

## **DAILY GOALS**

Total Calories	<b>s</b> 1,000 j	per day	Fluid Goals	64 ounces/8 cups
<u>Protein</u>	60-70 grams/day 35-55 Calories per serving		<u>Vegetables</u>	25 Calories per serving
Servings	1		Servings	1
	2			2
	3			
	4		<u>Fruit</u>	60 Calories per serving
	5		Servings	1
	6			2
	7			
	8		<u>Fat</u>	45 Calories per serving
<u>Starch/Breads</u> 80 Calories per serving			Servings	1
Servings	1			2
	2			
	3		Milk/Yogurt (Low Fat)	
			Servings	1

## CHEWABLE MULTIVITAMINS x 2, CALCIUM SUPPLEMENTS (1200-1500mg/day), VIT B12 (350-500 mcg/day)

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