



DAILY GOALS

Total Calories 1,000 per day

Fluid Goals 64 ounces/8 cups
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Protein 60-70 grams/day
35-55 Calories per serving

Vegetables 25 Calories per serving

Servings 1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____

Servings 1 _____
2 _____

Fruit 60 Calories per serving

Servings 1 _____
2 _____

Fat 45 Calories per serving

Servings 1 _____
2 _____

Starch/Breads 80 Calories per serving

Servings 1 _____
2 _____
3 _____

Milk/Yogurt (Low Fat)

Servings 1 _____

CHEWABLE MULTIVITAMINS x 2, CALCIUM SUPPLEMENTS (1200-1500mg/day), VIT B12 (350-500 mcg/day)