

NUTRITION

GUIDELINE DAILY AMOUNT (GDA)

	MEN	WOMEN	CHILDREN		
			CHILD aged 5-10	GIRL 11-14	BOY 11-14
CALORIES	2,500	2,000	1,800	1,850	2,200
SUGAR (g)	120	90	85	90	110
FAT (g)	95	70	70	70	85
SATURATED FAT (g)	30	20	20	25	25
SALT (g)	6	5	4	6	6

Daily Hit Nutrition Guide

**Thirumalaisamy P.
Velavancorresponding**

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