<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>S M T W T˘ R˘ F˘ S˘</td>
<td>S M T W T˘ R˘ F˘ S˘</td>
<td>S M T W T˘ R˘ F˘ S˘</td>
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<td>30 31</td>
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<tr>
<td>Day</td>
<td>Monday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>--------</td>
<td>---------------------------------------------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>Week 1</td>
<td>Chicken &amp; Pinto Bean Chili</td>
<td>Italian Wedding Soup</td>
</tr>
<tr>
<td></td>
<td>Vegetable Rice Soup</td>
<td>Mushroom Vegetable Soup</td>
</tr>
<tr>
<td>Week 2</td>
<td>Cheddar Bacon Potato Chowder</td>
<td>Chicken Double Noodle</td>
</tr>
<tr>
<td></td>
<td>Pasta Figioli Soup</td>
<td>Vegetable Soup</td>
</tr>
<tr>
<td>Week 3</td>
<td>Italian Wedding Soup</td>
<td>Turkey Chili</td>
</tr>
<tr>
<td></td>
<td>Vegetable Soup with Brown Rice</td>
<td>Vegetable Barley Soup</td>
</tr>
</tbody>
</table>

= VEGETARIAN
Beef, Mushroom, Barley Soup 110 Cal

Roasted beef, toasted barley, tomatoes, mushrooms and onions simmered in a rich beef stock.

Nutritional Information  (Serving Size: 8 fl oz)

Calories: 110 cal  Trans Fat: 0 g  Dietary Fiber: 2 g
Calories from Fat: 35 fat cal  Cholesterol: 15 mg  Sugars: 2 g
Total Fat: 4 g  Sodium: 400 mg  Protein: 7 g
Saturated Fat: 1 g  Total Carbohydrate: 13 g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Butternut Squash Bisque

Puree of butternut squash and sweet potatoes spiced with pumpkin pie spice, nutmeg and fresh ginger

Nutritional Information (Serving Size: 8 fl oz)

Calories: 90 cal  Trans Fat: 0 g  Dietary Fiber: 3 g
Calories from Fat: 25 fat cal  Cholesterol: 0 mg  Sugars: 4 g
Total Fat: 3 g  Sodium: 390 mg  Protein: 2 g
Saturated Fat: 0 g  Total Carbohydrate: 15 g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Chicken & Rice Soup

Chicken, rice, carrots, celery, onions and garlic simmered in a chicken broth

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>100 cal</td>
</tr>
<tr>
<td>Calories from Fat:</td>
<td>35 fat cal</td>
</tr>
<tr>
<td>Total Fat:</td>
<td>4 g</td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Trans Fat:</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>15 mg</td>
</tr>
<tr>
<td>Sodium:</td>
<td>170 mg</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>&lt; 1 g</td>
</tr>
<tr>
<td>Sugars:</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein:</td>
<td>5 g</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>10 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
## Nutritional Information (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>270 cal</td>
</tr>
<tr>
<td>Calories from Fat:</td>
<td>120 fat cal</td>
</tr>
<tr>
<td>Total Fat:</td>
<td>13 g</td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>5 g</td>
</tr>
<tr>
<td>Trans Fat:</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>35 mg</td>
</tr>
<tr>
<td>Sodium:</td>
<td>420 mg</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>2 g</td>
</tr>
<tr>
<td>Sugars:</td>
<td>7 g</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>27 g</td>
</tr>
<tr>
<td>Protein:</td>
<td>12 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Chili Con Carne

A Southwest spiced stew of ground beef, tomatoes, onion, green peppers, garlic and kidney beans

**Nutritional Information** (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>80 fat cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>40 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>400 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Cream of Mushroom Soup  
150 Cal

Homemade cream soup with fresh mushrooms, onion, garlic and herbs

Nutritional Information  
(Serving Size: 6 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>80 fat cal</td>
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<tr>
<td>Total Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>450 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

M34425
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Hearty Chicken Gumbo 210 Cal

Homemade soup with chicken, sausage, okra, bacon, tomato and garlic in spicy chicken broth

Nutritional Information  (Serving Size: 8 fl oz)

Calories: 210 cal  Trans Fat: 0 g  Dietary Fiber: 2 g
Calories from Fat: 100 fat cal  Cholesterol: 20 mg  Sugars: 3 g
Total Fat: 11 g  Sodium: 400 mg  Protein: 8 g
Saturated Fat: 2.5 g  Total Carbohydrate: 20 g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Italian Wedding Soup 140 Cal
Tiny meatballs, spinach, basil, onions, carrots, celery in rich chicken broth with ditalini pasta

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>80 fat cal</td>
</tr>
<tr>
<td>Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>6 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>340 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15 mg</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Minestrone Soup

Hearty Italian vegetable soup with beans, ditalini pasta, bacon & Parmesan in vegetable broth

Nutritional Information (Serving Size: 8 fl oz)

- Calories: 140 cal
- Calories from Fat: 45 fat cal
- Total Fat: 5 g
- Saturated Fat: 2 g
- Protein: 7 g
- Total Carbohydrate: 17 g
- Sugars: 2 g
- Dietary Fiber: 3 g
- Sodium: 370 mg
- Cholesterol: 10 mg

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Mushroom Vegetable Soup  80 Cal

Fresh mushrooms, butternut squash, potatoes, cabbage and white beans in a rich mushroom-tomato broth

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>30 fat cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>640 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
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</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
New England Clam Chowder  280 Cal

A thick creamy soup of clams, potatoes, bacon, onions, celery and herbs

Nutritional Information  (Serving Size: 8 fl oz)

