

Table 2 Percentage of Jordanian hospitals (*n* = 16) whose daily meals served to hypertensive and cardiac patients were compliant with the nutrient content recommendations of various guidelines for preventing diet-related chronic diseases

Nutrient	Hospitals compliant with recommended nutrient content according to:					
	DASH		TLC		WHO	
	No.	%	No.	%	No.	%
Calories	6	37.5	6	37.5	-	-
Protein	4	25.0	0	0.0	0	0.0
Carbohydrates	5	31.3	7	43.8	7	43.8
Sugar	-	-	-	-	1	6.3
Fat	4	25.0	11	68.8	18.8	93.8
Monounsaturated fatty acid	-	-	16	100.0	-	-
Polyunsaturated fatty acids	-	-	16	100.0	9	56.3
Saturated fatty acids	1	6.3	3	18.8	13	81.2
Trans fats	-	-	-	-	16	100.0
Fibre	3	18.8	12	75.0	-	-
Soluble fibre	-	-	0	0.0	-	-
Cholesterol	1	6.3	4	25.0	8	50.5
Calcium	4	25.0	-	-	-	-
Potassium	0	0.0	-	-	6	37.5
Sodium	7	43.8	-	-	6	37.5

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

A dash (-) indicates data not applicable, i.e. no guideline specified.