



**DAILY GOALS**

**Total Calories** 1,200 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 \_\_\_\_\_  
3 \_\_\_\_\_

**Starch/Breads** 80 Calories per serving

Servings 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_

**Milk/Yogurt** (Low Fat)

Servings 1 \_\_\_\_\_  
2 \_\_\_\_\_

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