

# Appendix A

## Dietary Guidelines for Various Calorie Needs

(continued on next page)

<i>Calories Per Day</i>	<i>CARBOHYDRATE</i>	<i>PROTEIN (recommended)</i>	<i>PROTEIN (acceptable)</i>	<i>TOTAL FAT</i>	<i>SATURATED FAT</i>	<i>TRANS FAT</i>
	<b>45% to 65%</b>	<b>10% to 15%</b>	<b>10% to 35%</b>	<b>20% to 35%</b>	<b>&lt;10%</b>	<b>0 – sparingly (&lt;1% of total kcal)</b>
<b>1,500</b>	169g – 244g	38g – 56g	38g – 131g	33g – 58g	<17g	sparingly
<b>1,750</b>	197g – 284g	44g – 66g	44g – 153g	39g – 68g	<20g	sparingly
<b>2,000</b>	225g – 325g	50g – 75g	50g – 175g	44g – 78g	<22g	sparingly
<b>2,250</b>	253g – 366g	57g – 85g	57g – 197g	50g – 88g	<25g	sparingly
<b>2,500</b>	281g – 406g	63g – 94g	63g – 219g	56g – 97g	<28g	sparingly
<b>2,750</b>	310g – 447g	69g – 104g	69g – 241g	62g – 107g	<31g	sparingly
<b>3,000</b>	338g – 488g	75g – 113g	75g – 263g	67g – 117g	<33g	sparingly
<b>3,250</b>	366g – 528g	82g – 122g	82g – 285g	73g – 127g	<36g	sparingly
<b>3,500</b>	394g – 567g	88g – 131g	88g – 306g	78g – 136g	<39g	sparingly
<b>3,750</b>	422g – 609g	94g – 141g	94g – 328g	84g – 146g	<42g	sparingly
<b>4,000</b>	450g – 650g	100g – 150g	100g – 350g	89g – 155g	<44g	sparingly
<b>4,250</b>	478g – 691g	107g – 160g	107g – 372g	95g – 165g	<47g	sparingly
<b>4,500</b>	506g – 731g	113g – 169g	113g – 394g	100g – 175g	<50g	sparingly