

My Diet Analysis: An In-Depth Examination of Three Days of Nutrition

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Introduction to Nutrition: NUT 2040 - 003

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The My Diet Analysis project is meant to provide a better understanding of recommended nutrition guidelines by applying the scientific method. The project includes a hypothesis regarding actual consumption versus recommendations, a three-day food journal to collect data, and entering and analyzing the data using the MyDietAnalysis website. By reporting and analyzing the results, I will have a clear understanding of what my current dietary habits are and what I can do to improve them for better health.

MyPlate Analysis

Before I recorded my nutrition for three days, I made a prediction on how well my diet follows the MyPlate guidelines. The findings from my three-day food journal were inconsistent with my hypothesis, which means I need to familiarize myself with portion sizes for one-ounce equivalents as recommended. I correctly predicted that I consume more protein and less fruit and vegetables than recommended. I incorrectly thought that I eat too many grains and too much dairy.

	Grains	Vegetables	Fruits	Dairy	Protein
Intake (oz. equivalent)	4.4	.8	1.1	.8	5.6
Recommendation (oz. equivalent)	6.0	2.5	2.0	3.0	5.5
Do you need more or less of this food group?	More	More	More	More	Less

In order to eat according to the MyPlate guidelines, I need to eat more grains, vegetables, fruits, and dairy while eating less protein. To increase grain consumption, I could add the following to my weekly meal plan: oatmeal for breakfast; whole grain crackers with hummus as a snack; sandwich on whole wheat

bread for lunch; and whole grains such as rice, barley, and quinoa as a side dish for dinner. I like many vegetables and fruits so the challenge to eating them currently is planning ahead so that they are part of the meal plan instead of an afterthought. Ways to incorporate vegetables into my meal plan include: vegetable quiche or burrito for breakfast; raw bell peppers, celery, or carrots as a snack; side salad with lunch or dinner; and vegetables as a side dish for dinner. I could add fruit to my oatmeal or oatmeal breakfast bake, prepare fruit salad as a snack or dessert, bake apples or grill peaches as a dessert, and eat more whole fruit as a snack to meet the MyPlate recommendations. My favorite source of dairy is cheese, but in order to add variety and avoid the fat and sodium in many cheeses, I will plan on getting my necessary dairy from non-fat yogurt and fortified almond, oat, soy, and coconut milks. By focusing on eating enough grains, vegetables, fruit, and dairy, I will reduce my protein intake because my meals will be more balanced and aligned with the MyPlate recommendations.

Macronutrient Analysis

My diet is not aligned with the macronutrient recommendations. My protein intake was just shy of 200% of the recommended amount, which surprises me because the MyPlate analysis showed my diet as just over the limit of the right amount. I did correctly predict that my protein intake was higher than recommended. I'm assuming the discrepancy between the MyPlate report and the Macronutrient report is due to the fact that I had to enter many of my own foods into the MyDietAnalysis website so I did not have the one-ounce equivalent values for those foods so they likely reported as zeros when they would have been in the

protein category. This also most likely impacted the percent for calories from nutrient values in the Macronutrient Graph. Assuming that the 200% of recommended value data is correct, I need to drastically reduce the amount of protein I eat. I can do this by making low-protein vegetables, fruit, and grains the main component of more meals. I have many vegan and vegetarian recipes that I enjoy, so I can incorporate those into my weekly meal plan.

I consumed 77% of the recommended macronutrient distribution of carbohydrates. In order to increase carbohydrate consumption, I can incorporate more carbohydrates into my diet such as more fruit, vegetables, and grains. Despite not consuming adequate vegetables and fruits according to MyPlate, I consumed 79% of the suggested dietary fiber. By adding fruits, vegetables, and whole grains, I will likely meet the recommendation for dietary fiber. I consumed 137% of the recommendations for fat, 154% saturated fat, and 122% of the cholesterol recommendations. The items that were highest in these macronutrients were mostly items containing animal protein, whether it was meat or dairy. To decrease these levels, I need to incorporate lean meat and low-fat dairy and focus on a diet that includes vegetables and grains as the main dish rather than relying on meat and cheese to make a meal complete.

	Protein	Carbs.	Dietary Fiber	Total Fat	Sat. Fat	Trans Fat	Cholesterol
Actual Intake (MyDiet Analysis)	111.41g	216.85g	22.74g	87.22g	31.45g	.02g	365.35mg
Rec. Intake (MyDiet Analysis)	55.88g	281.22g	28.63g	63.63g	20.45g	N/A	300mg
Percent (MyDiet)	199%	77%	79%	137%	154%	N/A	122%

Analysis)							
RDA or AI (Thompson & Manore, 2012, p. A-3)	46 g	130 g	25 g	N/A	N/A	N/A	N/A
AMDR (Thompson & Manore, 2012, p. 15)	10-35%	45-65%	N/A	N/A	N/A	N/A	N/A
Percent of Calories from Nutrient	20%	39%	N/A	35%	64%	29%	N/A

Micronutrient Analysis

Overall, I am not surprised that my intakes of most vitamins and nutrients are inadequate since I have not been eating many fruits, vegetables, or fortified foods. However, I did not expect that the inadequacies would be so drastic. My intake of vitamins C, E and folate were all below the recommended range for supporting health. My vitamin C intake was also inadequate and I could solve that by drinking eight ounces of orange or tomato juice with breakfast, eating citrus fruits as snacks, and enjoying a mixed green side salad with tomatoes or citrus fruit (Thompson & Manore, 2012, p. 265 and Office of Dietary Supplements website). I only consumed 28% of the recommended folate during my three-day diet journal. I can increase my folate intake by eating asparagus, white rice, and boiled spinach (Thompson & Manore, 2012, p. 337). During my three-day diet analysis, I only consumed 11% of the recommended vitamin E. To increase my vitamin E intake I could cook with sunflower or safflower oil and eat sunflower seeds, almonds, or

hazelnuts as a snack (Thompson & Manore, 2012, p. 262). My vitamin A intake was more than the recommended intake and is adequate.

