

1200 CALORIE TRADITIONAL PLAN			
Average Per Day <i>WITHOUT MILK</i>			
Calories	1090	Total Fat	43 g
Protein	58 g	Saturated Fat	12 g
Total Carbohydrates	120 g	Trans Fat	0 g
Dietary Fiber	16.8 g	Cholesterol	168 mg
		Sodium	1310 mg
Added Sugar	11.6 g	Potassium	1587 mg
Calories from Fat 35% • Calories from Protein 21% Calories from Carbohydrate 44%			

1500 CALORIE VEGETARIAN PLAN			
Average Per Day <i>WITHOUT MILK</i>			
Calories	1236	Total Fat	43 g
Protein	59 g	Saturated Fat	10.5 g
Total Carbohydrates	166 g	Trans Fat	0 g
Dietary Fiber	21 g	Cholesterol	129 mg
		Sodium	1552 mg
Added Sugar	15 g	Potassium	1929 mg
Calories from Fat 30% • Calories from Protein 19% Calories from Carbohydrate 51%			

2000 CALORIE TRADITIONAL PLAN			
Average Per Day <i>WITHOUT MILK</i>			
Calories	1664	Total Fat	64 g
Protein	89 g	Saturated Fat	18 g
Total Carbohydrates	184 g	Trans Fat	0 g
Dietary Fiber	28 g	Cholesterol	264 mg
		Sodium	1948 mg
Added Sugar	17 g	Potassium	2371 mg
Calories from Fat 35% • Calories from Protein 21% Calories from Carbohydrate 44%			