

| Seattle Sutton's Healthy Eating                                     |                 |                    |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
|---------------------------------------------------------------------|-----------------|--------------------|----------------|--------------------|---------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|------------------|-------------------|------------------|
| 4-Day Monday 1200 Calorie Plan Vegetarian 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                                                              |                 | Week of: 8/24/2026 |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Open Faced Asparagus & Gruyere Omelet                               | 300             | 6                  | 2.5            | 10                 | 540           | 41           | 5            | 15           | 2                   | 21             | 2                | 15               | 20          | 15             | 410              | 6                 | 0                |
| Blueberry Banana Waffle Bites                                       | 390             | 20                 | 7.5            | 50                 | 270           | 44           | 4            | 26           | 20                  | 10             | 0                | 2                | 30          | 6              | 200              | 8                 | 4                |
| Berry Colada Parfait                                                | 180             | 1.5                | 0.5            | 0                  | 60            | 37           | 4            | 24           | 12                  | 10             | 0                | 25               | 4           | 10             | 210              | 0                 | 0                |
| Chocolate Hazelnut Crepe                                            | 320             | 15                 | 1.5            | 40                 | 260           | 38           | 3            | 13           | 5                   | 11             | 0                | 4                | 8           | 2              | 170              | 6                 | 0                |
| Mushroom & Polenta Ragout                                           | 320             | 10                 | 5              | 25                 | 480           | 44           | 9            | 13           | 6                   | 12             | 4                | 15               | 20          | 15             | 790              | 15                | 4                |
| Quesabirria Shiitake                                                | 390             | 17                 | 8              | 30                 | 570           | 46           | 9            | 9            | 0                   | 15             | 20               | 25               | 10          | 20             | 620              | 15                | 8                |
| Fresh Fruit and Cottage Cheese Plate                                | 280             | 9                  | 4              | 30                 | 620           | 31           | 5            | 13           | 0                   | 20             | 0                | 25               | 8           | 25             | 470              | 8                 | 2                |
| Egg Salad on Croissant                                              | 330             | 19                 | 7              | 250                | 360           | 31           | 4            | 14           | 1                   | 10             | 6                | 6                | 15          | 4              | 190              | 0                 | 0                |
| Cauliflower Tikka Masala                                            | 430             | 13                 | 2              | 10                 | 560           | 64           | 7            | 7            | 0                   | 15             | 2                | 90               | 35          | 15             | 980              | 10                | 0                |
| Sweet Potato Chili                                                  | 420             | 20                 | 7              | 45                 | 480           | 49           | 5            | 14           | 11                  | 12             | 10               | 15               | 15          | 25             | 440              | 4                 | 0                |
| Nonna Sutton's Lasagna                                              | 360             | 20                 | 6              | 45                 | 520           | 28           | 5            | 10           | 0                   | 17             | 4                | 6                | 15          | 25             | 730              | 15                | 0                |
| Kung Pao Tofu                                                       | 390             | 20                 | 6.5            | 25                 | 300           | 42           | 5.5          | 8            | 1                   | 11             | 2                | 50               | 20          | 6              | 580              | 15                | 2                |
| Average                                                             | 343             | 14                 | 5              | 47                 | 418           | 41           | 5.5          | 14           | 5                   | 13.7           | 4                | 23               | 17          | 14             | 483              | 9                 | 2                |
| Daily Average                                                       | 1028            | 43                 | 14             | 140                | 1255          | 124          | 16.4         | 42           | 15                  | 41.0           | 13               | 70               | 50          | 42             | 1448             | 26                | 5                |