Micronutrient Analysis: Vitamins

	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Vitamin E (mg)
Actual Intake (MyDiet Analysis)	789.77	42.43	111.24	1.58
Recommended Intake (MyDiet Analysis)	700	75	400	15
Percent (MyDiet Analysis)	113%	57%	28%	11%
Healthy or Not Healthy	Healthy	Not Healthy	Not Healthy	Not Healthy
20% of Recommended Intake	140	15	80	3
Three Foods (MyDiet Analysis)	<u>I Ate:</u> Carrots, Mixed Green Salad <u>To Add:</u> Baked Sweet Potato with Skin	<u>I Ate:</u> Mixed Green Salad <u>To Add:</u> Orange, Tomato, Tomato Juice	<u>To Add:</u> Asparagus, White Rice, Boiled Spinach	<u>To Add:</u> Sunflower seeds, Hazelnuts, Safflower Oil
Health Risks from Inadequate Intake (Thommpson & Manore, 2012, p. 273, 265, 337)	Night Blindness, Color Blindness, Xerophthalmia, Impaired Immunity, Increased Risk for Illness and Infections	Scurvy	Neural Tube Defects, Vascular Disease and Homocysteine, Macrocytic Anemia	Erythrocyte Hemolysis, Anemia

I incorrectly predicted that my calcium levels would be inadequate. I actually consumed 177% of the recommended intake value. I am in the habit of taking a 500 mg calcium supplement every morning, but it looks like I can stop taking the vitamin because I am getting more than enough through my diet. My intake of iron was insufficient at 58%. To increase my iron intake, I can add more legumes into my diet

such as black beans, kidney beans, soybeans, and lentils, which are all foods that I enjoy (Thompson & Manore, 2012, p. 352-353 and Office of Dietary Supplements website). My sodium intake was higher than the recommended amount, 144%. By reducing my intake of packaged foods and eating whole foods such as fruits and vegetables as snacks, I can reduce my sodium intake to the recommended range. I correctly predicted that my potassium intake would be inadequate. My potassium intake was only 26% the recommended amount. To meet the necessary 4,700 mg of potassium, I could incorporate tomatoes, tomato juice, baked potatoes, non-fat yogurt, orange juice, and bananas (Office of Dietary Supplements, National Institutes of Health, Potassium Health Professional Facts Sheet). There are many simple changes that I can make to my diet to make it more balanced and diverse to meet my daily micronutrient needs.

Micronutrient Analysis: Minerals

	Calcium (mg)	Iron (mg)	Sodium (mg)	Potassium (mg)
Actual Intake (MyDiet Analysis)	1,771.76	10.49	3,242.39	1,229.84
Recommended Intake (MyDiet Analysis)	1,000	18	2,300	4,700
Percent (MyDiet Analysis)	177%	58%	141%	26%
Healthy or Not Healthy	Healthy	Not Healthy	Not Healthy	Not Healthy
20% of Recommended Intake	200	3.6	460	940
Three Foods (MyDiet Analysis)	<u>I Ate:</u> Calcium Supplement, String Cheese, and Grilled Cheese	<u>To Add:</u> Lentils, Soybeans, Kidney or Black Beans	<u>I Ate:</u> Macaroni and Cheese, BBQ Sauce, and My Breakfast Casserole	<u>To Add:</u> Tomato Juice, Baked Potato with Skin, Non-Fat Plain Yogurt
Health Risks	Osteoporosis	Iron-Deficiency	Hyponatremia	Hypokalemia

<p>from Inadequate Intake (Thommpson & Manore, 2012, p. 353 and Office of Dietary Supplements, National Institues on Health)</p>		<p>Erthropoiesis, Iron-Deficiency Anemia</p>		
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Energy Intake Analysis

I currently eat 110% of the total caloric recommendation. Given my gradual weight gain over several months, this makes sense because I’m gaining weight but it’s not rapidly or in extreme excess. These findings are consistent with my hypothesis that I consume more calories than recommended. I would like to lose weight so my current caloric intake and inactive lifestyle do not support this goal. To manage my weight I need to prevent further weight gain and work to change my current body composition. According to Thompson and Manore, “when someone’s total daily energy intake exceeds the amount of energy that person expends, he or she gains weight. An excess of 3,500 kcal will result in a gain of 1 pound. Without exercise, this gain will likely be fat” (2012, p. 377). By burning more calories than I consume, I can lose the weight and change my body composition. To lose a pound a week, I would need to reduce my energy intake by 500 calories daily. I would like to cut 300 of those calories by including more vegetables, grains, fruit, and low-fat dairy and protein into my diet. The other 200 calories I would like to burn daily through exercise with a variety of strength, flexibility, and cardiorespiratory workouts throughout the week.

Accuracy, Precision, and Sources of Error

The accuracy of the MyDietAnalysis depends on my ability to estimate portion size as well as ingredients in food that I did not prepare. Most of the food that I ate over the three days for the project were not included on the website so I had to find information online and on manufacturer packaging in addition to using approximate equivalents when no information could be found on the food I ate. I believe the accuracy of my measurements would most affect the measurements of sodium, fat, saturated fat, trans fat, and cholesterol. I especially think the Percent of Calories from Nutrient data was affected because one-ounce equivalents were not available for the foods that I created in the system. Some items, like my breakfast casserole are likely very close to the actual values because I follow a recipe that requires measured ingredients and that have published nutrition information. Other items like the sushi, grilled cheese sandwich with pears, and pasta sauce might not be very accurate because the maker of the food does not provide ingredient information, serving size, or general nutrition information. I had to estimate the weight of the foods I was entering, which was also challenging and affected the accuracy and precision of my measurements. Although the results would probably vary if someone else were to record and enter my dietary intake, the general conclusions regarding consuming more calories, protein, fat, and sodium than recommended would likely be consistent with my findings due to the relative nature of many of the measurements.

