

Table 1—*Historical perspective of nutrition recommendations*

Year	Distribution of calories (%)		
	Carbohydrate	Protein	Fat
Before 1921		Starvation diets	
1921	20	10	70
1950	40	20	40
1971	45	20	35
1986	≤60	12–20	<30
1994	*	10–20	*†

\*Based on nutritional assessment and treatment goals. †Less than 10% of calories from saturated fats.