

1200 CALORIE TRADITIONAL PLAN

Average Per Day (including two 8 oz. glasses of Fat-Free Milk daily)

Calories	1250	Total Fat	43 g
Protein	76 g	Saturated Fat	12 g
Total Carbohydrates	144 g	Trans Fat	0 g
Dietary Fiber	16.8 g	Cholesterol	178 mg
		Sodium	1510 mg
Added Sugar	11.6 g	Potassium	2387 mg

Calories from Fat 30% · Calories from Protein
24% Calories from Carbohydrate 46%

1500 CALORIE VEGETARIAN PLAN

Average Per Day (including three 8 oz. glasses of Fat-Free Milk daily)

Calories	1536	Total Fat	51 g
Protein	85 g	Saturated Fat	15 g
Total Carbohydrates	202 g	Trans Fat	0 g
Dietary Fiber	21 g	Cholesterol	159 mg
		Sodium	1852 mg
Added Sugar	15 g	Potassium	3075 mg

Calories from Fat 28% · Calories from Protein
21% Calories from Carbohydrate 51%

2000 CALORIE TRADITIONAL PLAN

Average Per Day (including three 8 oz. glasses of Low-Fat Milk daily)

Calories	1983	Total Fat	71 g
Protein	113.4 g	Saturated Fat	22.5 g
Total Carbohydrates	223 g	Trans Fat	0 g
Dietary Fiber	28 g	Cholesterol	294 mg
		Sodium	2263 mg
Added Sugar	17 g	Potassium	3271 mg

Calories from Fat 32% · Calories from Protein 23%
Calories from Carbohydrate 45%