
DISCRETIONARY CALORIE ALLOWANCES

According to the USDA's MyPyramid food guidance system, discretionary calories are the calories "left over" after you've chosen all of your healthy, nutrient-dense foods for the day. While you don't have to use these for sweets, fats, or alcohol, you could, without surpassing your overall calorie budget.

TOTAL CALORIES PER DAY	DISCRETIONARY CALORIES PER DAY
1,000	165
1,200	171
1,800	195
2,000	267
2,200	290
2,600	410

Note: To read more about *Dietary Guidelines for Americans, 2005*, go to www.health.gov/dietaryguidelines or www.mypyramid.gov.

Diabetes Self-Management, "Food Scoring For Better Nutrition" by Rita Carey, M.S., R.D., C.D.E.

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