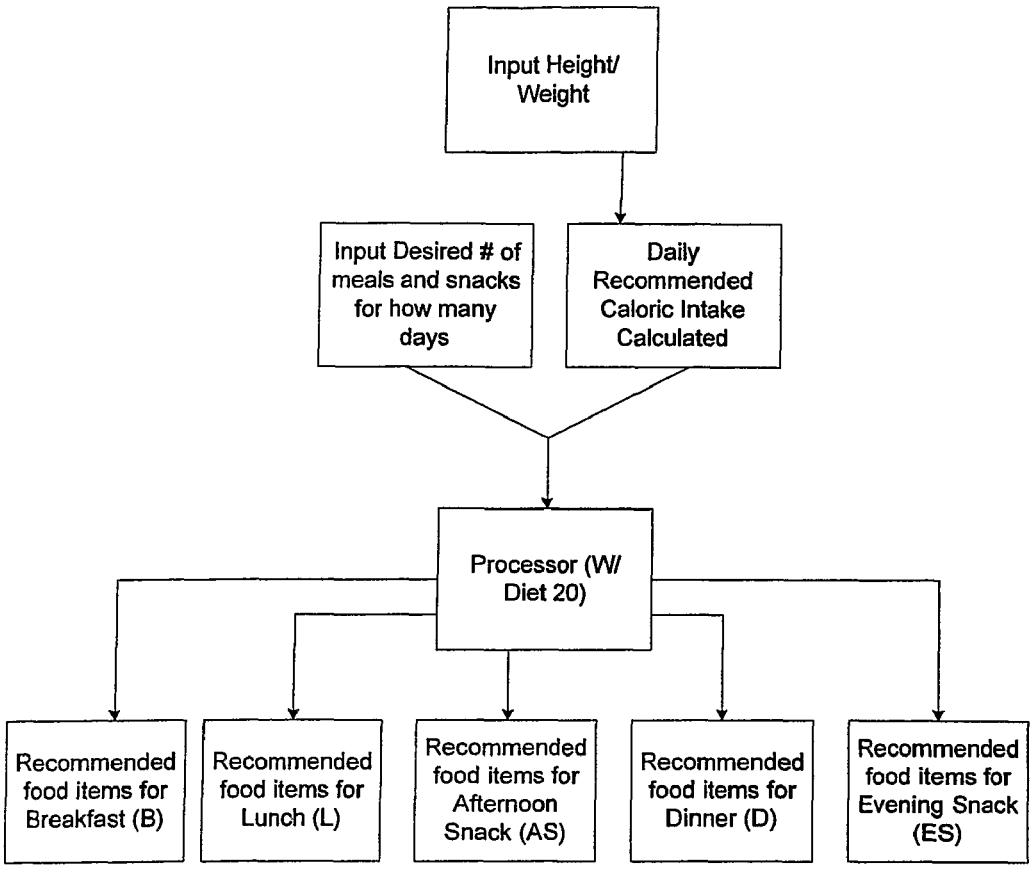

$$Cal_B+Cal_L+Cal_{AS}+Cal_D+Cal_{ES}= Cal_{Total\ Recommended\ Daily\ Intake}$$

Figure 1