| Menu A: 4 Day Average W 16 oz skim milk                             | 1188            | 43                 | 14             | 160                | 1455          | 148          | 16.4         | 66           | 15                  | 59.0           | 213              | 70               | 50          | 92             | 2248             | 96                | 205              |
| Menu C                                                              |                 | Week of: 8/31/2026 |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Peach & Ricotta Toast                                               | 280             | 13                 | 3.5            | 25                 | 170           | 30           | 5            | 15           | 4                   | 11             | 2                | 20               | 8           | 10             | 4600             | 10                | 0                |
| Cheesy Baked Egg Casserole                                          | 300             | 8                  | 3.5            | 20                 | 480           | 37           | 7            | 13           | 2                   | 21             | 0                | 30               | 15          | 15             | 560              | 8                 | 2                |
| Strawberry Chia Oatmeal                                             | 300             | 11                 | 2              | 0                  | 35            | 44           | 6.5          | 21           | 6                   | 9              | 2                | 30               | 15          | 10             | 420              | 10                | 8                |
| Ciabatta Egg Sandwich                                               | 280             | 10                 | 4.5            | 130                | 540           | 34           | 5            | 8            | 0                   | 14             | 0                | 60               | 15          | 15             | 140              | 0                 | 0                |
| Chili Tempeh Salad                                                  | 380             | 17                 | 1.5            | 0                  | 660           | 41           | 3            | 6            | 1                   | 16             | 4                | 60               | 20          | 6              | 530              | 15                | 0                |
| Korean Street Sliders                                               | 400             | 14.5               | 5.5            | 35                 | 630           | 49           | 3.5          | 10           | 7                   | 15             | 0                | 20               | 15          | 15             | 480              | 4                 | 0                |
| Pecan Cranberry Salad                                               | 420             | 32                 | 4.5            | 15                 | 150           | 25           | 5            | 13           | 10                  | 9              | 4                | 8                | 10          | 20             | 220              | 8                 | 0                |
| Portobello Burger                                                   | 380             | 10.5               | 1              | 5                  | 620           | 65           | 8            | 22           | 3                   | 10             | 2                | 10               | 15          | 10             | 770              | 10                | 2                |
| Vegetarian Vodka Meatballs                                          | 370             | 11                 | 4              | 15                 | 600           | 45           | 14           | 6            | 0                   | 27             | 2                | 30               | 25          | 15             | 970              | 8                 | 2                |
| Genoa Minestrone                                                    | 270             | 5                  | 2              | 10                 | 500           | 46           | 4            | 7            | 0.5                 | 10             | 4                | 30               | 25          | 6              | 500              | 6                 | 0                |
| Primavera Alfredo                                                   | 270             | 8                  | 4              | 25                 | 370           | 40           | 6.5          | 10           | 0                   | 12             | 2                | 0                | 6           | 20             | 540              | 6                 | 10               |
| Homestyle Macaroni & Cheese                                         | 540             | 16                 | 7              | 45                 | 690           | 80           | 7            | 18           | 7                   | 23             | 4                | 80               | 20          | 35             | 940              | 30                | 10               |
| Average                                                             | 349             | 13                 | 4              | 27                 | 454           | 45           | 6.2          | 12           | 3                   | 14.8           | 2                | 32               | 16          | 15             | 889              | 10                | 3                |
| Daily Average                                                       | 1048            | 39                 | 11             | 81                 | 1361          | 134          | 18.6         | 37           | 10                  | 44.3           | 7                | 95               | 47          | 44             | 2668             | 29                | 9                |
| Menu C: 4 Day Average W 16 oz skim milk                             | 1208            | 39                 | 11             | 101                | 1561          | 158          | 18.6         | 61           | 10                  | 62.3           | 207              | 95               | 47          | 94             | 3468             | 99                | 209              |