Summary

My current diet is unhealthy because it is too high in protein, fat, saturated fat, cholesterol, and sodium while being inadequate in necessary macronutrients: vegetables, grains, fruit and dairy and micronutrients: vitamins C, and E, folate, iron, and potassium. Additionally, I consume more calories than I expend and lead an inactive lifestyle which puts me at risk for obesity and obesity-related chronic diseases and complications such as hypertension, dyslipidemia, type II diabetes, heart disease, stroke, osteoarthritis, certain cancers, and cognitive decline among many others (Thompson & Manore, p. 403). In addition to health effects of obesity I could face anemia related to iron (352), vitamin E (262), and folate (338) deficiencies (Thompson & Manore, p. 352,262, 338). The overall results also illustrate how much my eating patterns and activity level have been impacted by stress and resource limitations. This project is a reminder how important it is to maintain health through adequate nutrition and regular physical activity despite the challenges.

Goals

In order to promote health and prevent disease, I will eat 5 servings of fruits and vegetables every day, choose low-fat dairy and lean meat options while reducing my daily protein intake to .5.6 ounce-equivalents, and consume the equivalent of six ounces of grain a day. By making these changes I will get the needed macro- and micronutrients while reducing my sodium and fat intake.

References

Thompson, J., Manore, M. (2012). *Nutrition: An applied approach*. San Francisco, CA:

Pearson Education, Inc.

<http://ods.od.nih.gov/factsheets/list-all/> Office of Dietary Supplements: National Institutes of Health. *Dietary Supplements Fact Sheets: Vitamin C, Vitamin E, Iron, Vitamin A, Folate*.

<http://www.pearsonhighered.com/mydietanalysis/> My diet analysis website.

Actual Intakes -vs- Recommended Intakes

The actual intakes -vs- recommended intakes report displays the amount of nutrients consumed as they compare to your dietary intake recommendations in a bar graph format.

Profile Info

Personal: Liz Female 26 yrs 5 ft 6 in 154 lb

Day(s): Day 1 (Breakfast, Lunch, Snack), Day 2 Friday Nov. 1 (Breakfast, Lunch, Dinner, Snack), Day 3 - Saturday Nov. 2 (Breakfast, Lunch, Snack)

Activity Level: Sedentary

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 24.9

Normal is 18.5 to 25. Clinically Obese is 35 or higher.

Nutrient	Actual	Rec.	Percent	0	50	100	150
<i>Basic Components</i>							
Calories	2,246.45	2,045.23	110 %				
Calories from Fat	784.94	572.67	137 %				
Calories from SatFat	283.03	184.07	154 %				
Protein (g)	111.41	55.88	199 %				
Carbohydrates (g)	216.85	281.22	77 %				
Sugar (g)	58.85						
Dietary Fiber (g)	22.74	28.63	79 %				
Soluble Fiber (g)	0.66						
InSoluble Fiber (g)	4.40						
Fat (g)	87.22	63.63	137 %				
Saturated Fat (g)	31.45	20.45	154 %				
Trans Fat (g)	0.02						
Mono Fat (g)	14.06	22.72	62 %				
Poly Fat (g)	3.69	20.45	18 %				
Cholesterol (mg)	365.35	300.00	122 %				
Water (g)	1,825.89	2,700.00	68 %				
<i>Vitamins</i>							
Vitamin A - RAE (mcg)	789.77	700.00	113 %				
Beta-carotene (mcg)	6,339.76						
Vitamin B1 - Thiamin (mg)	0.84	1.10	76 %				
Vitamin B2 - Riboflavin (mg)	1.04	1.10	94 %				
Vitamin B3 - Niacin (mg)	16.78	14.00	120 %				
Vitamin B6 (mg)	1.14	1.30	88 %				
Vitamin B12 (mcg)	1.53	2.40	64 %				
Vitamin C (mg)	42.43	75.00	57 %				
Vitamin D - mcg (mcg)	19.40	15.00	129 %				
Vitamin E - Alpha Toc. (mg)	1.58	15.00	11 %				
Folate (mcg)	111.24	400.00	28 %				
<i>Minerals</i>							
Calcium (mg)	1,771.76	1,000.00	177 %				
Iron (mg)	10.49	18.00	58 %				
Magnesium (mg)	126.22	310.00	41 %				
Phosphorus (mg)	688.47	700.00	98 %				
Potassium (mg)	1,229.84	4,700.00	26 %				
Selenium (mcg)	86.92						
Sodium (mg)	3,242.39	2,300.00	141 %				
Zinc (mg)	7.00	8.00	88 %				
<i>Other</i>							
Omega-3 (g)	0.23						
Omega-6 (g)	3.15						
Alcohol (g)	18.94						
Caffeine (mg)	55.65						

All Nutrients Spreadsheet

This report shows all nutrient values in a spreadsheet format. Nutrients are displayed horizontally, with totals at the bottom of the list.

Profile Info

Personal: Liz Female 26 yrs 5 ft 6 in 154 lb

Day(s): Day 1 (Breakfast, Lunch, Snack), Day 2 Friday Nov. 1 (Snack), Day 3 - Saturday Nov. 2 (Breakfast, Lunch, Snack)

