

| Seattle Sutton's Healthy Eating                                    |          |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|--------------------------------------------------------------------|----------|-----|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages |          |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|                                                                    | Calories | Fat | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
| Unit of Measure                                                    | (kcal)   | (g) | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | mcg       |
| Menu A Week of: 8/24/2026                                          |          |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Open Faced Asparagus & Gruyere Omelet                              | 450      | 8   | 2.5     | 10          | 750    | 64    | 7     | 17    | 4            | 26      | 2         | 15        | 25   | 15      | 470       | 6          | 0         |
| Blueberry Banana Waffle Bites                                      | 620      | 30  | 12.5    | 95          | 520    | 72    | 5     | 43    | 33           | 17      | 2         | 4         | 35   | 10      | 320       | 10         | 8         |
| Berry Colada Parfait                                               | 320      | 2.5 | 1       | 5           | 80     | 62    | 10    | 43    | 19           | 12      | 0         | 6         | 8    | 15      | 390       | 2          | 0         |
| Biscuits & Sausage Gravy                                           | 630      | 32  | 10.5    | 300         | 830    | 62    | 6     | 28    | 4            | 22      | 2         | 10        | 25   | 35      | 720       | 2          | 4         |
| Moroccan Chicken Skewers                                           | 710      | 18  | 3       | 120         | 340    | 76    | 12.5  | 18    | 7            | 59      | 0         | 15        | 40   | 10      | 930       | 45         | 2         |
| Baja Chicken Tinga Wrap                                            | 470      | 14  | 4.5     | 60          | 620    | 57    | 10    | 5     | 0            | 30      | 2         | 15        | 15   | 15      | 820       | 8          | 4         |
| Fresh Fruit and Cottage Cheese Plate                               | 540      | 17  | 7       | 50          | 990    | 54    | 9     | 21    | 0            | 34      | 2         | 35        | 15   | 45      | 730       | 15         | 2         |
| Chicken Salad on Croissant                                         | 570      | 30  | 7.5     | 105         | 410    | 50    | 6     | 26    | 7            | 24      | 6         | 6         | 10   | 6       | 420       | 8          | 0         |
| Crab Stuffed Flounder                                              | 440      | 14  | 4       | 65          | 810    | 52    | 6     | 7     | 1            | 27      | 6         | 25        | 15   | 15      | 1180      | 15         | 4         |
| Roast Turkey in Dijon Cream Sauce                                  | 590      | 9.5 | 4       | 145         | 570    | 66    | 10    | 24    | 9            | 55      | 4         | 30        | 25   | 20      | 1330      | 40         | 6         |
| Nonna Sutton's Lasagna                                             | 590      | 24  | 7.5     | 45          | 580    | 67    | 11.5  | 13    | 0            | 28      | 4         | 6         | 35   | 30      | 825       | 10         | 0         |
| Sweet & Sour Chicken                                               | 700      | 23  | 5.5     | 55          | 590    | 99    | 10    | 17    | 5.5          | 22      | 2         | 6         | 45   | 10      | 420       | 4          | 2         |
| Average                                                            | 553      | 19  | 6       | 88          | 591    | 65    | 8.6   | 22    | 7            | 29.7    | 3         | 14        | 24   | 19      | 713       | 14         | 3         |
| Daily Average                                                      | 1658     | 56  | 17      | 264         | 1773   | 195   | 25.8  | 66    | 22           | 89.0    | 8         | 43        | 73   | 57      | 2139      | 41         | 8         |
| Menu A: 4 Day Average W 16 oz skim milk                            | 1988     | 62  | 22      | 294         | 2073   | 231   | 25.8  | 102   | 22           | 116.0   | 8         | 43        | 73   | 132     | 3339      | 146        | 308       |
| Menu C Week of: 8/31/2026                                          |          |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Peach Berry Blintz                                                 | 430      | 17  | 5.5     | 105         | 410    | 47    | 3     | 21    | 13           | 21      | 4         | 4         | 6    | 6       | 200       | 0          | 0         |
| Cheesy Baked Egg Casserole                                         | 580      | 15  | 7       | 40          | 1000   | 64    | 10    | 18    | 4            | 42      | 2         | 35        | 25   | 35      | 860       | 15         | 2         |
