

Table S2. Recommended exchange units of each food group at different calorie levels

Energy (kcal)	Grain	Protein food <sup>a)</sup>	Vegetable	Fat	Milk	Fruit	C:P:F
1,200	6	1	6	7	0.5	1	58:10:32
1,300	7	1	6	7	0.5	1	60:10:30
1,400	7	2	6	7	0.5	1	57:11:32
1,500	8	2	6	7	0.5	1	59:11:30
1,600	9	2	6	7	0.5	1	61:11:28
1,700	10	2	6	7	0.5	1	63:11:26
1,800	11	2	6	8	0.5	1	64:10:26
1,900	12	2	6	8	0.5	1	65:10:25
2,000	13	2	6	8	0.5	1	66:10:24
2,100	14	2	6	8	0.5	1	67:10:23

C, carbohydrate; P, protein; F, fat.

<sup>a)</sup>Protein foods: meat, fish, seafoods, eggs, and beans.