|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| GRID USED FOR EATING GUIDELINES | | |  |  |  |  |
| Servings | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 |
| Vegetables | 4 or more | 4 or more | 5 or more | 5 or more | 5 or more | 5 or more |
| Fruits | 3 or more | 4 or more | 5 or more | 5 or more | 5 or more | 5 or more |
| Carbohydrates | 4 | 5 | 6 | 7 | 8 | 9 |
| Protein/Dairy | 3 | 4 | 5 | 6 | 7 | 7 |
| Fats | 3 | 3 | 3 | 4 | 5 | 6 |
| Sweets | up to 75 calories | up to 75 calories | up to 75 calories | up to 75 calories | up to 75 calories | up to 75 calories |