| Strawberry Chia Oatmeal                                            | 470      | 16  | 3       | 5           | 50     | 69    | 10.5  | 35    | 10           | 13      | 2         | 50        | 20   | 15      | 660       | 15         | 15        |
| Ciabatta Egg Sandwich                                              | 560      | 19  | 9       | 260         | 840    | 69    | 6     | 15    | 0            | 27      | 0         | 80        | 30   | 30      | 180       | 0          | 0         |
| Honey Shrimp Salad                                                 | 360      | 16  | 1.5     | 40          | 420    | 40    | 7     | 13    | 1            | 15      | 6         | 100       | 20   | 8       | 570       | 20         | 0         |
| Curry Chicken Salad                                                | 640      | 30  | 4       | 60          | 510    | 65    | 9.5   | 31    | 4.5          | 28      | 0         | 8         | 15   | 15      | 600       | 10         | 0         |
| Pecan Cranberry Salad                                              | 650      | 46  | 7       | 25          | 320    | 43    | 7     | 17    | 12           | 16      | 4         | 8         | 15   | 35      | 260       | 8          | 0         |
| Lou's Bleu Burger                                                  | 550      | 18  | 4.5     | 125         | 730    | 70    | 5.5   | 25    | 9            | 26      | 0         | 8         | 25   | 15      | 770       | 4          | 0         |
| Penne Vodka Meatballs                                              | 600      | 20  | 5.5     | 70          | 480    | 72    | 14    | 9     | 1            | 33      | 2         | 35        | 30   | 15      | 1170      | 25         | 6         |
| Genoa Minestrone                                                   | 440      | 13  | 4.5     | 25          | 650    | 63    | 6.5   | 13    | 2.5          | 13      | 6         | 40        | 30   | 10      | 770       | 8          | 0         |
| Chicken Linguini Alfredo                                           | 600      | 19  | 7       | 130         | 990    | 58    | 6.5   | 13    | 0            | 50      | 2         | 120       | 15   | 25      | 1280      | 10         | 15        |
| Honey Peach BBQ Chicken                                            | 600      | 16  | 7       | 160         | 760    | 64    | 3.5   | 18    | 10           | 52      | 2         | 4         | 20   | 25      | 1080      | 20         | 8         |
| Average                                                            | 540      | 20  | 5       | 87          | 597    | 60    | 7.4   | 19    | 6            | 28.0    | 3         | 41        | 21   | 20      | 700       | 11         | 4         |
| Daily Average                                                      | 1620     | 61  | 16      | 261         | 1790   | 181   | 22.3  | 57    | 17           | 84.0    | 8         | 123       | 63   | 59      | 2100      | 34         | 12        |
| Menu C: 4 Day Average W 16 oz skim milk                            | 1950     | 68  | 21      | 291         | 2090   | 217   | 22.3  | 93    | 17           | 111.0   | 8         | 123       | 63   | 134     | 3300      | 139        | 312       |

| Seattle Sutton's Healthy Eating                                    |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|--------------------------------------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|                                                                    | Calories | Fat  | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
| Unit of Measure                                                    | (kcal)   | (g)  | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | mcg       |
| Menu E Week of: 9/7/2026                                           |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Strawberry Poppyseed Bread                                         | 460      | 7    | 0       | 5           | 300    | 82    | 5.5   | 50    | 31           | 17      | 0         | 60        | 25   | 15      | 470       | 10         | 0         |
| Swiss Cheese Egg Bake                                              | 440      | 10   | 6.5     | 35          | 820    | 35    | 3.5   | 5     | 0            | 37      | 0         | 15        | 15   | 40      | 530       | 0          | 0         |
| Morning Protein Plate                                              | 680      | 39   | 11      | 400         | 590    | 55    | 7     | 27    | 4            | 25      | 6         | 60        | 20   | 25      | 730       | 15         | 10        |
| Bacon & Egg Bagel Sandwich                                         | 400      | 15   | 4       | 190         | 700    | 43    | 6     | 12    | 0            | 28      | 2         | 80        | 20   | 8       | 620       | 4          | 0         |
| Chicken Gyro Bowl                                                  | 750      | 22   | 2.5     | 110         | 860    | 81    | 5     | 3     | 0            | 51      | 4         | 45        | 40   | 15      | 500       | 8          | 0         |
| Asian Potstickers                                                  | 470      | 14.5 | 0       | 0           | 940    | 66    | 6     | 20    | 13           | 18      | 0         | 10        | 30   | 10      | 770       | 8          | 0         |
