

# JANUARY

FOODS IN THE MIDDLE-ZONES

|   |   | 1   | 2   | 3  |   |
|---|---|---|---|--|---|
|   |   |   |   |  |   |
| 6   | 7   | 8   | 9   | 10   | vg Nutrients Target   |
| Nutrients Target<br>Cals... 676 135%<br>Fiber.. 5.4* g<br>Calcium 504.5 mg<br>Sugar 2.9*g 1.7%Cal<br>Carb 139.5g 82.5%Cal<br>T.Fat 6.3g 8.4%Cal<br>S.Fat 1.3g 1.8%Cal   | Nutrients Target<br>Cals... 574 115%<br>Fiber.. 4.1* g<br>Calcium 385.7 mg<br>Sugar 36.3*g 25.3%Cal<br>Carb 119.6g 83.3%Cal<br>T.Fat 5.1g 8.0%Cal<br>S.Fat 1.1g 1.8%Cal | Nutrients Target<br>Cals... 583 117%<br>Fiber.. 3.6* g<br>Calcium 345.1 mg<br>Sugar 32.0*g<br>22.0%Cal<br>Carb 113.5g 77.9%Cal<br>T.Fat 8.4g 12.9%Cal<br>S.Fat 4.1g 6.4%Cal | Nutrients Target<br>Cals... 672 134%<br>Fiber.. 9.1* g<br>Calcium 499.3 mg<br>Sugar 20.2*g 12.0%Cal<br>Carb 117.8g 70.1%Cal<br>T.Fat 11.6g 15.5%Cal<br>S.Fat 3.2g 4.3%Cal | Nutrients Target<br>Cals... 546 109%<br>Fiber.. 6.3* g<br>Calcium 362.3 mg<br>Sugar 12.4*g 9.1%Cal<br>Carb 84.3g 61.8%Cal<br>T.Fat 17.0g 27.9%Cal<br>S.Fat 7.5g 12.3%Cal   | Cals... 610 122%<br>Fiber.. 5.7* g<br>Calcium 419.4 mg<br>Sugar 20.8*g 13.6%Cal<br>Carb 114.9g 75.4%Cal<br>T.Fat 9.7g 14.3%Cal<br>S.Fat 3.5g 5.1%Cal  |
| 13  | 14  | 15  | 16  | 17   | Avg Nutrients Target  |
| Nutrients Target<br>Cals... 403 100%<br>Fiber.. 5.1* g<br>Calcium 527.7 mg<br>Sugar 4.1*g 4.1%Cal<br>Carb 77.8g 77.1%Cal<br>T.Fat 3.8g 8.4%Cal<br>S.Fat 1.0g 2.1%Cal    | Nutrients Target<br>Cals... 512 102%<br>Fiber.. 3.7* g<br>Calcium 362.1 mg<br>Sugar 39.7*g 31.1%Cal<br>Carb 94.6g 74.0%Cal<br>T.Fat 7.0g 12.3%Cal<br>S.Fat 2.1g 3.7%Cal | Nutrients Target<br>Cals... 693 139%<br>Fiber.. 9.0* g<br>Calcium700.0* mg<br>Sugar 35.2*g 20.3%Cal<br>Carb 140.6g 81.1%Cal<br>T.Fat 10.2g 13.3%Cal<br>S.Fat 1.4g 1.9%Cal   | Nutrients Target<br>Cals... 550 110%<br>Fiber.. 7.4* g<br>Calcium353.7* mg<br>Sugar 42.4*g 30.9%Cal<br>Carb 110.4g 80.3%Cal<br>T.Fat 5.9g 9.6%Cal<br>S.Fat 1.5g 2.4%Cal   | Nutrients Target<br>Cals... 546 109%<br>Fiber.. 6.3* g<br>Calcium362.3* mg<br>Sugar 12.4*g 9.1%Cal<br>Carb 84.3g 61.8%Cal<br>T.Fat 17.0g 27.9%Cal<br>S.Fat 7.5g 12.3%Cal   | Cals... 541 108%<br>Fiber.. 6.3* g<br>Calcium461.1* mg<br>Sugar 26.8*g 19.8%Cal<br>Carb 101.5g 75.1%Cal<br>T.Fat 8.8g 14.6%Cal<br>S.Fat 2.7g 4.5%Cal  |
