



Optimum Control
Food & Beverage Inventory Experts

Daily Intake Values

NUTRIENT

DAILY VALUE

Calories	2000
Fat	78 g
Saturated and Trans Fat	20 g
Cholesterol	300 mg
Sodium	2300 mg
Carbohydrate	300 g
Fibre	28 g
Protein	50 g
Vitamin A	3000 IU
Vitamin C	90 mg
Calcium	1300 mg
Iron	18 mg

Note: Values are based on a 2000 calorie/day diet.

RE=Retinal Equivalent