

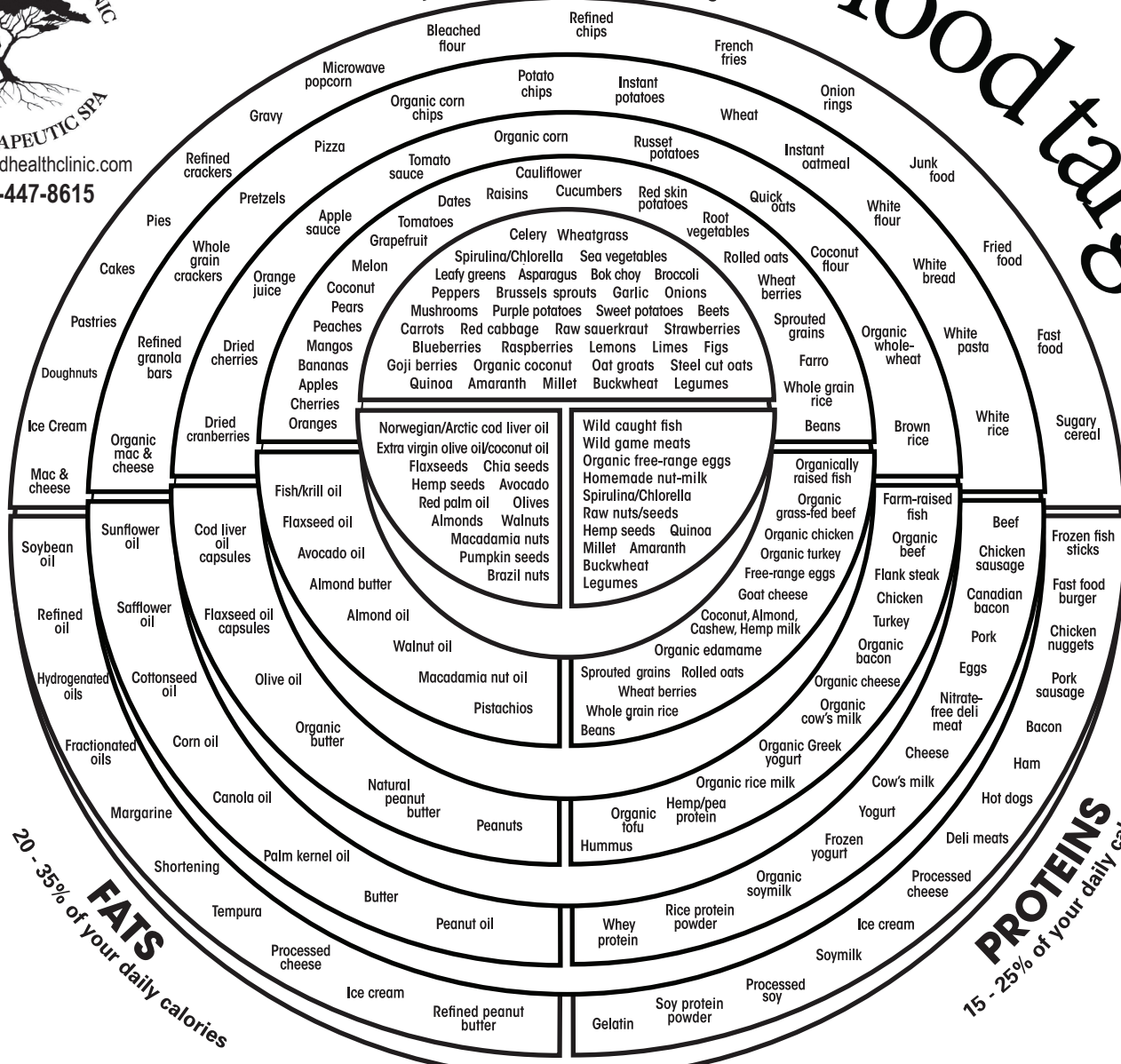


www.advancedhealthclinic.com  
ph.801-447-8615

# CARBOHYDRATES

45 - 65% of your daily calories

food target

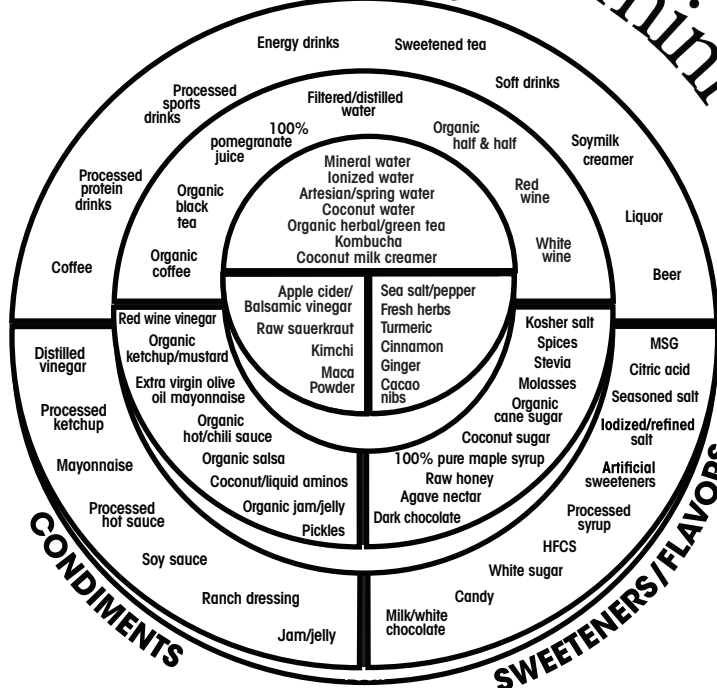


20 - 35% of your daily calories

15 - 25% of your daily calories

## BEVERAGES

mini-food target



- Best
- Better
- Good
- Fair
- Poor



#foodtarget

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