| Seattle Sutton's Healthy Eating                                     |          |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|---------------------------------------------------------------------|----------|-----|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 4-Day Monday 1200 Calorie Plan Vegetarian 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                                          | 380      | 6   | 0       | 0           | 290    | 69    | 5.5   | 35    | 21           | 13      | 0         | 40        | 25   | 10      | 360       | 10         | 0         |
| Swiss Cheese Egg Bake                                               | 200      | 5   | 3       | 20          | 420    | 18    | 2.5   | 4     | 0            | 20      | 0         | 6         | 10   | 20      | 370       | 0          | 0         |
| Morning Protein Plate                                               | 430      | 22  | 6       | 200         | 360    | 45    | 6     | 20    | 3            | 18      | 4         | 30        | 20   | 15      | 440       | 10         | 10        |
| Egg Gouda Slider                                                    | 300      | 11  | 4.5     | 25          | 510    | 32    | 5.5   | 11    | 2            | 17      | 0         | 35        | 40   | 20      | 460       | 2          | 0         |
| Falafel Bowl                                                        | 390      | 11  | 1       | 0           | 520    | 57    | 8     | 6     | 0            | 15      | 2         | 25        | 30   | 15      | 410       | 6          | 0         |
| Asian Potstickers                                                   | 280      | 8.5 | 0       | 0           | 750    | 45    | 3.5   | 18    | 12           | 10      | 0         | 6         | 15   | 6       | 440       | 4          | 0         |
| Pumpkin Sweet Potato Bisque & Salad                                 | 400      | 16  | 5       | 30          | 140    | 59    | 8     | 22    | 14           | 10      | 10        | 20        | 20   | 15      | 640       | 8          | 2         |
| Chipotle Black Bean Burger                                          | 470      | 25  | 3.5     | 5           | 500    | 51    | 11    | 16    | 8            | 16      | 2         | 10        | 20   | 10      | 740       | 2          | 0         |
| Cajun Vegetarian Etouffee                                           | 350      | 14  | 5       | 30          | 290    | 50    | 8     | 10    | 1            | 10      | 4         | 50        | 20   | 8       | 780       | 20         | 2         |
| Tortelloni Pomodoro                                                 | 260      | 9   | 2       | 50          | 330    | 33    | 5     | 10    | 3            | 12      | 2         | 15        | 15   | 20      | 350       | 4          | 0         |
| BBQ Loaded Potato                                                   | 420      | 16  | 6.5     | 40          | 560    | 60    | 6     | 19    | 14           | 12      | 0         | 20        | 20   | 15      | 970       | 6          | 0         |
| Lentil Stew                                                         | 370      | 6   | 1       | 0           | 370    | 68    | 9     | 14    | 5            | 12      | 10        | 30        | 25   | 10      | 580       | 10         | 0         |
| Average                                                             | 354      | 12  | 3       | 33          | 420    | 49    | 6.5   | 15    | 7            | 13.8    | 3         | 24        | 22   | 14      | 545       | 7          | 1         |
| Daily Average                                                       | 1063     | 37  | 9       | 100         | 1260   | 147   | 19.5  | 46    | 21           | 41.3    | 9         | 72        | 65   | 41      | 1635      | 21         | 4         |
| Menu E: 4 Day Average W 16 oz skim milk                             | 1223     | 37  | 9       | 120         | 1460   | 171   | 19.5  | 70    | 21           | 59.3    | 209       | 72        | 65   | 91      | 2435      | 91         | 204       |
| Menu G Week of: 9/14/2026                                           |          |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Wheat Croissant and Brie                                            | 360      | 13  | 6       | 40          | 340    | 57    | 6     | 37    | 3            | 8       | 2         | 8         | 10   | 2       | 640       | 4          | 0         |
| Superfood Brioche French Toast                                      | 230      | 11  | 3.5     | 30          | 200    | 33    | 3     | 18    | 6            | 8       | 2         | 2         | 30   | 6       | 190       | 4          | 2         |
| Four Cheese Egg Tart                                                | 330      | 14  | 6       | 235         | 460    | 26    | 2.5   | 15    | 6            | 23      | 2         | 6         | 15   | 20      | 440       | 6          | 0         |
| Potato & Onion Pancakes                                             | 280      | 15  | 5       | 100         | 650    | 32    | 5     | 12    | 1            | 8       | 2         | 6         | 0    | 6       | 600       | 4          | 0         |
| Broccoli Cheddar Fritter                                            | 340      | 14  | 4.5     | 20          | 340    | 46    | 8.5   | 22    | 4            | 13      | 2         | 35        | 15   | 15      | 560       | 10         | 2         |
| Poppyseed Sweet Potato Salad                                        | 420      | 16  | 2       | 0           | 240    | 60    | 7     | 25    | 9            | 9       | 20        | 25        | 20   | 8       | 670       | 15         | 0         |
| Sweet Potato Taco                                                   | 410      | 22  | 10.5    | 90          | 580    | 41    | 5     | 16    | 8            | 13      | 8         | 30        | 8    | 15      | 360       | 10         | 6         |
| Loaded Nacho Bowl                                                   | 420      | 15  | 7       | 35          | 460    | 51    | 7     | 5     | 0            | 20      | 4         | 6         | 15   | 25      | 810       | 25         | 2         |
| Southwestern Couscous Pilaf                                         | 460      | 19  | 6       | 40          | 650    | 60    | 7     | 16    | 10.5         | 16      | 2         | 15        | 15   | 20      | 340       | 15         | 2         |
| Truffled Mac 'n Cheese                                              | 450      | 20  | 7       | 70          | 530    | 55    | 5.5   | 10    | 0            | 17      | 4         | 20        | 20   | 20      | 800       | 25         | 15        |
| Pierogi in Mushroom & Tomato Gravy                                  | 270      | 6   | 3       | 20          | 300    | 46    | 3     | 7     | 4            | 9       | 2         | 35        | 15   | 4       | 370       | 2          | 0         |
| Goat Cheese and Eggplant Stack                                      | 310      | 15  | 5       | 20          | 540    | 32    | 10    | 9     | 0            | 13      | 4         | 20        | 20   | 10      | 520       | 10         | 2         |
| Average                                                             | 357      | 15  | 5       | 58          | 441    | 45    | 5.8   | 16    | 4            | 13.1    | 5         | 17        | 15   | 13      | 525       | 11         | 3         |
| Daily Average                                                       | 1070     | 45  | 16      | 175         | 1323   | 135   | 17.4  | 48    | 13           | 39.3    | 14        | 52        | 46   | 38      | 1575      | 33         | 8         |
| Menu G: 4 Day Average W 16 oz skim milk                             | 1230     | 45  | 16      | 195         | 1523   | 159   | 17.4  | 72    | 13           | 57.3    | 214       | 52        | 46   | 88      | 2375      | 103        | 208       |

