



# FOOD IS MEDICINE™ COALITION

## Nutrition Standards

Nutrient	HIV/AIDS	HIV/AIDS +HLD (hyperlipidemia)	Elderly	Kidney Chronic Stages 3-4 (non-dialysis)	Kidney Stages 4-5 ESRD/Dialysis	Diabetes Pre-diabetes	Heart Failure	DASH TLC Heart Healthy
<b>Calories</b>	Needs vary similar to healthy individuals	Needs vary	Needs vary	23-35 kcal/kg	25-35 Kcal/kg	Needs vary	Higher if catabolic	As per individual needs
<b>Protein % of total daily calories</b>	*10-35% of daily calories Individualized	10-35% of daily calories individualized	N/A	0.55-0.6 g/kg	1.0-1.2g/kg	<b>*See MTM Meal Guidelines for nutrient target values</b>	N/A	18% Daily calories Lean meats/plant- based sources
<b>Protein g/kg body weight</b>	N/A	N/A	1-1.25g/kg (NCM)	< 64 g /day	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	N/A
<b>Carbohydrate % total daily calories</b>	N/A	N/A	45-65% daily calories	N/A	N/A		N/A	55% daily calories Emphasize whole grains + vegetables
<b>Total Fat % total daily calories</b>	N/A	25-35% of total daily calories	20-35% of daily calories	N/A	N/A		N/A	25-35% daily calories
<b>Saturated Fat % total daily calories</b>	<10% **	<7% total daily calories	<10% daily calories	N/A	N/A		<7%	<7%
<b>Sodium (mg)</b>	DGA	DGA	2300 mg/day	<= 2100 mg	<2400 mg/day	<2300 mg/day	CHF: 2000-3000 mg/day *	2300 mg for standard 1500 mg for lower NA DASH
<b>Cholesterol</b>	DGA	<200 mg/day	<300 mg/day	N/A	N/A	N/A	<200mg/day	150
<b>Fiber (g)</b>	*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	25-31g
<b>Vitamin D (IU)</b>	600 IU**	600 IU	800	N/A	N/A	RDA	600 IU	N/A
<b>Calcium (mg)</b>	1000 mg **	1000 mg	1200	Stages 3-5 not to exceed 2000 mg /day		RDA	1000 mg	1000-1200 mg
<b>Potassium</b>	DGA	DGA	4700	<= 3500 mg/day	<2400 mg/day	DGA	N/A	4700 mg
<b>Phosphorus</b>	N/A	N/A	700	No limit: But pay attention to sources due to bio-availability Limit to 2 dairy exchanges/ day (4 oz fluid milk or 1 oz cheese) Avoid foods with phosphoric additives	Limit to <1200 mg/day	RDA	N/A	N/A
<b>Reference for Evidence Based Guidelines</b>	*EAL **DGA (link)	AL	NCM	NKK-K/DOQI EAL AND Nutrition Care manual	NKF-K/DOQI EAL AND Nutrition care Manual	ADA EAL	EAL	DASH TLC

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 – [DGA 2020-2025](https://www.dga.gov)

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- 2020- [ADA Standards of Medical Care for Diabetes 2020](https://www.diabetes.org/standards-of-care)

TLC- Therapeutic Lifestyle Changes (NIH/NHLBI)- [https://www.nhlbi.nih.gov/files/docs/public/heart/cholesterol\\_tlc.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/cholesterol_tlc.pdf)

DASH Diet - [https://www.nhlbi.nih.gov/files/docs/public/heart/hbp\\_low.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf)