

Selected Nutrients	Cambodian	Vietnamese	Latin-American	Polish
Total Calories	95.0	86.2	64.2	74.2
Calories from carbohydrate	67.0	67.6	62.1	58.3
Calories from protein	17.2	15.7	15.3	16.9
Calories from fat	16.1	16.7	22.6	24.8
Fibre	48.4	78.9	50.3	84.9
Vitamin A	34.9	75.2	76.2	54.9
Vitamin D	22.5	20.2	48.1	77.6
Calcium	50.4	63.9	68.7	79.0
Zinc	123.3	99.3	68.1	72.5
Sodium	420.4	237.7	286.2	473.5

*Health and Welfare Canada (1990).

Recommended Nutrient Intakes For Canadians

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