

NUTRITION

GUIDELINE DAILY AMOUNT (GDA)

	MEN		WOMEN		CHILDREN		
					CHILD aged 5-10	GIRL 11-14	BOY 11-14
CALORIES	2,500		2,000		1,800	1,850	2,200
SUGAR (g)	120		90		85	90	110
FAT (g)	95		70		70	70	85
SATURATED FAT (g)	30		20		20	25	25
SALT (g)	6		5		4	6	6

Guideline Daily Allowance Salt

J Ma



Guideline Daily Allowance Salt:

Reviewing **Guideline Daily Allowance Salt**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Guideline Daily Allowance Salt**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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