| Homestyle Roasted Turkey Sandwich                                  | 570      | 11   | 6       | 140         | 430    | 74    | 6     | 31    | 12           | 44      | 6         | 8         | 20   | 10      | 780       | 25         | 4         |
| Chipotle Black Bean Burger                                         | 580      | 31   | 4       | 10          | 550    | 63    | 13    | 25    | 15           | 18      | 2         | 15        | 20   | 15      | 890       | 4          | 0         |
| Cajun Shrimp Etouffee                                              | 520      | 16   | 6.5     | 185         | 730    | 62    | 7.5   | 9     | 1            | 32      | 4         | 35        | 15   | 10      | 880       | 15         | 2         |
| Tortelloni Pomodoro                                                | 520      | 22   | 6       | 80          | 990    | 59    | 10    | 17    | 3            | 21      | 4         | 40        | 25   | 35      | 840       | 8          | 0         |
| BBQ Meatloaf & Cheddar Mash                                        | 620      | 29   | 6       | 100         | 760    | 55    | 7     | 23    | 11           | 38      | 2         | 15        | 25   | 20      | 1190      | 35         | 10        |
| Chicken Matzo Ball Soup                                            | 650      | 25   | 5.5     | 110         | 570    | 63    | 5     | 19    | 10           | 40      | 4         | 6         | 35   | 6       | 970       | 8          | 2         |
| Average                                                            | 555      | 20   | 5       | 114         | 687    | 62    | 6.8   | 20    | 8            | 30.8    | 3         | 32        | 24   | 17      | 764       | 12         | 2         |
| Daily Average                                                      | 1665     | 60   | 15      | 341         | 2060   | 185   | 20.4  | 60    | 25           | 92.3    | 9         | 97        | 73   | 52      | 2293      | 35         | 7         |
| Menu E: 4 Day Average W 16 oz skim milk                            | 1995     | 67   | 19      | 371         | 2360   | 221   | 20.4  | 96    | 25           | 119.3   | 9         | 97        | 73   | 127     | 3493      | 140        | 307       |
| Menu G Week of: 9/14/2026                                          |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Wheat Croissant and Brie                                           | 540      | 19   | 9       | 55          | 450    | 82    | 9     | 49    | 7            | 11      | 2         | 15        | 15   | 4       | 750       | 6          | 0         |
| Superfood Brioche French Toast                                     | 470      | 22   | 7       | 65          | 440    | 54    | 5     | 29    | 12           | 15      | 4         | 2         | 60   | 15      | 350       | 8          | 4         |
| Brioche Breakfast Sandwich                                         | 520      | 24   | 7       | 295         | 670    | 45    | 6     | 24    | 6            | 30      | 8         | 100       | 25   | 20      | 950       | 10         | 0         |
| Potato & Onion Pancakes                                            | 440      | 22   | 8       | 150         | 990    | 48    | 7     | 17    | 2            | 12      | 2         | 10        | 2    | 8       | 900       | 6          | 0         |
| Broccoli Cheddar Fritter                                           | 550      | 22   | 8       | 40          | 660    | 64    | 10    | 26    | 4            | 21      | 2         | 60        | 20   | 25      | 780       | 20         | 2         |
| Pecan & Poppyseed Chicken Salad                                    | 590      | 31   | 3       | 90          | 440    | 40    | 6     | 16    | 0            | 34      | 4         | 6         | 15   | 10      | 460       | 6          | 0         |
| Loaded Quesadilla & Tortilla Soup                                  | 550      | 25   | 10      | 70          | 1170   | 45    | 6     | 5     | 0            | 27      | 2         | 10        | 15   | 35      | 320       | 20         | 2         |
| Mediterranean Lunch Box                                            | 570      | 27   | 5       | 125         | 760    | 29    | 6.5   | 6     | 0            | 51      | 0         | 6         | 20   | 10      | 650       | 30         | 2         |
| Grilled Salmon with Creamy Dill Sauce                              | 520      | 17   | 5       | 70          | 500    | 56    | 7     | 9     | 0            | 36      | 2         | 70        | 15   | 10      | 1140      | 15         | 4         |
| Capri Chicken with Quinoa Pilaf                                    | 650      | 31   | 6       | 145         | 1040   | 43    | 13    | 13    | 0            | 58      | 2         | 180       | 25   | 30      | 1490      | 20         | 2         |
| Pierogi in Mushroom & Tomato Gravy                                 | 600      | 13   | 4       | 40          | 750    | 99    | 6     | 16    | 6.5          | 21      | 2         | 60        | 30   | 10      | 950       | 8          | 2         |