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>280 cal</td>
<td>Trans Fat:</td>
<td>0 g</td>
<td>Dietary Fiber:</td>
</tr>
<tr>
<td>Calories from Fat:</td>
<td>100 fat cal</td>
<td>Cholesterol:</td>
<td>45 mg</td>
<td>Sugars:</td>
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<tr>
<td>Total Fat:</td>
<td>12 g</td>
<td>Sodium:</td>
<td>870 mg</td>
<td>Protein:</td>
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<td>Saturated Fat:</td>
<td>5 g</td>
<td>Total Carbohydrate:</td>
<td>23 g</td>
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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Nutritional Information (Serving Size: 8 fl oz)

Calories: 130 cal
Calories from Fat: 35 fat cal
Total Fat: 4 g
Saturated Fat: 1 g

Trans Fat: 0 g
Cholesterol: < 5 mg
Sodium: 360 mg
Total Carbohydrate: 20 g
Dietary Fiber: 3 g
Sugars: 5 g
Protein: 5 g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Pumpkin Coconut Bisque 210 Cal

Velvety blend of pumpkin, potato, coconut milk and sweet spices

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>120 fat cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>10 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>420 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>9 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Protein</td>
<td>3 g</td>
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</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
## Nutritional Information (Serving Size: 8 fl oz)

<table>
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<th>Nutrient</th>
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<td>120 cal</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
<td>4.5 g</td>
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<td>Saturated Fat</td>
<td>0.5 g</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>420 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>19 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein</td>
<td>3 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Spicy Lentil & Kale Soup

Hearty lentil soup with kale, onions, celery, carrots, leeks and tomatoes in a spicy vegetable broth

Nutritional Information  (Serving Size: 8 fl oz)

- Calories: 80 cal
- Calories from Fat: 20 fat cal
- Total Fat: 2 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Total Carbohydrate: 12 g
- Sugars: 3 g
- Dietary Fiber: 3 g
- Protein: 3 g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Sweet Tomato Soup  

A puree of tomatoes, sweet potatoes, onions and vegetable broth

<table>
<thead>
<tr>
<th>Nutritional Information (Serving Size: 8 fl oz)</th>
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</thead>
<tbody>
<tr>
<td>Calories: 90 cal</td>
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<tr>
<td>Calories from Fat: 20 fat cal</td>
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<td>Total Fat: 2 g</td>
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<td>Saturated Fat: 0 g</td>
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<tr>
<td>Trans Fat: 0 g</td>
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<td>Sodium: 390 mg</td>
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<td>Dietary Fiber: 2 g</td>
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<tr>
<td>Sugars: 9 g</td>
</tr>
<tr>
<td>Protein: 2 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Turkey Chili

A hearty medley of ground turkey, tomatoes, onion, green peppers, garlic and kidney beans seasoned with chili powder, cumin and Tabasco(R)

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
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<td>170 cal</td>
</tr>
<tr>
<td>Calories from Fat:</td>
<td>40 fat cal</td>
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<tr>
<td>Total Fat:</td>
<td>4.5 g</td>
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<tr>
<td>Saturated Fat:</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat:</td>
<td>0 g</td>
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<tr>
<td>Cholesterol:</td>
<td>50 mg</td>
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<tr>
<td>Sodium:</td>
<td>400 mg</td>
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<td>Total Carbohydrate:</td>
<td>22 g</td>
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<td>Dietary Fiber:</td>
<td>6 g</td>
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<tr>
<td>Sugars:</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein:</td>
<td>14 g</td>
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</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
### Nutritional Information (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>30 fat cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0 g</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>420 mg</td>
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<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
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<tr>
<td>Sugars</td>
<td>2 g</td>
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<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Vegetable Orzo Soup

Orzo pasta, fresh cabbage, tomato, celery and potatoes all simmered in a savory vegetable broth

Nutritional Information (Serving Size: 8 fl oz)

Calories: 100 cal  Trans Fat: 0 g  Dietary Fiber: 2 g
Calories from Fat: 30 fat cal  Cholesterol: 0 mg  Sugars: 3 g
Total Fat: 3 g  Sodium: 430 mg  Protein: 3 g
Saturated Fat: 0 g  Total Carbohydrate: 17 g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Vegetable Soup

Green beans, corn, green cabbage, potatoes and tomatoes simmered in savory vegetable broth

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>100 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>25 fat cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
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<tr>
<td>Sugars</td>
<td>3 g</td>
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<tr>
<td>Sodium</td>
<td>430 mg</td>
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<td>Total Carbohydrate</td>
<td>16 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Vegetable Soup with Brown Rice

90 Cal

Fresh vegetables and brown rice in an herbed vegetable broth

Nutritional Information (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90 cal</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>25 fat cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>380 mg</td>
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<td>15 g</td>
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<td>Dietary Fiber</td>
<td>2 g</td>
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<tr>
<td>Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Vegetarian Chili

Hearty vegetable chili with kidney and garbanzo beans seasoned with pepper, cumin and coriander

Nutritional Information  (Serving Size: 8 fl oz)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>90 cal</td>
</tr>
<tr>
<td>Calories from Fat:</td>
<td>10 fat cal</td>
</tr>
<tr>
<td>Total Fat:</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat:</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>0 mg</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>5 g</td>
</tr>
<tr>
<td>Sugars:</td>
<td>5 g</td>
</tr>
<tr>
<td>Sodium:</td>
<td>420 mg</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>18 g</td>
</tr>
<tr>
<td>Protein:</td>
<td>4 g</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.