

A TRAIL MIX RECIPE - NUTRITION DATA

Use the following chart as a guide for determining total values for your restraints:

Protein: grams/day for sedentary lifestyle

Men: 56 grams/day

Women: 46 grams/day

Sugar: Maximum grams/day

Men: 37.5 grams/day

Women 25 grams/day

Fat: Maximum grams/day based on total calories using Mediterranean style diet

2000 calories/day: 78 – 89 grams of fat/day

2500 calories/day: 97 -111 grams of fat/day

Fiber: grams/day for individuals under 50

Men: 30 – 38 grams/day

Women: 21 – 25 grams/day

Information gathered from www.healthline.com