

Schedule		8:00 a.m.	11:00 p.m.	2:00 p.m.	5:00 p.m.	8:00 p.m.
Food Group	No. SFS/d	Breakfast No. SFS/d	Snack 1 No. SFS/d	Lunch No. SFS/d	Snack 2 No. SFS/d	Dinner No. SFS/d
<b>1. Vegetables</b>	3	0	0	2	0	1
<b>2. Fruits</b>	6	2	1	2	1	0
<b>3. Cereals</b>						
<b>A) Non-fat</b>	3	0	0	2	0	1
<b>B) With fat</b>	2	2	0	0	0	0
<b>4. Legumes</b>	1	0	0	1	0	0
<b>5. Animal Origin (AO)</b>						
<b>A) Very low fat</b>	1	0	0	0	0	1
<b>B) Low fat</b>	2	0	0	2	0	0
<b>C) Moderate fat</b>	0	0	0	0	0	0
<b>D) High fat</b>	0	0	0	0	0	0
<b>6. Milk</b>						
<b>A) Low fat</b>	0	0	0	0	0	0
<b>B) Reduced fat</b>	0	0	0	0	0	0
<b>C) Whole</b>	0	0	0	0	0	0
<b>D) With sugar</b>	0	0	0	0	0	0
<b>7. Fats</b>						
<b>A) Without protein</b>	4	1	0	2	0	1
<b>B) With protein</b>	2	0	1	0	1	0
<b>8. Sugars</b>						
<b>A) Non-fat</b>	3.5	1.5	1	1	0	0
<b>B) With fat</b>	0	0	0	0	0	0

i.e. same individual example as in Table 1. Standard food servings (SFS) according to the Mexican food equivalent exchange lists (SMAE) [27].