| Seattle Sutton's Healthy Eating                                     |                 |                    |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
|---------------------------------------------------------------------|-----------------|--------------------|----------------|--------------------|---------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|------------------|-------------------|------------------|
| 4-Day Monday 1200 Calorie Plan Vegetarian 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                                                     | 250             | 12                 | 6.5            | 105                | 270           | 27           | 4            | 14           | 0                   | 8              | 2                | 6                | 6           | 10             | 250              | 6                 | 0                |
| Chocolate Chia Bowl                                                 | 370             | 18                 | 4.5            | 0                  | 70            | 48           | 8            | 32           | 13                  | 11             | 0                | 20               | 15          | 15             | 570              | 20                | 4                |
| Orange Berry Waffle                                                 | 350             | 13                 | 4              | 65                 | 540           | 46           | 3            | 22           | 5.5                 | 10             | 0                | 4                | 4           | 10             | 55               | 0                 | 0                |
| Carrot Banana Loaf                                                  | 390             | 9                  | 0.5            | 5                  | 350           | 66           | 4.5          | 38           | 18.5                | 12             | 2                | 10               | 15          | 10             | 510              | 10                | 4                |
| Tex Mex Black Bean Taco                                             | 310             | 14                 | 6              | 35                 | 460           | 34           | 5            | 4            | 0                   | 13             | 2                | 4                | 8           | 20             | 440              | 10                | 2                |
| Beet & Goat Cheese Flatbread                                        | 310             | 19.5               | 4              | 10                 | 300           | 28           | 4            | 15           | 2                   | 7              | 4                | 30               | 10          | 10             | 460              | 10                | 0                |
| Protein Pasta Carbonara                                             | 410             | 22                 | 12             | 70                 | 500           | 40           | 8            | 5            | 0                   | 13             | 4                | 10               | 10          | 10             | 340              | 8                 | 0                |
| Loaded Potato Soup                                                  | 380             | 15                 | 8              | 45                 | 460           | 44           | 4            | 7            | 1                   | 15             | 4                | 20               | 15          | 25             | 530              | 20                | 10               |
| Italian Sausage Flatbread Pizza                                     | 460             | 20                 | 4.5            | 20                 | 950           | 51           | 7            | 4            | 1                   | 23             | 0                | 2                | 15          | 20             | 590              | 0                 | 0                |
| Chimichurri Bowl                                                    | 280             | 11                 | 1.5            | 0                  | 570           | 36           | 11           | 7            | 0                   | 12             | 2                | 70               | 30          | 10             | 560              | 10                | 0                |
| Spaghetti Lentil Bolognese                                          | 270             | 8                  | 1.5            | 0                  | 260           | 39           | 5            | 6            | 0                   | 10             | 2                | 30               | 15          | 6              | 700              | 10                | 0                |
| Southwest Stuffed Pepper                                            | 420             | 23                 | 6              | 25                 | 490           | 39           | 8            | 8            | 0                   | 14             | 2                | 8                | 20          | 20             | 830              | 20                | 0                |
| Average                                                             | 350             | 15                 | 5              | 32                 | 435           | 42           | 6.0          | 14           | 3                   | 12.3           | 2                | 18               | 14          | 14             | 486              | 10                | 2                |
| Daily Average                                                       | 1050            | 46                 | 15             | 95                 | 1305          | 125          | 17.9         | 41           | 10                  | 37.0           | 6                | 54               | 41          | 42             | 1459             | 31                | 5                |
| Menu I: 4 Day Average W 16 oz skim milk                             | 1210            | 46                 | 15             | 115                | 1505          | 149          | 17.9         | 65           | 10                  | 55.0           | 206              | 54               | 41          | 92             | 2259             | 101               | 205              |