Activity Level: Sedentary

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 24.9

Normal is 18.5 to 25. Clinically Obese is 35 or higher.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Day 1	Breakfast	Coffee, brewed w/tap water	14 fl oz	4.1	0.6	0.1	0.5
		Breakfast Casserole	1 svg	214.2	84.8	30.2	14.5
	Lunch	Annie's Mac and Cheese -	1 svg	270	72	45	10
		Pork, ribs, spareribs, brsd (USDA	4 oz	450.2	309.1	113.4	32.9
		Sauce, dipping, Totally BBQ,	17 g	30	9	0	0
	Snack	Banana, fresh, sml, 6" to 6 7/8"	1 each	89.9	3	1	1.1
		Snickers PB Squared Fun Size	2 svg	260	126	54	4
		Water, tap, municipal (USDA SR-	7 cup	0	0	0	0
		Hummus, Roasted Garlic (Sabra)	2 svg	140	90	18	4
		Nut-Thins, Almond (Blue	7 g	30.3	5.2		0.7
		Cheese, low-moisture part-skim	2 svg	160	108	63	12
		Supplement, 1200mg calcium	2 svg	15	9		
		Carrot, baby, fresh (Dole)	0.8 cup	40	0	0	1
		Rice, basmati, dry (Trader Joe's)	0.2 cup	180	0	0	4
		Chicken, broiler, breast, w/o	6 oz	280.7	54.6	15.3	52.7
	Greens, salad, herb, mix, fresh	1.5 cup	18.8	0	0	1.5	
	Salad Dressing, vinaigrette,	2 tbsp	70	63	0	0	
Day Total			--	2253.2	934.4	340	139
Day 2	Snack	Breakfast Casserole	1.5 svg	321.3	127.2	45.3	21.8
		Annie's Mac and Cheese -	1.5 svg	405	108	67.5	15
		Pork, ribs, spareribs, brsd (USDA	4 oz	450.2	309.1	113.4	32.9
		Sauce, bbq, Sweet Baby Ray's	60 g	105.9	0	0	0
		Candy Bar, Snickers, fun size	1 each	73.6	32.1	12.2	1.1
		Tomatoes, red, cherry, fresh,	1 each	3.1	0.3	0	0.1
		Cheese, mozzarella, whole milk,	1 oz	85	57	33.6	6.3
		Pizza, cheese, ckd f/fzn, 15.1 oz	0.5 piece	202.3	83.4	29	7.8
		Sandwich, grilled cheese,	0.8 each	298.9	156.5	80.1	12.9
		Pears, fresh, med (USDA SR-24)	0.2 each	25.8	0.5	0	0.2
		Apple, fresh, med 3", USDA	1 each	94.6	2.7	0.4	0.5
		Sushi, tuna roll, spicy (Tokyo	0.5 each	158	18	4.5	7.5
		Sushi, yellowtail roll, spicy	0.5 each	158	22.5	4.5	7.5
		Sushi, salmon roll, spicy (Tokyo	0.5 each	166.5	31.5	4.5	7
		Eel (Unagi) and Avocado Roll	3 svg	186	76.5		10
		Beer, ale (Henry Weinhard's)	12 fl oz	147	0	0	1.2
		Alcohol, whiskey, 80 proof	1 fl oz	64.2	0	0	0
Water, tap, municipal (USDA SR-	8 cup	0	0	0	0		
Supplement, 1200mg calcium	1 svg	7.5	4.5				
Day Total			--	2953.1	1029.9	395.1	131.8
Day 3	Breakfast	Supplement, 1200mg calcium	1 svg	7.5	4.5		
		Banana, fresh, sml, 6" to 6 7/8"	1 each	89.9	3	1	1.1
		Breakfast Casserole	1 svg	214.2	84.8	30.2	14.5
	Lunch	Powerseed Bread (Dave's Killer	2 svg	220	36		12
		Hummus, Roasted Garlic (Sabra)	1 svg	70	45	9	2
		Herb, basil, leaf, fresh (USDA	3 each	0.3	0.1	0	0
	Snack	Water, tap, municipal (USDA SR-	1 cup	0	0	0	0

Cheese, low-moisture part-skim	1 svg	80	54	31.5	6
Greens, baby spring, mix, fresh	1 cup	7.5	0	0	1
Carrot, baby, fresh (Dole)	1 cup	53.3	0	0	1.3
Hummus, Roasted Garlic (Sabra)	2 svg	140	90	18	4
Sauce, pasta, meat (The Old	187.5 g	140	63	22.5	10
Pasta, spaghetti, whole wheat,	1.5 cup	260.4	10.1	1.8	11.2
Wine, red (USDA SR-24)	10 fl oz	249.9	0	0	0.2
Day Total	--	1533.1	390.5	114	63.4
Average Day Total	--	2246.4	784.9	283	111.4

