

1200 CALORIE TRADITIONAL PLAN

Average Per Day *WITHOUT MILK*

Calories	1085	Total Fat	43 g
Protein	58 g	Saturated Fat	12 g
Total Carbohydrates	120 g	Trans Fat	0 g
Dietary Fiber	16 g	Cholesterol	169mg
		Sodium	1313 mg
Added Sugar	11.7 g	Potassium	1588mg

Calories from Fat 35% • Calories from Protein
21% Calories from Carbohydrate 44%

1500 CALORIE VEGETARIAN PLAN

Average Per Day *WITHOUT MILK*

Calories	1226	Total Fat	43g
Protein	59 g	Saturated Fat	9.5g
Total Carbohydrates	169 g	Trans Fat	0g
Dietary Fiber	21 g	Cholesterol	130mg
		Sodium	1540mg
Added Sugar	15.1 g	Potassium	1924mg

Calories from Fat 30% • Calories from Protein
19% Calories from Carbohydrate 51%

2000 CALORIE TRADITIONAL PLAN

Average Per Day *WITHOUT MILK*

Calories	1664	Total Fat	64g
Protein	89 g	Saturated Fat	18g
Total Carbohydrates	184 g	Trans Fat	0g
Dietary Fiber	28 g	Cholesterol	265.5mg
		Sodium	1946mg
Added Sugar	17.1 g	Potassium	2373mg

Calories from Fat 35% • Calories from Protein
21% Calories from Carbohydrate 44%

