

Recommended Fat Intake Daily

Total Caloric intake	Total Calories from fat	Grams of fat
1200	360	40
1500	450	50
1800	540	60
2000	600	66
2200	660	73
2500	750	83
3000	900	100
3500	1050	117

Daily Fat Intake Guidelines Uk

Léo Pomar

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