

Appendix A

Dietary Guidelines for Various Calorie Needs

<i>Calories Per Day</i>	<i>CHOLESTEROL</i>	<i>SODIUM</i>	<i>FIBER</i>	<i>SUGAR</i>	<i>FRUIT SERVINGS</i>	<i>VEGETABLE SERVINGS</i>
	< 300 milligrams	< 2,300 milligrams	14 grams per 1000 calories	< 25% of total calories	between 2 - 4 servings	between 3 - 5 servings
1,500	< 300 mg	< 2,300mg	21g	<94g	2-4 servings	3-5 servings
1,750	< 300 mg	< 2,300mg	25g	<109g	2-4 servings	3-5 servings
2,000	< 300 mg	< 2,300mg	28g	<125g	2-4 servings	3-5 servings
2,250	< 300 mg	< 2,300mg	32g	<141g	2-4 servings	3-5 servings
2,500	< 300 mg	< 2,300mg	35g	<156g	2-4 servings	3-5 servings
2,750	< 300 mg	< 2,300mg	39g	<172g	2-4 servings	3-5 servings
3,000	< 300 mg	< 2,300mg	42g	<188g	2-4 servings	3-5 servings
3,250	< 300 mg	< 2,300mg	46g	<204g	2-4 servings	3-5 servings
3,500	< 300 mg	< 2,300mg	49g	<219g	2-4 servings	3-5 servings
3,750	< 300 mg	< 2,300mg	53g	<235g	2-4 servings	3-5 servings
4,000	< 300 mg	< 2,300mg	56g	<250g	2-4 servings	3-5 servings
4,250	< 300 mg	< 2,300mg	60g	<266g	2-4 servings	3-5 servings
4,500	< 300 mg	< 2,300mg	63g	<281g	2-4 servings	3-5 servings