Seattle Sutton's Healthy Eating

4-Day Monday 1200 Calorie Plan Vegetarian 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: 4 Day Average W 16 oz skim milk | 1188     | 43  | 14      | 160         | 1455   | 148   | 16.4  | 66    | 15           | 59.0    | 213       | 70        | 50   | 92      | 2248      | 96         | 205       |
| Menu C: 4 Day Average W 16 oz skim milk | 1208     | 39  | 11      | 101         | 1561   | 158   | 18.6  | 61    | 10           | 62.3    | 207       | 95        | 47   | 94      | 3468      | 99         | 209       |
| Menu E: 4 Day Average W 16 oz skim milk | 1223     | 37  | 9       | 120         | 1460   | 171   | 19.5  | 70    | 21           | 59.3    | 209       | 72        | 65   | 91      | 2435      | 91         | 204       |
| Menu G: 4 Day Average W 16 oz skim milk | 1230     | 45  | 16      | 195         | 1523   | 159   | 17.4  | 72    | 13           | 57.3    | 214       | 52        | 46   | 88      | 2375      | 103        | 208       |
| Menu I: 4 Day Average W 16 oz skim milk | 1210     | 46  | 15      | 115         | 1505   | 149   | 17.9  | 65    | 10           | 55.0    | 206       | 54        | 41   | 92      | 2259      | 101        | 205       |

| 1200 Calorie Plan<br>Monday 4-Day Plan<br>Including 2 servings of Non-Fat Milk/Day |            |
|------------------------------------------------------------------------------------|------------|
| Calories                                                                           | 1212 kcal  |
| Total Fat                                                                          | 42.0 g     |
| Saturated Fat                                                                      | 13.1 g     |
| Trans Fat                                                                          | 0 g        |
| Cholesterol                                                                        | 138.3 mg   |
| Sodium                                                                             | 1501 mg    |
| Total Carbohydrates                                                                | 156.8 g    |
| Dietary Fiber                                                                      | 18.0 g     |
| Total Sugars                                                                       | 66.7 g     |
| Added Sugars                                                                       | 13.7 g     |
| Protein                                                                            | 58.6 g     |
| Vitamin D                                                                          | 206.0 mcg  |
| Calcium (%)                                                                        | 91.30 %    |
| Iron (%)                                                                           | 49.75 %    |
| Potassium                                                                          | 2556.8 mcg |
| Macronutrient Breakdown                                                            |            |
| Fats                                                                               | 31%        |
| Carbohydrates                                                                      | 52%        |
| Protein                                                                            | 19%        |

| 1200 Calorie Plan<br>Monday 4-Day Plan<br>WITHOUT MILK SERVINGS |             |
|-----------------------------------------------------------------|-------------|
| Calories                                                        | 1051.5 kcal |
| Total Fat                                                       | 42.0 g      |
| Saturated Fat                                                   | 13.1 g      |
| Trans Fat                                                       | 0.0 g       |
| Cholesterol                                                     | 118.3 mg    |
| Sodium                                                          | 1300.8 mg   |
| Total Carbohydrates                                             | 132.8 g     |
| Dietary Fiber                                                   | 18.0 g      |
| Total Sugars                                                    | 42.7 g      |
| Includes Added S                                                | 13.7 g      |
| Protein                                                         | 40.6 g      |
| Vitamin D                                                       | 5.9 mcg     |
| Calcium (%)                                                     | 41.3 %      |
| Iron (%)                                                        | 49.8 %      |
| Potassium                                                       | 1756.8 mcg  |
| Macronutrient Breakdown                                         |             |
| Fats                                                            | 36%         |
| Carbohydrates                                                   | 50%         |
| Protein                                                         | 15%         |

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

| Skim Milk Additions |         |          |
|---------------------|---------|----------|
| Amount              | 8 oz    | 16 oz    |
| Calories            | 80 kcal | 160 kcal |
| Total Fat           | 0 g     | 0 g      |
| Saturated Fat       | 0 g     | 0 g      |
| Trans Fat           | 0 g     | 0 g      |
| Cholesterol         | 10 mg   | 20 mg    |
| Sodium              | 100mg   | 200 mg   |
| Total Carbohydrate: | 12 g    | 24 g     |
| Dietary Fiber       | 0 g     | 0 g      |
| Total Sugars        | 12 g    | 24 g     |
| Includes Added :    | 0 g     | 0 g      |
| Protein             | 9 g     | 18 g     |
| Phosphorus          | 35      | 70 %     |
| Vitamin D           | 100 mcg | 200 mcg  |
| Calcium (%)         | 25%     | 50 %     |
| Iron (%)            | 0%      | 0 %      |
| Potassium           | 400 mcg | 800 mcg  |

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

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