

Diet 1

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	C 45%	P 25%	F 30%
Starch	2		2		4		8	15 120	3 24	1 8
Fruit	1		2			1	4	15 60		
Milk	2					1	3	12 36	8 24	1 24.5 ⑧
Vege			2		2	2	6	5 30	2 12	
Protein	2		3		4	2	11		7 77	9 28.2 ⑧
Fat					2	0.5	2.5			5 12.5
Goal	70		70		70	35	Total grams	246	137	72.5
TOTAL	69		70		70	37	Total Kcals	984	548	652.5

Diet 2

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	C 50%	P 20%	F 30%
Starch	4	2	5	2	4	2	19	15 285	3 57	1 19
Fruit	2	1	1	1	2	1	8	15 120		
Milk	2	1	1		1	1	6	12 72	8 48	1 48.5 ⑧
Vege			3	3	3	1	10	5 50	2 20	
Protein	2	2	2	2	2	2	12		7 84	2 60.5 ⑧
Fat			1	1	1		3			15.5 ⑧
Goal	117	58	117	58	117	58	Total grams	527	209	142
TOTAL	114	57	117	60	117	62	Total Kcals	2108	836	1278

Total Kcals = 2185

Total Kcals = 4222

Diet 3

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	C 50%	P 25%	F 25%
Starch	1		2		2	1	6	<sup>15</sup> 90	<sup>3</sup> 18	<sup>1</sup> 6
Fruit	2		1			1	4	<sup>15</sup> 60		
Milk	1.5				2		3.5	<sup>12</sup> 42	<sup>8</sup> 28	<sup>1</sup> 17.5 <sup>8</sup>
Vege			4		2	1	7	<sup>5</sup> 35	<sup>2</sup>	
Protein	2		2		3.5		7.5		<sup>7</sup> 52.5	<sup>2</sup> 15.5 <sup>8</sup>
Fat			1		1	0.5	2.5			12.5 <sup>5</sup>
Goal	64		64		64	32	Total grams	227	113	51
TOTAL	63		65		64	35	Total Kcals	908	450	459

Total kcals = 1817

Diet 4

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	C 51%	P 22%	F 27%
Starch	2		1		1.5		4.5	<sup>15</sup> 67.5	<sup>3</sup> 13.5	<sup>1</sup> 4.5
Fruit	1		1		0.5	1	3.5	<sup>15</sup> 52.5		
Milk	0.5		1		1.5		3	<sup>12</sup> 36	<sup>8</sup> 24	<sup>1</sup> 15.5 <sup>8</sup>
Vege			2		2	2	6	<sup>5</sup> 30	<sup>2</sup> 12	
Protein	1		2		2		5		<sup>7</sup> 35	<sup>2</sup> 10.5 <sup>8</sup>
Fat	1		1		1		3			<sup>5</sup> 15
Goal	54		54		54	27	Total grams	186	84.5	44.5
TOTAL	51		52		58	25	Total Kcals	744	338	401

Total kcals = 1483

Diet 5

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	C 50%	P 20%	F 30%
Starch	2	2	3		3	1	11	15 165	3 33	1 11
Fruit	2		1	2	1.5	1	7.5	15 112.5		
Milk	2	1	1			1	5	12 60	8 40	① 5 5 8
Vege			2	2	4		8	5 40	2 16	
Protein	2	1	2	1	2	1	9		7 63	4 x ② 48 5 x ③ 5
Fat	1	1	1	1	1	2	7			5 35
Goal	83	42	83	42	83	42	Total grams	377.5	152	99
TOTAL	84	42	82	40	87.5	42	Total Kcals	1510	608	891

Total kcal= 3009

Diet 6

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	C 55%	P 14%	F 31%
Starch	2	1	1	2	2	1	9	15 135	3 27	1 9
Fruit	2	0.5	2		0.5		5	15 75		
Milk								12	8	① 5 8
Vege		2	3		5	3	13	5 65	2 26	
Protein			1		1	0.5	2.5		7 17.5	2 20 ③ 5
Fat	1	1	2	1	2	1	8			5 40
Goal	62	30	62	30	62	30	Total grams	275	70.5	69
TOTAL	60	32.5	60	30	62.5	30	Total Kcals	1100	282	621

Total kcal= 2003

