

GUIDE TO ESTIMATING CALORIES CHART

FOOD	1500		1800		2100		2400		2700		3000	
CAL/SERV.	#Serv	Cals	#Serv	Cals	#Serv	Cals	#Serv	Cals	#Serv	Cals	#Serv	Cals
<i>FRUIT (100)</i>	2	200	2	200	3	300	3	300	3	300	4	400
<i>VEGGIES (25-75)</i>	3 @ 50	150	4 @ 50	200	4 @ 50	200	5 @ 50	250	5 @ 50	250	5 @ 50	250
<i>GRAINS (100)</i>	4	400	5	500	5	500	6	600	8	800	10	1000
<i>PROTEINS (50 - 150)</i>	4 @ 100	400	4 @ 100	400	5 @ 100	500	6 @ 100	600	6 @ 100	600	6 @ 100	600
<i>DAIRY (100 - 250)</i>	2 @ 100	200	3 @ 100	300	2 @ 100	200	2 @ 100	200	3 @ 100	300	3 @ 100	300
					1 @ 150	150	1 @ 150	150	1 @ 150	150	1 @ 150	150
<i>OTHER</i>		150		200		250		300		300		300