

# Supermarket Diet Recommended Daily Intakes

## Good Housekeeping

### RECOMMENDED DAILY INTAKES

	<b>Keep On Losin'</b> 1,500 daily calories	<b>Stay Slim Maintenance</b> 1,800 daily calories
<b>Calories</b>	400 to 500 per meal, 125 snack	400 to 600 per meal, up to 200 per snack
<b>Fat</b>	50 g per day	60 g per day
<b>Saturated Fat</b>	15 g per day max.	18 g per day max.
<b>Trans Fat</b>	1.6 g per day max.	2 g per day max.
<b>Cholesterol</b>	300 mg per day max.	300 mg per day max.
<b>Sodium</b>	2,300 mg per day max.	2,300 mg per day max.
<b>Total Carbohydrates</b>	about 190 g per day	225 to 250 g per day
<b>Dietary Fiber</b>	at least 25 g per day	at least 25 g per day
<b>Sugars*</b>	24 g per day max. of <i>added sugar</i>	40 g per day max. of <i>added sugar</i>
<b>Protein</b>	about 75 g per day	about 90 g per day

\*Check the ingredient list for sugar, high-fructose corn syrup, dextrose, or other added sugars. The 12.5 g sugar listed on the label for 1 cup fat-free milk is not added sugar, it's naturally occurring sugar, so it doesn't count toward your daily maximum. But the 12 g sugar in a serving of Keebler Grasshopper cookies? That's added sugar!