| Herbed Turkey Bake                                                 | 430      | 18   | 5.5     | 65          | 510    | 45    | 5     | 12    | 3            | 21      | 2         | 8         | 15   | 4       | 640       | 8          | 4         |
| Average                                                            | 536      | 23   | 6       | 101         | 698    | 54    | 7.2   | 19    | 3            | 28.1    | 3         | 44        | 21   | 15      | 782       | 13         | 2         |
| Daily Average                                                      | 1608     | 68   | 19      | 303         | 2095   | 163   | 21.6  | 56    | 10           | 84.3    | 8         | 132       | 64   | 45      | 2345      | 39         | 6         |
| Menu G: 4 Day Average W 16 oz skim milk                            | 1938     | 75   | 24      | 333         | 2395   | 199   | 21.6  | 92    | 10           | 111.3   | 8         | 132       | 64   | 120     | 3545      | 144        | 306       |

| Seattle Sutton's Healthy Eating                                    |                 |                    |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
|--------------------------------------------------------------------|-----------------|--------------------|----------------|--------------------|---------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|------------------|-------------------|------------------|
| 4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages |                 |                    |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
|                                                                    | <u>Calories</u> | <u>Fat</u>         | <u>Sat Fat</u> | <u>Cholesterol</u> | <u>Sodium</u> | <u>Carbs</u> | <u>Fiber</u> | <u>Sugar</u> | <u>Added Sugars</u> | <u>Protein</u> | <u>Vitamin A</u> | <u>Vitamin C</u> | <u>Iron</u> | <u>Calcium</u> | <u>Potassium</u> | <u>Phosphorus</u> | <u>Vitamin D</u> |
| Unit of Measure                                                    | (kcal)          | (g)                | (g)            | (mg)               | (mg)          | (g)          | (g)          | (g)          | (g)                 | (g)            | (%)              | (%)              | (%)         | (%)            | (mg)             | (%)               | mcg              |
| Menu I                                                             |                 | Week of: 9/21/2026 |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Egg & Feta Tart                                                    | 480             | 23                 | 11.5           | 210                | 550           | 51           | 7            | 25           | 0                   | 17             | 2                | 2                | 10          | 20             | 460              | 10                | 0                |
| Chocolate Chia Bowl                                                | 700             | 35                 | 9              | 0                  | 140           | 87           | 14           | 55           | 27                  | 21             | 2                | 25               | 35          | 35             | 1070             | 40                | 8                |
| Orange Berry Waffle                                                | 420             | 15                 | 5.5            | 75                 | 600           | 56           | 3.5          | 29           | 9                   | 13             | 0                | 4                | 4           | 15             | 85               | 0                 | 0                |
| English Muffin Breakfast Sandwich                                  | 420             | 19                 | 6              | 180                | 730           | 40           | 6            | 13           | 1                   | 21             | 6                | 50               | 15          | 25             | 540              | 2                 | 0                |
| Tex Mex Fish Taco                                                  | 590             | 21                 | 5              | 70                 | 980           | 64           | 8            | 6            | 0                   | 34             | 0                | 4                | 15          | 20             | 830              | 6                 | 2                |
| Smoky Chicken Salad Pita                                           | 460             | 13                 | 2              | 70                 | 640           | 55           | 11           | 10           | 1                   | 32             | 4                | 20               | 25          | 20             | 830              | 10                | 0                |
| Protein Pasta Carbonara                                            | 560             | 26                 | 14.5           | 80                 | 600           | 61           | 12.5         | 6            | 0                   | 20             | 4                | 15               | 15          | 15             | 400              | 10                | 2                |
