|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| GRID USED FOR EATING GUIDELINES- | | |  |  |  |  |  |
| Calories | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 |
| Vegetables | 4 or more | 4 or more | 5 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 | 5 or more |
| Carbohydrates | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Protein/Dairy | 3 | 4 | 5 | 6 | 7 | 7 | 8 |
| Fats | 3 | 3 | 3 | 4 | 5 | 6 | 7 |

All servings

Back-end calculations

Calories 1200 – 1399

Calories 1400 – 1599

Calories 1600 – 1799

Calories 1800 – 1999

Calories 2000 – 2199

Calories 2200 – 2399

Calories 2400 +