

**Supplement: Daily nutrient targets for Dietary Approach to Stop**

**Hypertension (DASH) scores**

<b>Nutrient</b>	<b>Intermediate DASH target</b>	<b>DASH target</b>
<b>Protein</b>	> 16.5% of energy	> 18% of energy
<b>Saturated fat</b>	< 11% of energy	< 6% of energy
<b>Total fat</b>	< 32% of energy	< 27% of energy
<b>Cholesterol</b>	< 107.1 mg/1000 kcal	< 71.4 mg/1000 kcal
<b>Fiber</b>	> 9.5 g/1000 kcal	> 14.8 g/1000 kcal
<b>Magnesium</b>	> 158 mg/1000 kcal	> 238 mg/1000 kcal
<b>Calcium</b>	> 402 mg/1000 kcal	> 590 mg/1000 kcal
<b>Potassium</b>	> 1534 mg/1000 kcal	> 2238 mg/1000 kcal
<b>Sodium</b>	< 1286 mg/1000 kcal	< 1143 mg/1000 kcal
Adapted from reference 19		