| Loaded Potato Soup                                                 | 460             | 18                 | 9              | 50                 | 550           | 58           | 6            | 9            | 1                   | 18             | 4                | 25               | 20          | 30             | 680              | 25                | 15               |
| Italian Sausage Flatbread Pizza                                    | 790             | 34                 | 8              | 40                 | 1600          | 86           | 11           | 6            | 2                   | 39             | 0                | 2                | 30          | 30             | 1000             | 2                 | 0                |
| Thai Coconut Chicken                                               | 540             | 16                 | 5.5            | 50                 | 650           | 71           | 3            | 11           | 4                   | 27             | 2                | 20               | 35          | 10             | 470              | 4                 | 0                |
| Spaghetti Lentil Bolognese                                         | 610             | 21                 | 5.5            | 20                 | 700           | 77           | 9            | 12           | 0                   | 28             | 4                | 50               | 30          | 30             | 1270             | 30                | 2                |
| Salisbury Steak                                                    | 610             | 19                 | 5.5            | 135                | 870           | 61           | 10           | 12           | 1                   | 47             | 4                | 25               | 30          | 10             | 1450             | 45                | 10               |
| Average                                                            | 553             | 22                 | 7              | 82                 | 718           | 64           | 8.4          | 16           | 4                   | 26.4           | 3                | 20               | 22          | 22             | 757              | 15                | 3                |
| Daily Average                                                      | 1660            | 65                 | 22             | 245                | 2153          | 192          | 25.3         | 49           | 12                  | 79.3           | 8                | 61               | 66          | 65             | 2271             | 46                | 10               |
| Menu I: 4 Day Average W 16 oz skim milk                            | 1990            | 72                 | 26             | 275                | 2453          | 228          | 25.3         | 85           | 12                  | 106.3          | 8                | 61               | 66          | 140            | 3471             | 151               | 310              |

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages**

|                                         | <u>Calories</u> | <u>Fat</u> | <u>Sat Fat</u> | <u>Cholesterol</u> | <u>Sodium</u> | <u>Carbs</u> | <u>Fiber</u> | <u>Sugar</u> | <u>Added Sugars</u> | <u>Protein</u> | <u>Vitamin A</u> | <u>Vitamin C</u> | <u>Iron</u> | <u>Calcium</u> | <u>Potassium</u> | <u>Phosphorus</u> | <u>Vitamin D</u> |
|-----------------------------------------|-----------------|------------|----------------|--------------------|---------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|------------------|-------------------|------------------|
| Unit of Measure                         | (kcal)          | (g)        | (g)            | (mg)               | (mg)          | (g)          | (g)          | (g)          | (g)                 | (g)            | (%)              | (%)              | (%)         | (%)            | (mg)             | (%)               | (mcg)            |
| Menu A: 4 Day Average W 16 oz skim milk | 1988            | 62         | 22             | 294                | 2073          | 231          | 25.8         | 102          | 22                  | 116.0          | 8                | 43               | 73          | 132            | 3339             | 146               | 308              |
| Menu C: 4 Day Average W 16 oz skim milk | 1950            | 68         | 21             | 291                | 2090          | 217          | 22.3         | 93           | 17                  | 111.0          | 8                | 123              | 63          | 134            | 3300             | 139               | 312              |
| Menu E: 4 Day Average W 16 oz skim milk | 1995            | 67         | 19             | 371                | 2360          | 221          | 20.4         | 96           | 25                  | 119.3          | 9                | 97               | 73          | 127            | 3493             | 140               | 307              |
| Menu G: 4 Day Average W 16 oz skim milk | 1938            | 75         | 24             | 333                | 2395          | 199          | 21.6         | 92           | 10                  | 111.3          | 8                | 132              | 64          | 120            | 3545             | 144               | 306              |
