

## Daily Reference Values (DRVs)

(Based on 2,000 calories a day for adults and children over 4 only)



Food Component	Daily Reference Values
fat	65 grams (g)
saturated	fatty acids 20 g
cholesterol	300 milligrams (mg)
total carbohydrate	300 g
fiber	25 g
sodium	2,400 mg
potassium	3,500 mg
protein**	50 g

\*\*DRV for protein does not apply to certain populations; Reference Daily Intake (RDI) for protein has been established for these groups: children 1 to 4 years: 16 g; infants under 1 year: 14 g; pregnant women: 60 g; nursing mothers: 65 g.