

## Appendix B

### Calorie Conversion to Food Exchanges

CHO=Carbohydrates

PRO=Protein

FAT=Fat

**1,100 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
		<b>t</b>	<b>k</b>	<b>h</b>	<b>k</b>	<b>r</b>	<b>k</b>
milk/dairy	2	1				1	
veg	5	1	1	1			2
fruit	2	1			1		
bread/starch							
h	3	1		1		1	
meat/protein	7	2	1	1	1	2	
fat	2	1				1	

**1,200 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
		<b>t</b>	<b>k</b>	<b>h</b>	<b>k</b>	<b>r</b>	<b>k</b>
milk/dairy	1	1					
veg	6	1	1	1	1		2
fruit	2	1			1		
bread/starch							
h	4	1		2		1	
meat/protein	10	2	1	3	1	3	
fat	0						

**1,300 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
		<b>t</b>	<b>k</b>	<b>h</b>	<b>k</b>	<b>r</b>	<b>k</b>
milk/dairy	2	1				1	
veg	6	1	1	1	1		2
fruit	2	1			1		
bread/starch							
h	4	1		2		1	
meat/protein	10	2	1	3		3	
fat	1					1	

**1,400 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	3	1		1	1		
veg	6	1	1	2		2	
fruit	2	1			1		
bread/starch							
h	4	1		2		1	
meat/protein	10	2	1	3	1	3	
fat	1						1

**1,500 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	3	1		1			1
veg	6	1	1	2		2	
fruit	3	1			1	1	
bread/starch							
h	4	1		2		1	
meat/protein	11	3	1	2	2	3	
fat	1						1

**1,600 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	4	1		1	1		1
veg	6	1	1	1	1	2	
fruit	3	1			1	1	
bread/starch							
h	4	1		2		1	
meat/protein	11	3	1	3	1	3	
fat	1						1

**1,700 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	4	1		1	1	1	
veg	7	1	1	2	1	2	
fruit	3	1			1	1	
bread/starch							
h	4	1		2		1	
meat/protein	12	3	1	3	2	3	
fat	1					1	

**1,800 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	5	1		1	1	2	
veg	7	1	1	2	1	2	
fruit	3	1			1	1	
bread/starch							
h	4	1		2		1	
meat/protein	12	3	1	3	2	3	
fat	2	1				1	

**1,900 calories 45%CHO,  
30%PRO, 25%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	4	3			1		
veg	8		2	3	1	2	
fruit	4	1		1	1	1	
bread/starch							
h	4	1		2		1	
meat/protein	11	3	1	3	1	3	
fat	5	1		2	1	1	

**2,000 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	5	1		1	1	2	
veg	7	1	1	2	1	2	
fruit	4	1		1	1	1	
bread/starch	4	1		2		1	
meat/protein	15	4	1	4	2	4	
fat	1					1	

**2,100 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	6	2		1	1	2	
veg	7	1	1	2	1	2	
fruit	4	1		1	1	1	
bread/starch	4	1		2		1	
meat/protein	15	4	1	4	2	4	
fat	2			1		1	

**2,200 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	6	2		1	1	2	
veg	7	1	1	2	1	2	
fruit	4	1		1	1	1	
bread/starch	5	1		2		2	
meat/protein	15	4	1	4	2	4	
fat	2			1		1	

**2,300 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	6	2		1	1	2	
veg	7	1	1	2	1	2	
fruit	5	1	1	1	1	1	
bread/starch	5	1		2		2	
meat/protein	16	4	2	4	2	4	
fat	2			1		1	

**2,400 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	6	2		1	1	2	
veg	7	1	1	2	1	2	
fruit	6	2	1	1	1	1	
bread/starch	5	1		2		2	
meat/protein	17	4	3	4	2	4	
fat	2			1		1	

**2,500 calories 45%CHO,  
35%PRO, 20%FAT**

		<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
milk/dairy	6	2		1	1	2	
veg	8	1	1	2	1	3	
fruit	6	2	1	1	1	1	
bread/starch	5	1		2		2	
meat/protein	18	4	3	4	3	4	
fat	2			1		1	