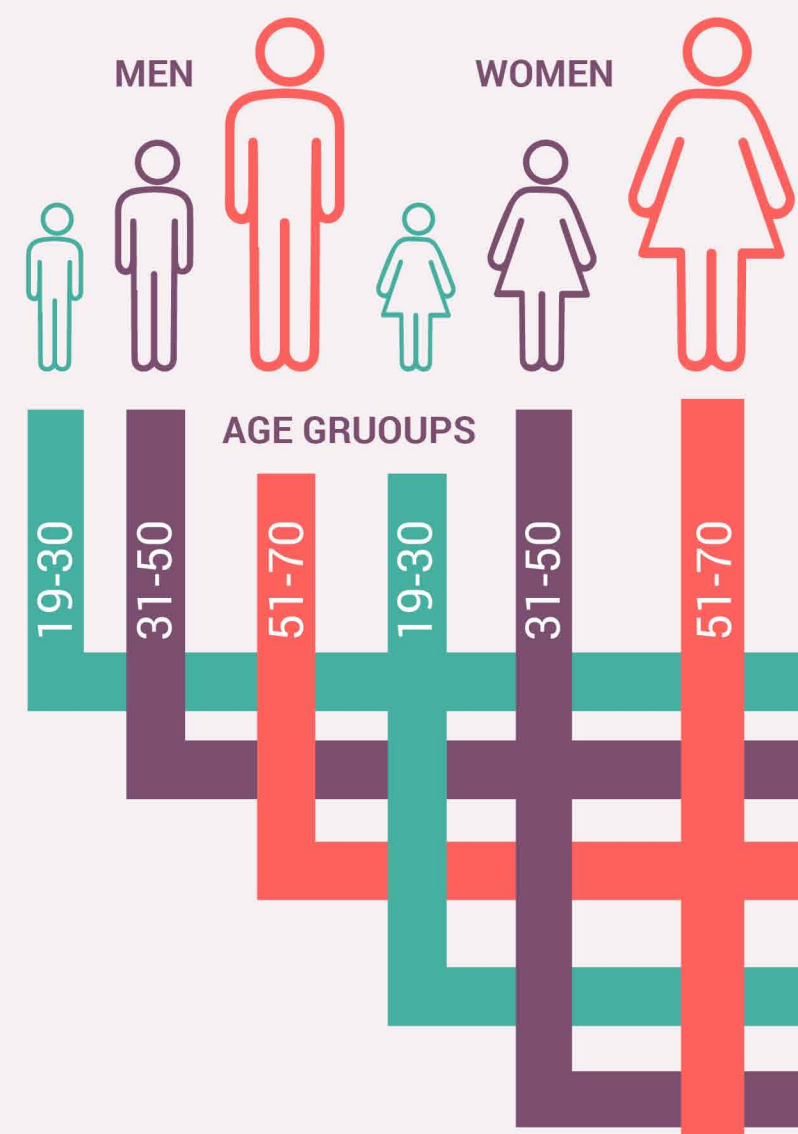


Healthy eating tips

Eating a balanced and complete diet is an important part of your overall health. Use this handy chart to build your healthy diet and ensure that you are taking in enough of the vitamins and nutrients your body needs.



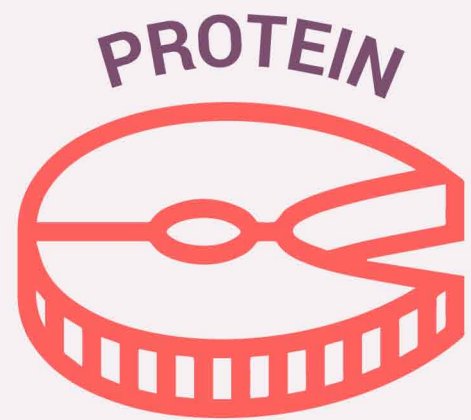
DAILY RECOMMENDED CALORIE INTAKE

LIFESTYLE TYPE		
SEDENTARY	LOW ACTIVITY	HIGH ACTIVITY

CALORIES	CALORIES	CALORIES
2500	2700	3000
2350	2600	2900
2150	2350	2650
1900	2100	2350
1800	2000	2250
1650	1850	2100

PER 100G SERVING

PROTEIN - 0.36 grams per pound per day (ex.150 lb requires approx. 55 grams).
CALCIUM - 1000 milligrams 19-50, 1200 milligrams 50+ per day.
VITAMIN C - 95 milligrams Men, 75 milligrams Women per day.
IRON - 8 milligrams Men, 18 milligrams Women 19-50, 8 milligrams Women 50+ per day.



PROTEIN

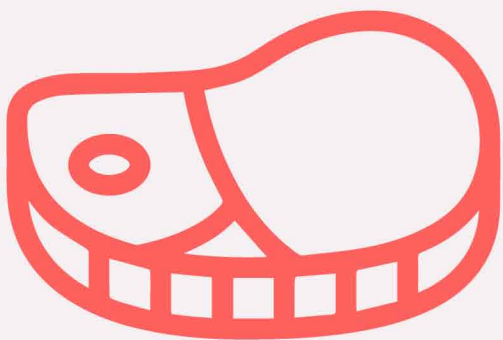
CHICKEN 27g BEEF 26g CHEDDAR CHEESE 25g
BLACK BEANS 21g ALMONDS 21g SALMON 20g
CHIA SEEDS 17g EGG 13g GREEK YOGURT 10g

CALCIUM



CHEDDAR CHEESE 721mg BROCCOLI 47mg
CHIA SEEDS 177mg 2% MILK 286mg TOFU 201mg
GREEK YOGURT 67mg ALMONDS 264mg

IRON



ALMONDS 3.7mg BEEF 3.5mg SPINACH 2.7mg
BLACK BEANS 2mg QUINOA 1.5mg KALE 1.1mg

VITAMIN C



KALE 120mg STRAWBERRIES 59mg
RED CABBAGE 57mg ORANGE 53mg GARLIC 31mg
SPINACH 28mg BUTTERNUT SQUASH 15mg