

Daily Calorie Intake Charts

1,460	Grains (80 calories per oz)	Vegetables (25 calories per cup)	Fruit (60 calories per cup)	Milk Group (110 calories per cup)	Meat & Beans (75 calories per oz)	Oils (45 calories per tsp)	Total Calories for Meal
Breakfast	2		1	1		1	375
Snack	1		1				140
Lunch	2	2			2	1	405
Snack			1	1			170
Dinner	1	2			2	2	370
Total Calories	480	100	180	220	300	180	1,460
Total Servings	6	4	3	2	4	4	

1,640	Grains (80 calories per oz)	Vegetables (25 calories per cup)	Fruit (60 calories per cup)	Milk Group (110 calories per cup)	Meat & Beans (75 calories per oz)	Oils (45 calories per tsp)	Total Calories for Meal
Breakfast	2		1	1		1	375
Snack	1			1			190
Lunch	1	1			2	1	300
Snack	1		1	1			250
Dinner	2	2			3	2	525
Total Calories	560	75	120	330	375	180	1,640
Total Servings	7	3	2	3	5	4	

1,805	Grains (80 calories per oz)	Vegetables (25 calories per cup)	Fruit (60 calories per cup)	Milk Group (110 calories per cup)	Meat & Beans (75 calories per oz)	Oils (45 calories per tsp)	Total Calories for Meal
Breakfast	2		1	1		1	375
Snack	1			1			190
Lunch	2	2	1		2	1	465
Snack	1		1	1			250
Dinner	2	2			3	2	525
Total Calories	640	100	180	330	375	180	1,805
Total Servings	8	4	3	3	5	4	