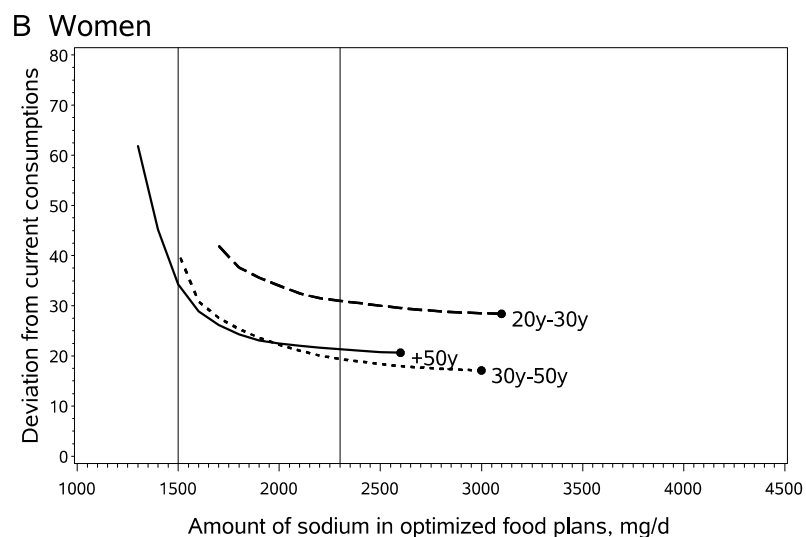
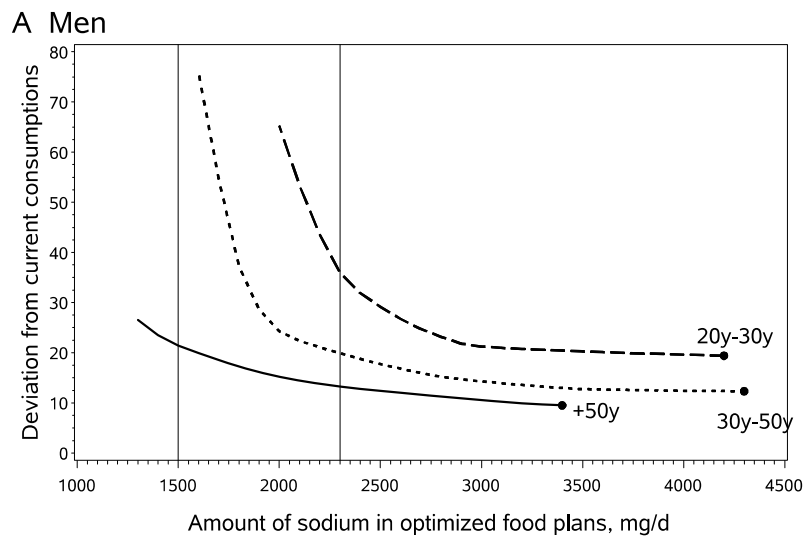


A Conflict Between Nutritionally Adequate Diets and Meeting the 2010 Dietary Guidelines for Sodium

Matthieu Maillot, PhD, Adam Drewnowski, PhD

Appendix A

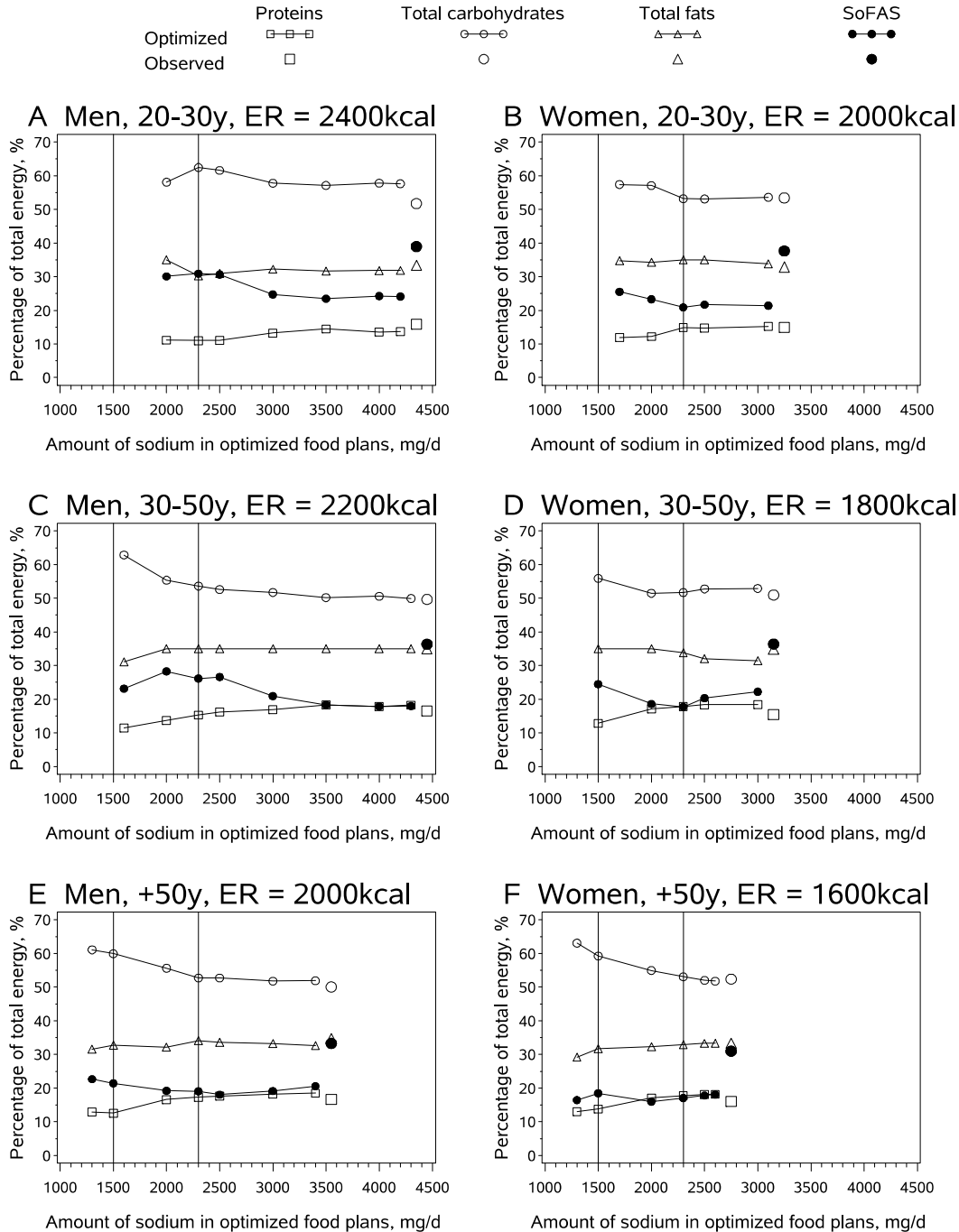
Deviation from average food behaviors in the nutritionally adequate food plans depending on the sodium upper limit, for three age levels for men (A) and women (B)



mg/d, milligrams per day; y, years

Appendix B

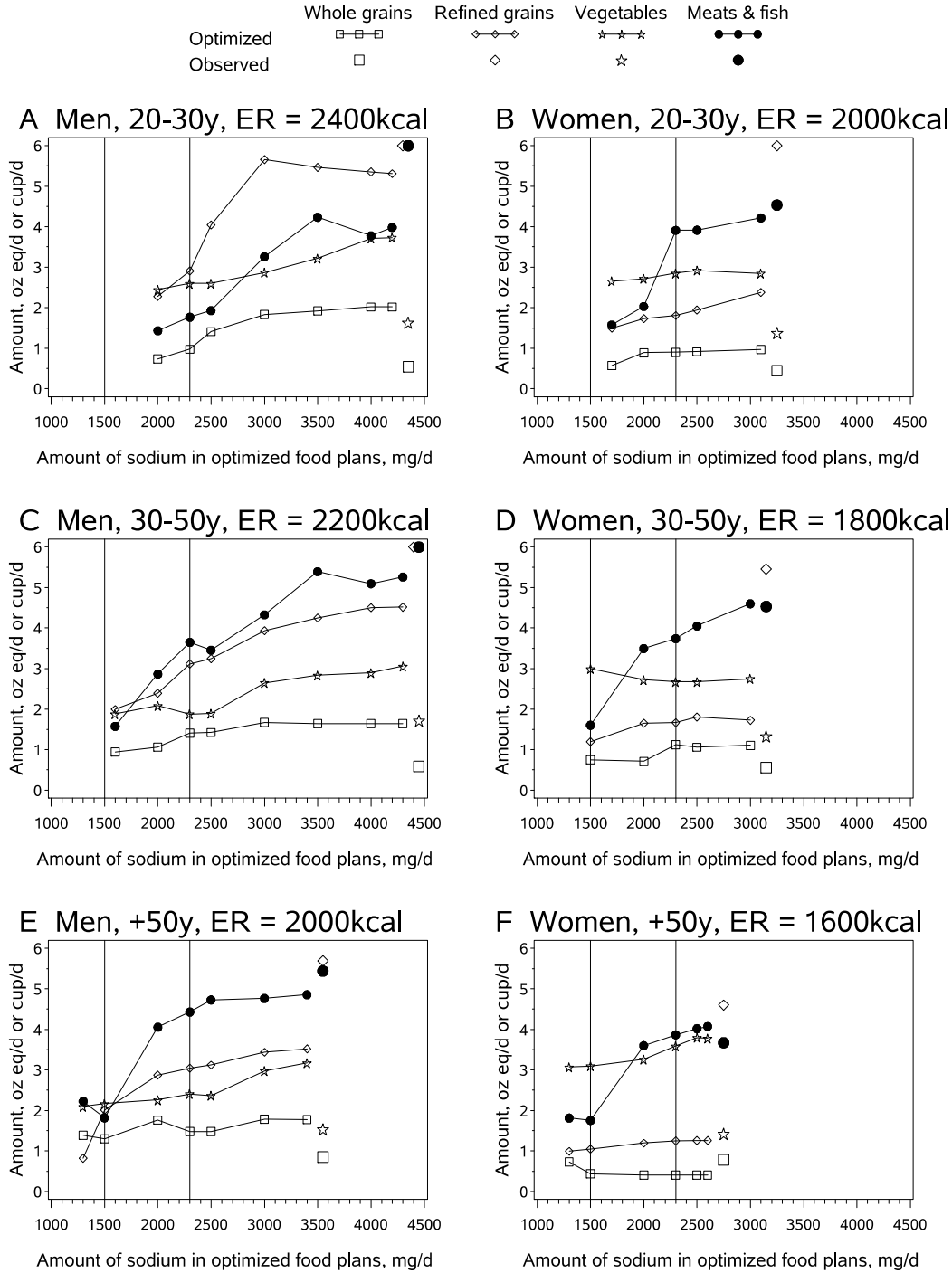
Percentage contribution of proteins, total carbohydrates, total lipids, and SoFAS to total energy intake in observed diets and in all optimized food plans depending on the sodium upper limit, for the six gender-age groups



ER, energy requirement (kcal); kcal, kilocalories; mg/d, milligrams per day; SoFAS, solid fats and added sugars; y, years

Appendix C

Amount of MyPyramid food groups (refined grains^a, whole grains, vegetables, meats, and fish^b) in observed diets and in all optimized food plans for the six gender-age groups

