<table>
<thead>
<tr>
<th>Nutrient</th>
<th>HIV/AIDS</th>
<th>HIV/AIDS +HLD (hyperlipidemia)</th>
<th>Elderly</th>
<th>Kidney Chronic Stages 3-4</th>
<th>Kidney Stages 4-6</th>
<th>Diabetes Pre-diabetes</th>
<th>Heart Failure</th>
<th>DASH TLC Heart Healthy</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
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<tr>
<td>Protein % of total daily calories</td>
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<tr>
<td>g/kg body weight</td>
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<tr>
<td>N/A</td>
<td>N/A</td>
<td>1-1.25g/kg (NCM)</td>
<td>N/A</td>
<td>0.55-0.6g/kg</td>
<td>1.0-1.2g/kg</td>
<td>Individualized macronutrient composition</td>
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<td>*10-35% of daily calories</td>
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<tr>
<td>N/A</td>
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<td>N/A</td>
<td>10-35% of daily calories</td>
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<tr>
<td>% total daily calories</td>
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<td>Carbohydrate</td>
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<td>% total daily calories</td>
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<td>Total Fat % total daily calories</td>
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<td>Sodium (mg)</td>
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<td>*14g/1000</td>
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<td>*14g/1000</td>
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<td>Cholesterol</td>
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<td>Vitamin D (IU) Calcium (mg)</td>
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<td>Ferritin (g)</td>
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</tbody>
</table>

**Guidelines**
- **DASH (link)**
- **TLC Heart Healthy**
- **EAL**
- **NKF/DOQI**
- **ADA**
- **EL**

**Evidence Analysis Library from AND**
- **Evidence Library from DASH**
- **Evidence Library from TLC Heart Healthy**
- **NCM** (Academy of Nutrition and Dietetics Nutrition Care Manual)

**Guidelines for nutrient target values**
- **See MTM Meal**

**Notes**
- *N/A* not applicable because guidelines do not exist for this value, is not relevant for condition or listed elsewhere on chart
- *NCK* - Academy of Nutrition and Dietetics Nutrition Care Manual [member only site]
- *DASH* = Dietary Approaches to Stop Hypertension
- *EAL* = Evidence Analysis Library from AND
- *TLC* = Therapeutic Lifestyle Changes
- *NCM* = Academy of Nutrition and Dietetics Nutrition Care Manual [member only site]
- *RDA* = Recommended Dietary Allowances
- *EAD* = Academy of Nutrition and Dietetics
- *EAL* = Evidence Analysis Library from AND
- *NCM* = Academy of Nutrition and Dietetics Nutrition Care Manual [member only site]
- *NCM* = Academy of Nutrition and Dietetics Nutrition Care Manual [member only site]
- *NCM* = Academy of Nutrition and Dietetics Nutrition Care Manual [member only site]

**References**
- [NCM](https://www.evidenceanalysislibrary.org)
- [DASH](https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf)
- [TLC](https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf)
- [EAL](https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf)
- [NCM](https://www.andeal.org)

**Target Values**
- **<2300 mg/day**
- **<2100 mg/day**
- **<1500 mg/day**
- **<1200 mg/day**
- **<1000 mg/day**
- **<800 mg/day**
- **<600 mg/day**
- **<500 mg/day**
- **<300 mg/day**
- **<200 mg/day**
- **<150 mg/day**
- **<100 mg/day**
- **<50 mg/day**
- **<30 mg/day**
- **<15 mg/day**
- **<10 mg/day**
- **<5 mg/day**