| Menu I: 4 Day Average W 16 oz skim milk | 1990            | 72         | 26             | 275                | 2453          | 228          | 25.3         | 85           | 12                  | 106.3          | 8                | 61               | 66          | 140            | 3471             | 151               | 310              |



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating

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| 2000 Calorie Plan<br>Monday 4-Day Plan Average<br>With Milk Servings |            |
|----------------------------------------------------------------------|------------|
| Calories                                                             | 1972 kcal  |
| Total Fat                                                            | 68.9 g     |
| Saturated Fat                                                        | 22.1 g     |
| Trans Fat                                                            | 0 g        |
| Cholesterol                                                          | 312.8 mg   |
| Sodium                                                               | 2274 mg    |
| Total Carbohydrates                                                  | 219.0 g    |
| Dietary Fiber                                                        | 26.2 g     |
| Total Sugars                                                         | 93.4 g     |
| Added Sugars                                                         | 17.2 g     |
| Protein                                                              | 112.8 g    |
| Vitamin D                                                            | 308.4 mcg  |
| Calcium (%)                                                          | 130.50 %   |
| Iron (%)                                                             | 67.75 %    |
| Potassium                                                            | 3429.5 mcg |
| Macronutrient Breakdown                                              |            |
| Fats                                                                 | 31%        |
| Carbohydrates                                                        | 44%        |
| Protein                                                              | 23%        |

| 2000 Calorie Plan<br>Monday 4-Day Plan Average<br>WITHOUT MILK SERVINGS |             |
|-------------------------------------------------------------------------|-------------|
| Calories                                                                | 1642.0 kcal |
| Total Fat                                                               | 62.0 g      |
| Saturated Fat                                                           | 17.9 g      |
| Trans Fat                                                               | 0 g         |
| Cholesterol                                                             | 282.8 mg    |
| Sodium                                                                  | 1974 mg     |
| Total Carbohydrate                                                      | 183.0 g     |
| Dietary Fiber                                                           | 26.2 g      |
| Total Sugars                                                            | 57.4 g      |
| Includes Added                                                          | 17.2 g      |
| Protein                                                                 | 85.8 g      |
| Vitamin D                                                               | 8.4 mcg     |
| Calcium (%)                                                             | 55.50 %     |
| Iron (%)                                                                | 67.75 %     |
| Potassium                                                               | 2229.5 mcg  |
| Macronutrient Breakdown                                                 |             |
| Fats                                                                    | 33%         |
| Carbohydrates                                                           | 45%         |
| Protein                                                                 | 21%         |

*The 2000 calorie plan is recommended with 3 glasses of Low fat Milk*

| Low-Fat Milk Additions |         |          |
|------------------------|---------|----------|
| Amount                 | 8 oz    | 24 oz    |
| Calories               | 110kcal | 330 kcal |
| Total Fat              | 2.3g    | 6.9 g    |
| Saturated Fat          | 1.4g    | 4.2 g    |
| Trans Fat              | 0 g     | 0 g      |
| Cholesterol            | 10 mg   | 30 mg    |
| Sodium                 | 105mg   | 300 mg   |
| Total Carbohydrates    | 12 g    | 36 g     |
| Dietary Fiber          | 0 g     | 0 g      |
| Total Sugars           | 12 g    | 36 g     |
| Added Sugars           | 0 g     | 0 g      |
| Protein                | 9 g     | 27 g     |
| Phosphorus             | 35%     | 105 %    |
| Vitamin D              | 100 mcg | 300 mcg  |
| Calcium (%)            | 25%     | 75 %     |
| Iron (%)               | 0%      | 0 %      |
| Potassium              | 400 mcg | 1200 mcg |