Day	Meal	Item	Carbs (g)	Sugar (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Day 1	Breakfast	Coffee, brewed w/tap water	0	0	0	0	0	0.1
		Breakfast Casserole	16.7	4	0.2	0	0	9.4
	Lunch	Annie's Mac and Cheese -	38	2	2			8
		Pork, ribs, spareribs, brsd (USDA	0	0	0	0	0	34.3
		Sauce, dipping, Totally BBQ,	5	4	0	0	0	1
	Snack	Banana, fresh, sml, 6" to 6 7/8"	23.1	12.4	2.6			0.3
		Snickers PB Squared Fun Size	30	24	2			14
		Water, tap, municipal (USDA SR-	0	0	0	0	0	0
		Hummus, Roasted Garlic (Sabra)	10		4			10
		Nut-Thins, Almond (Blue	5.6		0.2			0.6
		Cheese, low-moisture part-skim						12
		Supplement, 1200mg calcium						1
		Carrot, baby, fresh (Dole)	9	5	2			0
		Rice, basmati, dry (Trader Joe's)	39	0	0	0	0	0
		Chicken, broiler, breast, w/o	0	0	0	0	0	6.1
	Greens, salad, herb, mix, fresh	3	0	1.5			0	
	Salad Dressing, vinaigrette,	2	2	0	0	0	7	
	Day Total	181.4	53.4	14.6	0	0	103.8	
Day 2	Snack	Breakfast Casserole	25.1	6	0.3	0	0	14.1
		Annie's Mac and Cheese -	57	3	3			12
		Pork, ribs, spareribs, brsd (USDA	0	0	0	0	0	34.3
		Sauce, bbq, Sweet Baby Ray's	30	26.5	0	0	0	0
		Candy Bar, Snickers, fun size	9.2	7.6	0.3			3.6
		Tomatoes, red, cherry, fresh,	0.7	0.4	0.2			0
		Cheese, mozzarella, whole milk,	0.6	0.3	0	0	0	6.3
		Pizza, cheese, ckd f/fzn, 15.1 oz	21.9	2.7	1.7			9.3
		Sandwich, grilled cheese,	22.5	2.5	1			17.4
		Pears, fresh, med (USDA SR-24)	6.9	4.4	1.4	0.3	1.1	0.1
		Apple, fresh, med 3", USDA	25.1	18.9	4.4	0.4	3.9	0.3
		Sushi, tuna roll, spicy (Tokyo	21.5	4.5	0.5			2
		Sushi, yellowtail roll, spicy	21.5	4.5	0.5			2.5
		Sushi, salmon roll, spicy (Tokyo	21.5	4.5	0.5			3.5
		Eel (Unagi) and Avocado Roll	15.5		2.9			8.5
		Beer, ale (Henry Weinhard's)	13					0
		Alcohol, whiskey, 80 proof	0	0	0	0	0	0
Water, tap, municipal (USDA SR-	0	0	0	0	0	0		
Supplement, 1200mg calcium						0.5		
	Day Total	292	85.7	16.7	0.7	5	114.4	
Day 3	Breakfast	Supplement, 1200mg calcium						0.5
		Banana, fresh, sml, 6" to 6 7/8"	23.1	12.4	2.6			0.3
		Breakfast Casserole	16.7	4	0.2	0	0	9.4
	Lunch	Powerseed Bread (Dave's Killer	34	6	12			4
		Hummus, Roasted Garlic (Sabra)	5		2			5
		Herb, basil, leaf, fresh (USDA	0	0	0			0
	Snack	Water, tap, municipal (USDA SR-	0	0	0	0	0	0
Cheese, low-moisture part-skim							6	
Greens, baby spring, mix, fresh		2	0	1			0	
	Carrot, baby, fresh (Dole)	12	6.7	2.7			0	

		Hummus, Roasted Garlic (Sabra)	10		4			10
		Sauce, pasta, meat (The Old	11	5	3			7
		Pasta, spaghetti, whole wheat,	55.7	1.7	9.4	1.3	8.2	1.1
		Wine, red (USDA SR-24)	7.7	1.8	0	0	0	0
		Day Total	177.2	37.5	37	1.3	8.2	43.4
		Average Day Total	216.8	58.9	22.7	0.7	4.4	87.2
Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Day 1	Breakfast	Coffee, brewed w/tap water	0	0	0.1	0	0	411.9
		Breakfast Casserole	3.4	0	0.9	0.2	128.6	12.2
	Lunch	Annie's Mac and Cheese -	5				15	
		Pork, ribs, spareribs, brsd (USDA	12.6		15.3	3.1	137.2	45.8
		Sauce, dipping, Totally BBQ,	0				0	
	Snack	Banana, fresh, sml, 6" to 6 7/8"	0.1	0	0	0.1	0	75.6
		Snickers PB Squared Fun SIze	6					
		Water, tap, municipal (USDA SR-	0	0	0	0	0	1657.3
		Hummus, Roasted Garlic (Sabra)	2					
		Nut-Thins, Almond (Blue						
		Cheese, low-moisture part-skim	7				30	
		Supplement, 1200mg calcium						
		Carrot, baby, fresh (Dole)	0	0	0	0	0	74.4
		Rice, basmati, dry (Trader Joe's)	0	0	0	0	0	
		Chicken, broiler, breast, w/o	1.7		2.1	1.3	144.6	111
		Greens, salad, herb, mix, fresh	0	0	0	0	0	
		Salad Dressing, vinaigrette,	0	0			0	
		Day Total	37.8	0	18.3	4.7	455.4	2388.3
Day 2	Snack	Breakfast Casserole	5	0	1.3	0.3	192.9	18.3
		Annie's Mac and Cheese -	7.5				22.5	
		Pork, ribs, spareribs, brsd (USDA	12.6		15.3	3.1	137.2	45.8
		Sauce, bbq, Sweet Baby Ray's	0	0	0	0	0	
		Candy Bar, Snickers, fun size	1.4	0.1	1.2	0.4	2	0.8
		Tomatoes, red, cherry, fresh,	0	0	0	0	0	16.1
		Cheese, mozzarella, whole milk,	3.7		1.9	0.2	22.4	14.2
		Pizza, cheese, ckd f/fzn, 15.1 oz	3.2		3.2	1.4	10.6	34.9
		Sandwich, grilled cheese,	8.9				39.6	33.1
		Pears, fresh, med (USDA SR-24)	0	0	0	0	0	37.2
		Apple, fresh, med 3", USDA	0	0	0	0.1	0	155.7
		Sushi, tuna roll, spicy (Tokyo	0.5				12	
		Sushi, yellowtail roll, spicy	0.5				16	
		Sushi, salmon roll, spicy (Tokyo	0.5				17	
		Eel (Unagi) and Avocado Roll						
		Beer, ale (Henry Weinhard's)	0	0	0	0	0	
		Alcohol, whiskey, 80 proof	0	0	0	0	0	18.5
		Water, tap, municipal (USDA SR-	0	0	0	0	0	1894.1
		Supplement, 1200mg calcium						
		Day Total	43.9	0.1	22.8	5.6	472.1	2268.8
Day 3	Breakfast	Supplement, 1200mg calcium						
		Banana, fresh, sml, 6" to 6 7/8"	0.1	0	0	0.1	0	75.6
		Breakfast Casserole	3.4	0	0.9	0.2	128.6	12.2
	Lunch	Powerseed Bread (Dave's Killer						
		Hummus, Roasted Garlic (Sabra)	1					
		Herb, basil, leaf, fresh (USDA	0	0	0	0	0	1.4
	Snack	Water, tap, municipal (USDA SR-	0	0	0	0	0	236.8
		Cheese, low-moisture part-skim	3.5				15	
		Greens, baby spring, mix, fresh	0	0	0	0	0	
		Carrot, baby, fresh (Dole)	0	0	0	0	0	99.3
		Hummus, Roasted Garlic (Sabra)	2					
		Sauce, pasta, meat (The Old	2.5	0			25	

