



**Male 19 to 50 Years
Nutrition Plan**

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| BREAKFAST Protein Grain/Cereal Fat or Dairy Fruit | Quantity 1 Portion 2 Portions 1 Portion 1 Portion |
| AM SNACK Fat or Dairy Vegetable | Quantity 0.5 Portions 1 Portion |
| LUNCH Protein Grain/Cereal Fat or Dairy Vegetable | Quantity 1 Portion 2 Portions 0.5 Portions 2 Portions |
| PM SNACK Vegetable Fruit | Quantity 1 Portion 1 Portion |
| DINNER Protein Grain/Cereal Fat or Dairy Vegetable | Quantity 1 Portion 2 Portions 0.5 Portions 2 Portions |

This nutrition plan is in line with dietary guidelines for a general population person and is not for the purpose of treating any specific medical condition.

