

1200 CALORIE TRADITIONAL PLAN

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

Calories	1240	Total Fat	43 g
Protein	76 g	Saturated Fat	12 g
Total Carbohydrates	143 g	Trans Fat	0 g
Dietary Fiber	16 g	Cholesterol	179 mg
		Sodium	1513 mg
Added Sugar	11.7 g	Potassium	2388 mg

Calories from Fat 31% • 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	1526	Total Fat	50 g
Protein	84 g	Saturated Fat	15 g
Total Carbohydrates	202 g	Trans Fat	0 g
Dietary Fiber	21 g	Cholesterol	160 mg
		Sodium	1840mg
Added Sugar	15 g	Potassium	3070mg

Calories from Fat 28% • Calories from Protein 21%
Calories from Carbohydrate 52%

2000 CALORIE TRADITIONAL PLAN

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

Calories	1982	Total Fat	70 g
Protein	113 g	Saturated Fat	22 g
Total Carbohydrates	223 g	Trans Fat	0 g
Dietary Fiber	28 g	Cholesterol	295 mg
		Sodium	2262 mg
Added Sugar	17.1 g	Potassium	3273 mg

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

