

1500-1800 Calories

Food Group	No. of Servings	Calories per Serving	Fat/Serving (grams)
Starches (Bread/Cereal/Rice/Pasta)	6	80	0-3
Vegetables	4	25	0
Fruits	3	60	0
Dairy	3	100	0-5
Protein (Meat/Meat Substitutes)	3	110	0-6
Fats/Sugars	3	50	0-5