2,000 calories a day is used for general nutritional advice, but calorie needs vary.

<table>
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<tr>
<th>Menu Items</th>
<th>Serving Size (ounces)</th>
<th>Serving Size (grams)</th>
<th>Calories</th>
<th>Fat (grams)</th>
<th>Total Fat (grams)</th>
<th>Saturated Fat (grams)</th>
<th>Trans Fat (grams)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (grams)</th>
<th>Fiber (grams)</th>
<th>Sugar (grams)</th>
<th>Proteins (grams)</th>
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