		Pasta, spaghetti, whole wheat,	0.2		0.2	0.4	0	141
		Wine, red (USDA SR-24)	0	0	0	0	0	254.3
		Day Total	12.7	0	1	0.7	168.6	820.6
		Average Day Total	31.4	0	14.1	3.7	365.3	1825.9
Day	Meal	Item	A-RAE (mcg)	A-Car (mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)
Day 1	Breakfast	Coffee, brewed w/tap water	0	0	0.1	0.3	0.8	0
		Breakfast Casserole	75.8	116	0.1	0.2	1	0.1
	Lunch	Annie's Mac and Cheese -	28					
		Pork, ribs, spareribs, brsd (USDA	3.4	0	0.5	0.4	6.2	0.4
		Sauce, dipping, Totally BBQ,	0	0				
	Snack	Banana, fresh, sml, 6" to 6 7/8"	3.2	26.3	0	0.1	0.7	0.4
		Snickers PB Squared Fun SIZe						
		Water, tap, municipal (USDA SR-	0	0	0	0	0	0
		Hummus, Roasted Garlic (Sabra)						
		Nut-Thins, Almond (Blue						
		Cheese, low-moisture part-skim	56					
		Supplement, 1200mg calcium						
		Carrot, baby, fresh (Dole)	625	6075				
		Rice, basmati, dry (Trader Joe's)	0	0				
		Chicken, broiler, breast, w/o	10.2	0	0.1	0.2	23.3	1
		Greens, salad, herb, mix, fresh	206.2	2470				
		Salad Dressing, vinaigrette,	0	0				
		Day Total	1007.9	8687.3	0.8	1.2	32	1.8
Day 2	Snack	Breakfast Casserole	113.7	174	0.2	0.3	1.6	0.1
		Annie's Mac and Cheese -	42					
		Pork, ribs, spareribs, brsd (USDA	3.4	0	0.5	0.4	6.2	0.4
		Sauce, bbq, Sweet Baby Ray's						
		Candy Bar, Snickers, fun size	6.9	0.9	0	0	0.5	0
		Tomatoes, red, cherry, fresh,	7.1	76.3	0	0	0.1	0
		Cheese, mozzarella, whole milk,	50.7	16.2	0	0.1	0	0
		Pizza, cheese, ckd f/fzn, 15.1 oz	49.8	66.4	0.2	0.2	1.7	0.1
		Sandwich, grilled cheese,			0.2	0.3	1.8	0.1
		Pears, fresh, med (USDA SR-24)	0.5	5.8	0	0	0.1	0
		Apple, fresh, med 3", USDA	4.9	49.1	0	0	0.2	0.1
		Sushi, tuna roll, spicy (Tokyo						
		Sushi, yellowtail roll, spicy						
		Sushi, salmon roll, spicy (Tokyo						
		Eel (Unagi) and Avocado Roll						
		Beer, ale (Henry Weinhard's)						
		Alcohol, whiskey, 80 proof	0	0	0	0	0	0
		Water, tap, municipal (USDA SR-	0	0	0	0	0	0
		Supplement, 1200mg calcium						
		Day Total	279.1	388.8	1.1	1.4	12.1	0.7
Day 3	Breakfast	Supplement, 1200mg calcium						
		Banana, fresh, sml, 6" to 6 7/8"	3.2	26.3	0	0.1	0.7	0.4
		Breakfast Casserole	75.8	116	0.1	0.2	1	0.1
	Lunch	Powerseed Bread (Dave's Killer			0.3	0.1	2.4	0.2
		Hummus, Roasted Garlic (Sabra)						
		Herb, basil, leaf, fresh (USDA	3.9	47.1	0	0	0	0
	Snack	Water, tap, municipal (USDA SR-	0	0	0	0	0	0
		Cheese, low-moisture part-skim	28					
		Greens, baby spring, mix, fresh	137.5	1646.7				
		Carrot, baby, fresh (Dole)	833.3	8100				
		Hummus, Roasted Garlic (Sabra)						
		Sauce, pasta, meat (The Old						
		Pasta, spaghetti, whole wheat,	0.3	4.2	0.2	0.1	1.5	0.2

