

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	https://www.urmc	2oz	5.39/12 oz	0.9	
Total Whole Grain Cereal - 16oz - Gen	190	140	3	4	40	18	150	https://www.target	1 cup	6.79 / 11 cups	0.62	
Green Giant Vegetable Blend	210	45	2	0	22	1	185	https://www.amazon	1/2cup	31.05/ pack of 12	0.86	
365 by Whole Foods Market, Wild Alas	260	100	17	15.9	200	0.4	280	https://www.amazon	1/3 cup	6.49/5 serving	1.3	
365 by Whole Foods Market, Organic \	95	100	7	5	300	1	280	https://www.amazon	1 cup	2.49/ 4 serving	0.62	