

Table 1 Comparison of nutrient composition of low-sodium diet therapy with patient's requirements (Adapted from Hafid et al., 2021)

Nutrient	Requirement	Intake	% of Requirement
Energy (kcal)	1740.4	1740.4	100%
Protein (g)	65.2	65.2	100%
Fat (g)	38.6	38.6	100%
Carbohydrates (g)	282.8	282.8	100%
Sodium (mg)	1000	1000	100%