

Daily Requirement											
Component	Max/Min	Daily Amount and measure									
Sodium	Maximum	5,000 milligrams (mg)									
Energy	Minimum	2,000 Calories (kilocalories, kcal)									
Protein	Minimum	50 grams (g)									
Vitamin D	Minimum	20 micrograms (mcg)									
Calcium	Minimum	1,300 milligrams (mg)									
Iron	Minimum	18 milligrams (mg)									
Potassium	Minimum	4,700 milligrams (mg)									
5 Packaged Food											
	Sodium	Energy	Protein	Vitamin D	Calcium	Iron	Potassium	Nutritional Fact	Serving	Price	Per Serving Price
Spam Luncheon Meat	790	180	7.41	0	7.84	0.5	128.24	<a href="https://www.urmc">https://www.urmc</a>	2oz	<a href="#">5.39/12 oz</a>	0.9
Total Whole Grain Cereal	190	140	3	4	40	18	150	<a href="https://www.target">https://www.target</a>	1 cup	<a href="#">6.79 / 11 cups</a>	0.62
Green Giant Vegetable Blend	210	45	2	0	22	1	185	<a href="https://www.amazon">https://www.amazon</a>	1/2cup	<a href="#">31.05/ pack of 12*3 serving per container</a>	0.86
Wild Alaskan Pink Salmon	260	100	17	15.9	200	0.4	280	<a href="https://www.amazon">https://www.amazon</a>	1/3 cup	<a href="#">6.49/5 serving</a>	1.3
Organic Vanilla Soy Beverage	95	100	7	5	300	1	280	<a href="https://www.amazon">https://www.amazon</a>	1 cup	<a href="#">2.49/ 4 serving</a>	0.62