

Your Daily Eating Plan

1,200 - 1,500 Calories

Food Group	Number of servings	Calories per serving	Fat per serving (grams)
Bread/Cereal/Rice/Pasta	5	80	0-3
Vegetables	4	25	0
Fruits	2	60	0
Milk/Milk Products	3	100	0-5
Meat/Meat Substitutes	2	110	0-6
Fats, Oils, and Sweets	2	50	0-5

1,500 - 1,800 Calories

Bread/Cereal/Rice/Pasta	6	80	0-3
Vegetables	4	25	0
Fruits	3	60	0
Milk/Milk Products	3	100	0-5
Meat/Meat Substitutes	3	110	0-6
Fats, Oils, and Sweets	3	50	0-5

1,800 - 2,100 Calories

Bread/Cereal/Rice/Pasta	9	80	0-3
Vegetables	4	25	0
Fruits	3	60	0
Milk/Milk Products	3	100	0-5
Meat/Meat Substitutes	3	110	0-6
Fats, Oils, and Sweets	4	50	0-5

2,100 - 2,400 Calories

Bread/Cereal/Rice/Pasta	10	80	0-3
Vegetables	5	25	0
Fruits	4	60	0
Milk/Milk Products	3	100	0-5
Meat/Meat Substitutes	4	110	0-6
Fats, Oils, and Sweets	4	50	0-5

A minimum of 12 grams of fat is a daily requirement for health and absorption of vitamins A,D,E and K.