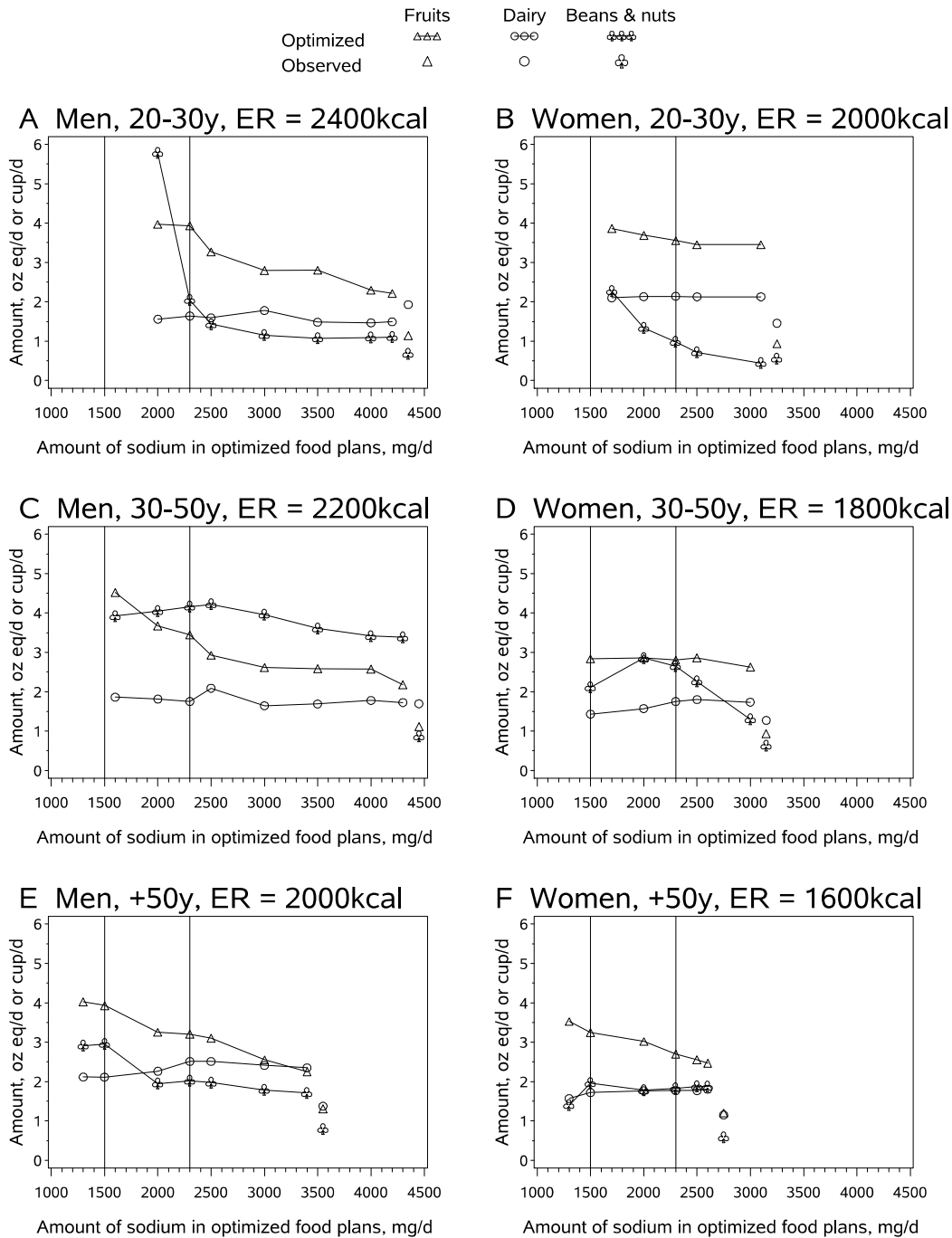


^a The observed amount of refined grains was 8.4, 7.9 and 6.5 oz eq per cup for young men, middle-aged men, and young women, respectively.

^b The observed amount of meats and fish was 7.1 and 7.4 oz eq per cup for young men and middle-aged men, respectively.
cup/d, cups per day; ER, energy requirement (kcal); kcal, kilocalories; oz eq, ounce equivalents; y, years

Appendix D

Amount of MyPyramid food groups (fruits, dairy, beans, and nuts) in observed diets and in all optimized food plans, for the six gender-age groups



cup/d, cups per day; ER, energy requirement (kcal); kcal, kilocalories; mg/d, milligrams per day; oz eq/d, ounce equivalents per day; y, years