

Table 1 Average daily nutrient and macronutrient contribution to total energy content of meals served to hypertensive and cardiac patients in a sample of Jordanian hospitals ($n = 16$): comparison with recommendations of various guidelines for preventing diet-related chronic diseases

Nutrient (units)	Recommended nutrient content according to:			Actual daily nutrient content of meals in hospitals Mean (SD)
	DASH	TLC	WHO	
Calories (kcal)	2000	2000	Not specified	2062 (529)
Protein (%)	18	≈ 15	10–15	19.0 (2.0) ^{b,c}
Carbohydrates (%)	55	50–60	55–75	53.3 (5.3)
Sugar (%)	Not specified	Not specified	10	14.3 (22.8)
Fat (%)	27	25–35	15–30	27.7 (4.7)
Monounsaturated fatty acids (%)	Not specified	Up to 20	By difference	10.6 (2.1)
Polyunsaturated fatty acids (%)	Not specified	Up to 10	6–10	5.00 (0.79)
Saturated fatty acids (%)	6	< 7	< 10	12.1 (2.12) ^{a,b}
Trans fats (%)	Minimum	Minimum	< 1	0.19 (0.16)
Fibre (g)	30	20–30	From food	25.5 (7.2) ^a
Soluble fibre (g)	Not specified	10–25	Not specified	1.21 (0.85) ^b
Cholesterol (mg)	< 200	150	< 300	343 (118) ^{a,b}
Calcium (mg)	1250	Not specified	Not specified	899 (263) ^a
Potassium (mg)	4700	Not specified	3150	2411 (472) ^{a,c}
Sodium (mg)	2300	Not specified	< 2000	2831 (942) ^{a,c}

^a $P \leq 0.05$ versus DASH (*t*-sample *t*-test); ^b $P \leq 0.05$ versus TLC (*t*-sample *t*-test); ^c $P \leq 0.05$ versus WHO (*t*-sample *t*-test).

TLC = Therapeutic Lifestyle Changes diet plan; DASH = Dietary Approaches to Stop Hypertension diet plan; WHO = World Health Organization population nutrient intake goals for preventing diet-related chronic diseases (8).

SD = standard deviation.