



Discretionary calories References

Inside the Pyramid-Discretionary Calories

United States Dept. of Agriculture, MyPyramid.gov (2008).

Retrieved October 15, 2008 from http://www.mypyramid.gov/pyramid/discretionary_calories.html

How many discretionary calories can I have?

http://www.mypyramid.gov/pyramid/discretionary_calories_amount.html#

What are "added" sugars?

http://www.mypyramid.gov/pyramid/discretionary_calories_sugars.html

What are discretionary calories?

http://www.mypyramid.gov/pyramid/discretionary_calories.html

What are "solid fats"?

http://www.mypyramid.gov/pyramid/discretionary_calories_fats.html

Mastering MyPyramid

Schuster, Ellen (2005). University of Missouri Extension. Retrieved October 15, 2008 from <http://extension.missouri.edu/fnep/tipsheets/mypyramid.pdf>

