

# What is your recommended daily calorie intake?

**Grams:** 12g  
**Calories:** 80  
**% of diet:** 2.4



Fats/Sugars

**Grams:** 75g  
**Calories:** 300  
**% of diet:** 15.2



Low Fat Dairy

**Grams:** 75g  
**Calories:** 300  
**% of diet:** 15.2



Protein

**Grams:** 165g  
**Calories:** 660  
**% of diet:** 33.5



Fruit & Veg

**Grams:** 165g  
**Calories:** 660  
**% of diet:** 33.5



Carbohydrates

Female

**Grams:** 15g  
**Calories:** 100  
**% of diet:** 2.4



Fats/Sugars

**Grams:** 94g  
**Calories:** 375  
**% of diet:** 15.3



Low Fat Dairy

**Grams:** 94g  
**Calories:** 375  
**% of diet:** 15.3



Protein

**Grams:** 206g  
**Calories:** 825  
**% of diet:** 33.5



Fruit & Veg

**Grams:** 165g  
**Calories:** 660  
**% of diet:** 33.5



Carbohydrates

Male



Track calorie intake with Marsden's S-100 Smart Diet Scale

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