Spread the total amount of consumed carbohydrates evenly throughout daily meals and snacks. Try to eat 4-6 small meals per day.

**KEY RECOMMENDATIONS:**
- less than 35% Fat
- less than 10% Sat Fat
- less than 300mg Cholesterol
- less than 2,300mg Sodium

**DAILY FOOD RECORDS**

<table>
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<th>MEAL</th>
<th>CHO (g)</th>
<th>FIBER (g)</th>
<th>PTN (g)</th>
<th>FAT (g)</th>
<th>SAT FAT (g)</th>
<th>CALORIES</th>
<th>TOTALS</th>
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