

# Calorie Nutrient Intake Guidelines

| Nutrient             | Daily Amount | 1,300 Calories Per Day | 1,400 Calories Per Day | 1,600 Calories Per Day | 1,800 Calories Per Day | 2,000 Calories Per Day | 2,200 Calories Per Day | 2,400 Calories Per Day |
|----------------------|--------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
|                      | Percent      | Grams (g)              | Grams (g)              | Grams (g)              | Grams (g)              | Grams (g)              | Grams (g)              | Grams (g)              |
| <b>Protein</b>       | 10-25%       | 33-81 g                | 35-87 g                | 38-100 g               | 45-112 g               | 50-125 g               | 55-138 g               | 60-150 g               |
| <b>Carbohydrate</b>  | 45-65%       | 146-211 g              | 158-228 g              | 180-260 g              | 203-293 g              | 225-325 g              | 248-358 g              | 270-390 g              |
| <b>Fat</b>           | 20-35%       | 29-43 g                | 31-46 g                | 36-53 g                | 40-60 g                | 44-67 g                | 49-73 g                | 53-80 g                |
| <b>Saturated Fat</b> | < 10%        | < 14 g                 | < 16 g                 | < 18 g                 | < 20 g                 | < 22 g                 | < 24 g                 | < 27 g                 |

Key: < = less than

You can read the food label to determine how many calories you are getting from each nutrient.

## Nutrition Facts

Serving Size 5 oz. (144g)  
Servings Per Container 4

Amount Per Serving

**Calories 310**    **Calories from Fat 100**

% Daily Value\*

**Total Fat 15g**    **21%**

Saturated Fat 2.6g    **17%**

Trans Fat 1g

**Cholesterol 118mg**    **39%**

**Sodium 560mg**    **28%**

**Total Carbohydrate 12g**    **4%**

Dietary Fiber 1g    **4%**

Sugars 1g

**Protein 24g**

**Vitamin A 1%**    • **Vitamin C 2%**

**Calcium 2%**    • **Iron 5%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories 2,000 | 2,500   |
|--------------------|-----------|----------------|---------|
| Total Fat          | Less Than | 65g            | 80g     |
| Saturated Fat      | Less Than | 20g            | 25g     |
| Cholesterol        | Less Than | 300mg          | 300mg   |
| Sodium             | Less Than | 2,400mg        | 2,400mg |
| Total Carbohydrate |           | 300g           | 375g    |
| Dietary Fiber      |           | 25g            | 30g     |

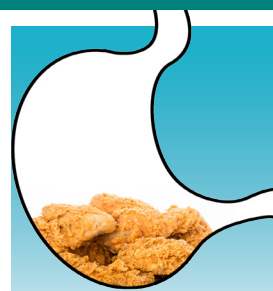
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

See how much food you get for each of the nutrients for the same amount of calories.



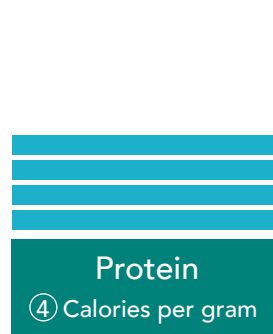
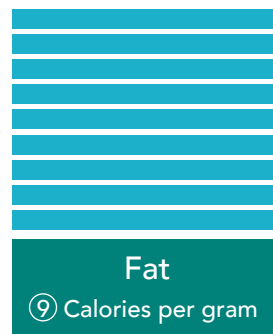
400 calories of oil



400 calories of chicken



400 calories of vegetables



The energy or calories per gram vary for the different nutrients. If a food item has carbohydrates or protein, multiply the number of grams by four calories to determine the total number of calories for that nutrient. To determine the total number of fat calories for a food item, multiply the number of grams of fat by nine calories.