

CATEGORY	DAILY	3 MEALS, 2 SNACKS		3 MEALS, NO SNACK	PREPARATION
		PER MEAL	PER SNACK	PER MEAL	
TOTAL KCALS	1,500-2,000 kcals (average low-average high)	550 kcals	175 kcals	670 kcals	The daily recommended intake is 3 meals, 2 snacks with calories (kcals) distributed evenly across meals (breakfast, lunch, and dinner). Meal breakdown recommendations are based on a 2,000 kcal diet.
SODIUM	≤ 2,000 mg	≤ 550 mg	≤ 175 mg	≤ 660 mg	Avoid processed and preserved foods to limit sodium levels. Utilize spices and fresh herbs as much as possible.
CHOLESTEROL	≤ 250 mg	≤ 65 mg	≤ 28 mg	84 mg	Replace or eliminate high cholesterol foods in your recipe with lower cholesterol options like egg whites and lean cuts of meat.
CARBOHYDRATES	55% of daily caloric intake (210-275 g for 1500-2000 kcal diet)	50-60 g (1.5-2 oz)	15-30 g (0.5-1 oz)	100 g (≤ 3.5 oz)	When at all possible, use complex carbohydrates; no fried, high sugar foods.
DIETARY FIBER	≥ 30 g	≥ 7 g	≥ 4.5 g	≥ 10 g	Choose ingredients high in fiber whenever possible.
TOTAL FAT	30% of daily caloric intake (50-67 g for 1500-2000 kcal diet)	≤ 20 g	≤ 12 g	≤ 28 g	Using low-fat proteins and finishing with fats that are liquid at room temperature helps to reduce the total fat in a dish.
SATURATED FAT	≤ 10% of daily caloric intake for fat (5-7 g for 1500-2000 kcal diet)	≤ 2 g	≤ 1.2 g	≤ 3 g	Low saturated fat items should be used whenever possible, substitute liquid fats and oils listed below when possible.
TRANS FAT	0% added trans fats	0% added	0% added	0% added	Certain foods naturally contain trans fats; additional trans fats should not be added due to associated increase of LDL cholesterol.
LIQUID FATS AND OILS	2-3 tsp (34-45 g)	9-12 g	3.5-4.5 g	12-15 g	Use monounsaturated, and polyunsaturated fats like olive, peanut, canola, corn, soybean, safflower, and sesame oils.
ADDED SUGAR	< 5 Tbsp (75 g) per week	1 Tbsp (15 g) per day	none	1 Tbsp (15 g) per day	Limit added sugars to any meal. If needed, add sugar to one meal in total menu for day.
FRUITS & VEGETABLES	12-16 oz (350-454 g) fruit, 20-24 oz (567-680 g) vegetables, variety of colors and types	8-10 oz (227-285 g)	4-5 oz (136-142 g)	11-13 oz (312-369 g)	50% of meal should be a variety of colorful, low starch fruits and/or vegetables. Potatoes, corn, and other starchy vegetables should be counted as carbohydrates.
WHOLE GRAINS	50% of daily caloric intake of carbohydrates (105-138 g)	50% of any carbohydrates	50% of any carbohydrates	50% of any carbohydrates	Use whole grain rich foods like brown rice, whole wheat flour, whole wheat pasta.
MEATS, POULTRY, EGGS	≤ 6 oz (170 g)	≤ 1 6-oz (170 g) portion per day	none	≤ 1 6-oz (170 g) portion per day	Bake, broil, boil, blanch, and grill. No frying.
SEAFOOD	12 oz (340 g) per week	substitute 1 6-oz (170 g) portion or less for meat, poultry, or eggs	none	substitute 1 6-oz (170 g) portion or less for meat, poultry, or eggs	Choose locally raised and caught fish and shellfish whenever possible.
DAIRY	12-16 oz (454-680 g) 1% or fat-free	3-4 oz (85-114 g)	1.5-2 oz (43-57 g)	4-5.5 oz (114-156 g)	1% fat or fat-free dairy products only.
NUTS, SEEDS, LEGUMES	≤ 20 oz (567 g) dried legumes per week	up to 8 oz cooked beans over 2 meals	none	up to 8 oz cooked beans over 2 meals	Avoid nuts and seeds in large quantities; 2 meals or less with 8 oz of cooked beans.
JUICES	100% juice, < 4 g sugar / oz	no recommendation	no recommendation	no recommendation	If juice is served, it must be 100% fruit juice with no more than 4 g of sugar per oz.