| 20  | 21  | 22  | 23  | 24   | Avg Nutrients Target  |
|   | Nutrients Target<br>Cals... 543 109%<br>Fiber.. 5.2* g<br>Calcium499.4* mg<br>Sugar 6.7*g 4.9%Cal<br>Carb 101.9g 75.1%Cal<br>T.Fat 6.7g 11.2%Cal<br>S.Fat 3.7g 6.1%Cal  | Nutrients Target<br>Cals... 503 101%<br>Fiber.. 2.9* g<br>Calcium314.7* mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 93.4g 74.3%Cal<br>T.Fat 8.2g 14.7%Cal<br>S.Fat 4.1g 7.4%Cal       | Nutrients Target<br>Cals... 260 65%<br>Fiber.. 2.8* g<br>Calcium189.0* mg<br>Sugar 33.5*g 51.6%Cal<br>Carb 57.1g 88.0%Cal<br>T.Fat 1.7g 6.0%Cal<br>S.Fat 0.8g 2.8%Cal     | Nutrients Target<br>Cals... 546 109%<br>Fiber.. 6.3* g<br>Calcium362.3* mg<br>Sugar 12.4*g 9.1%Cal<br>Carb 84.3g 61.8%Cal<br>T.Fat 17.0g 27.9%Cal<br>S.Fat 7.5g 12.3%Cal   | Cals... 463 100%<br>Fiber.. 4.3* g<br>Calcium341.3* mg<br>Sugar 13.2*g 11.4%Cal<br>Carb 84.2g 72.8%Cal<br>T.Fat 8.4g 16.3%Cal<br>S.Fat 4.0g 7.8%Cal   |
| 27  | 28  | 29  | 30  | 31   | Avg Nutrients Target  |
| Nutrients Target<br>Cals... 605 121%<br>Fiber.. 6.1* g<br>Calcium389.9* mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 106.9g 70.8%Cal<br>T.Fat 13.8g 20.5%Cal<br>S.Fat 3.5g 5.2%Cal | Nutrients Target<br>Cals... 586 117%<br>Fiber.. 6.1* g<br>Calcium363.0* mg<br>Sugar 34.7*g 23.7%Cal<br>Carb 123.8g 84.5%Cal<br>T.Fat 4.9g 7.5%Cal<br>S.Fat 1.1g 1.7%Cal | Nutrients Target<br>Cals... 554 111%<br>Fiber.. 4.2* g<br>Calcium319.6* mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 107.1g 77.3%Cal<br>T.Fat 8.3g 13.5%Cal<br>S.Fat 4.1g 6.7%Cal      | Nutrients Target<br>Cals... 552 110%<br>Fiber.. 6.5* g<br>Calcium360.7* mg<br>Sugar 42.9*g 31.0%Cal<br>Carb 110.0g 79.7%Cal<br>T.Fat 6.0g 9.7%Cal<br>S.Fat 1.5g 2.4%Cal   | Nutrients Target<br>Cals... 628 126%<br>Fiber.. 7.1* g<br>Calcium322.4* mg<br>Sugar 30.5*g 19.5%Cal<br>Carb 107.0g 68.2%Cal<br>T.Fat 16.9g 24.2%Cal<br>S.Fat 7.5g 10.7%Cal | Cals... 585 117%<br>Fiber.. 6.0* g<br>Calcium351.1* mg<br>Sugar 21.7*g 14.8%Cal<br>Carb 111.0g 75.9%Cal<br>T.Fat 10.0g 15.3%Cal<br>S.Fat 3.5g 5.4%Cal |

# NUTRIENTS