N/A
Saturated Fat % total daily calories	6-7% daily calories	<10% **	<7% total daily calories	<10% daily calories	N/A	N/A	<7%	<7%
Sodium (mg)	2300 mg for standard 1500 mg for lower NA DASH	DGA	DGA	2300 mg/day	<2400 mg/day	<2400 mg/day	<2300 mg/day	CHF: 2000-3000 mg/day *
Cholesterol	150	DGA	<200 mg/day	<300 mg/day	N/A	N/A	N/A	<200mg/day
Fiber (g)	25-31g	*14g/1000	*14g/1000	30 g Male 21 g female 14g/1000 Kcal	N/A		N/A	Female: 21-25g Male: 25-28 g Soluble fiber 7-13 g
Vitamin D (IU)	N/A	600 IU**	600 IU	800	N/A	N/A	RDA	600 IU
Calcium (mg)	1000-1200 mg	1000 mg **	1000 mg	1200	Stages 3-5 not to exceed 2000 mg /day		RDA	1000 mg
Potassium	4700 mg	DGA	DGA	4700	Stages 3-5 <2400 mg/day	<2400 mg/day	DGA	N/A
Phosphorus	N/A	N/A	N/A	700	Stages 3-5 800-1000mg/day or 10-12 mg PO4/g protein	800-1000 mg or 10-12 mg/g protein	RDA	N/A
Reference for Evidence Based Guidelines	DASH TLC	*EAL **DGA (link)	EAL	NCM	EAL	NKF-K/DOQI EAL AND Nutrition care Manual	ADA EAL	EAL

N/A= not applicable because guidelines do not exist for this value, is not relevant for condition or listed elsewhere on chart
NCM= Academy of Nutrition and Dietetics Nutrition Care Manual (member only site) <https://www.nutritioncaremanual.org>
DGA= Dietary Guidelines for Americans – <https://health.gov/diaterayguidelines/2015/guidelines/>
NKF KDOQI = National Kidney Foundation Kidney Disease Quality Initiative – <https://www.kidney.org/professionals/guidelines> -
RDA/DRI Reports- <https://www.nal.usda.gov/fnic/dri-nutrient-reports>
DRI's Interactive - <https://www.nal.usda.gov/fnic/interactiveDRI/>
EAL = Evidence Analysis Library from AND and the Evidence-based Nutrition Practice Guideline -(member only access) <https://www.andeal.org>
ADA Standards of Medical Care for Diabetes- 2017- http://care.diabetesjournals.org/content/diacare/suppl/2016/12/15/40.Supplement_1.DC1/DC_40_S1_final.pdf
TLC- Therapeutic Lifestyle Changes (NIH/NHLBI)- https://www.nhlbi.nih.gov/files/docs/public/heart/chole_tlc.pdf
DASH Diet - https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf

* Refers to the EAL (Updated from AND November 2017)