

DAILY NUTRITION CHART

	WOMEN ages 25 to 50	WOMEN over 50	MEN over 24
CALORIES	2,000	2,000 or less	2,700
PROTEIN	50g	50g or less	63g
FAT	65g or less	65g or less	88g or less
SATURATED FAT	20g or less	20g or less	20g or less
CARBOHYDRATES	304g	304g	304g
FIBER	25g to 35g	25g to 35g	25g to 35g
CHOLESTEROL	300mg or less	300mg or less	300g or less
IRON	18mg	8mg	8mg
SODIUM	2,300mg or less	1,500mg or less	1,500mg or less
CALCIUM	1,000mg	1,200mg	1,200mg