		Wine, red (USDA SR-24)	0.3	2.9	0	0.1	0.6	0.2
		Day Total	1082.4	9943.2	0.7	0.5	6.2	0.9
		Average Day Total	789.8	6339.8	0.8	1	16.8	1.1
Day	Meal	Item	B12 (mcg)	C (mg)	D-mcg (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)
Day 1	Breakfast	Coffee, brewed w/tap water	0	0	0	0	8.3	8.3
		Breakfast Casserole	0	9.7	0.5	0.1	39.9	127.9
	Lunch	Annie's Mac and Cheese -						150
		Pork, ribs, spareribs, brsd (USDA	1.2	0	2.9	0.4	4.5	53.3
		Sauce, dipping, Totally BBQ,		0				100
	Snack	Banana, fresh, sml, 6" to 6 7/8"	0	8.8	0	0.1	20.2	5
		Snickers PB Squared Fun Size						120
		Water, tap, municipal (USDA SR-	0	0	0	0	0	49.8
		Hummus, Roasted Garlic (Sabra)						40
		Nut-Thins, Almond (Blue						4.7
		Cheese, low-moisture part-skim						400
		Supplement, 1200mg calcium			25			1200
		Carrot, baby, fresh (Dole)		6				20
		Rice, basmati, dry (Trader Joe's)		0				0
		Chicken, broiler, breast, w/o	0.6	0	0.2	0.5	6.8	25.5
	Greens, salad, herb, mix, fresh		27				60	
	Salad Dressing, vinaigrette,		0				0	
		Day Total	1.8	51.5	28.6	1.1	79.7	2364.5
Day 2	Snack	Breakfast Casserole	0	14.5	0.8	0.2	59.8	191.9
		Annie's Mac and Cheese -						225
		Pork, ribs, spareribs, brsd (USDA	1.2	0	2.9	0.4	4.5	53.3
		Sauce, bbq, Sweet Baby Ray's						
		Candy Bar, Snickers, fun size	0	0.1	0	0.2	4	14
		Tomatoes, red, cherry, fresh,	0	2.3	0	0.1	2.6	1.7
		Cheese, mozzarella, whole milk,	0.6	0	0.1	0.1	2	143.2
		Pizza, cheese, ckd f/fzn, 15.1 oz	0.6	0.9	0	0.8	28.7	135.1
		Sandwich, grilled cheese,	0.3	0	0.2	0.8	45.3	305.4
		Pears, fresh, med (USDA SR-24)	0	1.9	0	0.1	3.1	4
		Apple, fresh, med 3", USDA	0	8.4	0	0.3	5.5	10.9
		Sushi, tuna roll, spicy (Tokyo		1.5				10
		Sushi, yellowtail roll, spicy		2.1				15
		Sushi, salmon roll, spicy (Tokyo		2.4				10
		Eel (Unagi) and Avocado Roll						
		Beer, ale (Henry Weinhard's)						
		Alcohol, whiskey, 80 proof	0	0	0	0	0	0
Water, tap, municipal (USDA SR-	0	0	0	0	0	56.9		
Supplement, 1200mg calcium			12.5			600		
		Day Total	2.8	34.1	16.5	2.8	155.5	1776.4
Day 3	Breakfast	Supplement, 1200mg calcium			12.5			600
		Banana, fresh, sml, 6" to 6 7/8"	0	8.8	0	0.1	20.2	5
		Breakfast Casserole	0	9.7	0.5	0.1	39.9	127.9
	Lunch	Powerseed Bread (Dave's Killer					24	60
		Hummus, Roasted Garlic (Sabra)						20
	Snack	Herb, basil, leaf, fresh (USDA	0	0.3	0	0	1	2.6
		Water, tap, municipal (USDA SR-	0	0	0	0	0	7.1
		Cheese, low-moisture part-skim						200
		Greens, baby spring, mix, fresh		15				30
		Carrot, baby, fresh (Dole)		8				26.7
		Hummus, Roasted Garlic (Sabra)						40
		Sauce, pasta, meat (The Old						
		Pasta, spaghetti, whole wheat,	0	0	0	0.6	10.5	31.5
Wine, red (USDA SR-24)	0	0	0	0	2.9	23.5		
		Day Total	0	41.7	13	0.9	98.5	1174.4

			Average Day Total	1.5	42.4	19.4	1.6	111.2	1771.8
Day	Meal	Item	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Selen (mcg)	Sodium (mg)	
Day 1	Breakfast	Coffee, brewed w/tap water	0	12.4	12.4	203.1	0	8.3	
		Breakfast Casserole	1.5	0.9	36.1	65.5	0.5	367.5	
	Lunch	Annie's Mac and Cheese -	0.7					590	
		Pork, ribs, spareribs, brsd (USDA	2.1	27.2	296	362.9	42.4	105.5	
		Sauce, dipping, Totally BBQ,	0					180	
	Snack	Banana, fresh, sml, 6" to 6 7/8"	0.3	27.3	22.2	361.6	1	1	
		Snickers PB Squared Fun Size						150	
		Water, tap, municipal (USDA SR-	0	16.6	0	16.6	0	49.8	
		Hummus, Roasted Garlic (Sabra)	1.4					260	
		Nut-Thins, Almond (Blue	0.1					18.7	
		Cheese, low-moisture part-skim						400	
		Supplement, 1200mg calcium							
		Carrot, baby, fresh (Dole)	0					45	
	Rice, basmati, dry (Trader Joe's)	0					0		
	Chicken, broiler, breast, w/o	1.8	49.3	387.8	435.4	46.9	125.9		
Greens, salad, herb, mix, fresh	0.9					52.5			
Salad Dressing, vinaigrette,	0					160			
Day Total			8.8	133.7	754.6	1445	90.9	2514	
Day 2	Snack	Breakfast Casserole	2.2	1.3	54.2	98.3	0.8	551.2	
		Annie's Mac and Cheese -	1.1					885	
	Lunch	Pork, ribs, spareribs, brsd (USDA	2.1	27.2	296	362.9	42.4	105.5	
		Sauce, bbq, Sweet Baby Ray's						476.5	
		Candy Bar, Snickers, fun size	0.1	10.8	28.5	48.4	1.2	35.8	
	Snack	Tomatoes, red, cherry, fresh,	0	1.9	4.1	40.3	0	0.8	
		Cheese, mozzarella, whole milk,	0.1	5.7	100.4	21.5	4.8	177.8	
		Pizza, cheese, ckd f/fzn, 15.1 oz	1.7	17.4	135.1	114.8	16.2	337.5	
		Sandwich, grilled cheese,	1.5	19.9	352.8	121.5	18.4	866	
		Pears, fresh, med (USDA SR-24)	0.1	3.1	4.9	53	0	0.4	
		Apple, fresh, med 3", USDA	0.2	9.1	20	194.7	0	1.8	
		Sushi, tuna roll, spicy (Tokyo	0.7					433.5	
		Sushi, yellowtail roll, spicy	0.5					433.5	
		Sushi, salmon roll, spicy (Tokyo	0.5					438	
		Eel (Unagi) and Avocado Roll							
Beer, ale (Henry Weinhard's)						34			
Alcohol, whiskey, 80 proof	0	0	1.1	0.6	0	0.3			
Water, tap, municipal (USDA SR-	0	19	0	19	0	56.9			
Supplement, 1200mg calcium									
Day Total			10.9	115.2	997.1	1074.8	83.9	4834.5	
Day 3	Breakfast	Supplement, 1200mg calcium							
		Banana, fresh, sml, 6" to 6 7/8"	0.3	27.3	22.2	361.6	1	1	
	Lunch	Breakfast Casserole	1.5	0.9	36.1	65.5	0.5	367.5	
		Powerseed Bread (Dave's Killer	2.5			270	29.4	300	
		Hummus, Roasted Garlic (Sabra)	0.7					130	
	Snack	Herb, basil, leaf, fresh (USDA	0	1	0.8	4.4	0	0.1	
		Water, tap, municipal (USDA SR-	0	2.4	0	2.4	0	7.1	
		Cheese, low-moisture part-skim						200	
		Greens, baby spring, mix, fresh	1.8					35	
		Carrot, baby, fresh (Dole)	0					60	
		Hummus, Roasted Garlic (Sabra)	1.4					260	
		Sauce, pasta, meat (The Old						1000	
		Pasta, spaghetti, whole wheat,	2.2	63	186.9	92.4	54.4	6.3	
	Wine, red (USDA SR-24)	1.3	35.3	67.6	373.4	0.6	11.8		
	Day Total			11.8	129.7	313.7	1169.6	85.9	2378.7
Average Day Total			10.5	126.2	688.5	1229.8	86.9	3242.4	

