

# Sample Menu Patterns for 1600, 2200 and 2800 Calories

1600 Calories	2200 Calories	2800 Calories
<p><b>Breakfast</b>            Grain - 1 serving            Fruit or Vegetable - 1 serving            Dairy - 1 serving            Fat or Sweet - 0-1 serving</p> <p><b>Lunch</b>            Grains - 2 servings            Vegetable - 1 serving            Fruit - 1 serving            Protein - 1 serving            Dairy - 1 serving            Fat or Sweet - 0-1 serving</p> <p><b>Dinner</b>            Grains - 2 servings            Vegetable - 2 servings            Fruit - 1 serving            Protein - 1 serving            Fat or Sweet - 0-1 serving</p> <p><b>Snack</b>            Grain - 1 serving            Fruit - 1 serving</p>	<p><b>Breakfast</b>            Grains - 2 servings            Fruit - 1 serving            Dairy - 1 serving            Fat or Sweet - 0-1 serving</p> <p><b>Lunch</b>            Grains - 2 servings            Vegetables - 2 servings            Fruit - 1 serving            Protein - 1 serving            Dairy - 1 serving            Fat or Sweet - 0-1 serving</p> <p><b>Snack</b>            Grain - 1 serving            Protein - 1 serving</p> <p><b>Dinner</b>            Grains - 2 servings            Vegetable - 2 servings            Fruit - 1 serving            Protein - 1 serving            Fat or Sweet - 0-1 serving</p> <p><b>Snack</b>            Grain - 1 serving            Fruit or Vegetable - 1 serving            Dairy - 1 serving</p>	<p><b>Breakfast</b>            Grains - 3 servings            Fruit - 2 servings            Dairy - 1 serving            Protein - 1 serving            Fat or Sweet - 0-2 servings</p> <p><b>Lunch</b>            Grains - 2 servings            Vegetable - 2 servings            Fruit - 1 serving            Protein - 1 serving            Dairy - 1 serving            Fat or Sweet - 0-2 servings</p> <p><b>Snack</b>            Grain - 1 serving            Protein - 1 serving            Dairy - 1 serving</p> <p><b>Dinner</b>            Grains - 3 servings            Vegetable - 2 servings            Fruit - 1 serving            Protein - 1 serving            Dairy - 1 serving            Fat or Sweet - 0-2 servings</p> <p><b>Snack</b>            Grain - 1 serving            Fruit or Vegetable - 1 serving            Dairy - 1 serving</p>

1600 Calories: Most preschool children, sedentary women and older adults.

2200 Calories: Grade-school age children, teen girls, active women and sedentary men.

2800 Calories: Teen boys and active men.

These menus and calorie needs are estimates. Calories in foods will vary according to the recipe and calorie needs of individuals will vary according to age, body size and activity.



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