

How Our Nutrition Numbers Work for You



	WOMEN ages 25 to 50	WOMEN over 50	MEN ages 25 to 50	MEN over 50
CALORIES	2,000	2,000*	2,700	2,500
PROTEIN	50g	50g	63g	60g
FAT	65g*	65g*	88g*	83g*
SATURATED FAT	20g*	20g*	27g*	25g*
CARBOHYDRATES	304g	304g	410g	375g
FIBER	25g to 35g	25g to 35g	25g to 35g	25g to 35g
CHOLESTEROL	300mg*	300mg*	300mg*	300mg*
IRON	18mg	8mg	8mg	8mg
SODIUM	2,300mg*	1,500mg*	2,300mg*	1,500mg*
CALCIUM	1,000mg	1,200mg	1,000mg	1,000mg

*Or less, for optimum health.



Cherry Cheesecake Brownies

NUTRITIONAL ANALYSIS ABBREVIATIONS:

sat	saturated fat	CHOL	cholesterol
mono	monounsaturated fat	CALC	calcium
poly	polyunsaturated fat	g	gram
CARB	carbohydrates	mg	milligram

NUTRITIONAL VALUES USED IN OUR CALCULATIONS EITHER COME FROM THE FOOD PROCESSOR, VERSION 10.4 (ESHA RESEARCH), OR ARE PROVIDED BY FOOD MANUFACTURERS.