Day	Meal	Item	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt	
Day 1	Breakfast	Coffee, brewed w/tap water	0.1	0	0	0	165.8	0	
		Breakfast Casserole	0.3	0	0	0	0	0	
	Lunch	Annie's Mac and Cheese -							
		Pork, ribs, spareribs, brsd (USDA Sauce, dipping, Totally BBQ,	5.2	0.1	3	0	0	0	
	Snack	Banana, fresh, sml, 6" to 6 7/8"	0.2	0	0	0	0	0.7	
		Snickers PB Squared Fun Size							
		Water, tap, municipal (USDA SR-	0	0	0	0	0	0	
		Hummus, Roasted Garlic (Sabra)							
		Nut-Thins, Almond (Blue							
		Cheese, low-moisture part-skim							
		Supplement, 1200mg calcium							
		Carrot, baby, fresh (Dole)		0	0	0	0	0	
	Rice, basmati, dry (Trader Joe's)			0	0	0	0		
	Chicken, broiler, breast, w/o	1.7	0.1	1.1	0	0	0		
	Greens, salad, herb, mix, fresh			0	0	0	0		
Salad Dressing, vinaigrette,					0	0			
Day Total			7.4	0.3	4.1	0	165.8	0.7	
Day 2	Snack	Breakfast Casserole	0.5	0	0	0	0	0	
		Annie's Mac and Cheese -							
		Pork, ribs, spareribs, brsd (USDA	5.2	0.1	3	0	0	0	
		Sauce, bbq, Sweet Baby Ray's		0	0	0	0		
		Candy Bar, Snickers, fun size	0.4	0	0.4	0	1.2		
		Tomatoes, red, cherry, fresh,	0	0	0	0	0	0	
		Cheese, mozzarella, whole milk,	0.8	0.1	0.1	0	0	0	
		Pizza, cheese, ckd f/fzn, 15.1 oz	1	0.2	1.3	0	0		
		Sandwich, grilled cheese,	1.5			0	0		
		Pears, fresh, med (USDA SR-24)	0	0	0	0	0	0.3	
		Apple, fresh, med 3", USDA	0.1	0	0.1	0	0	1.6	
		Sushi, tuna roll, spicy (Tokyo				0	0		
		Sushi, yellowtail roll, spicy				0	0		
		Sushi, salmon roll, spicy (Tokyo				0	0		
		Eel (Unagi) and Avocado Roll							
Beer, ale (Henry Weinhard's)				0	0	16.4	0		
Alcohol, whiskey, 80 proof	0	0	0	9.3	0	0			
Water, tap, municipal (USDA SR-	0	0	0	0	0	0			
Day Total			9.5	0.4	4.9	25.7	1.2	1.9	
Day 3	Breakfast	Supplement, 1200mg calcium							
		Banana, fresh, sml, 6" to 6 7/8"	0.2	0	0	0	0	0.7	
		Breakfast Casserole	0.3	0	0	0	0	0	
		Powerseed Bread (Dave's Killer	1.5						
	Lunch	Hummus, Roasted Garlic (Sabra)							
		Herb, basil, leaf, fresh (USDA	0	0	0	0	0	0	
	Snack	Water, tap, municipal (USDA SR-	0	0	0	0	0	0	
		Cheese, low-moisture part-skim							
		Greens, baby spring, mix, fresh			0	0	0		
		Carrot, baby, fresh (Dole)			0	0	0	0	
		Hummus, Roasted Garlic (Sabra)							
		Sauce, pasta, meat (The Old				0	0		
Pasta, spaghetti, whole wheat,	1.7	0	0.4	0	0	0			
Wine, red (USDA SR-24)	0.4	0	0	31.2	0	0			
Day Total			4.1	0	0.5	31.2	0	0.7	
Average Day Total			7	0.2	3.1	18.9	55.7	1.1	

Day	Meal	Item	MyDry	MyGrn	MyVeg	MyProt	ExFrt	ExMeat
Day 1	Breakfast	Coffee, brewed w/tap water	0	0	0	0		

		Breakfast Casserole	0	0	0.1	0		
<i>Lunch</i>		Annie's Mac and Cheese -	0.3	2				
		Pork, ribs, spareribs, brsd (USDA	0	0	0	4		
		Sauce, dipping, Totally BBQ,						
<i>Snack</i>		Banana, fresh, sml, 6" to 6 7/8"	0	0	0	0	1.5	
		Snickers PB Squared Fun Size						
		Water, tap, municipal (USDA SR-	0	0	0	0		
		Hummus, Roasted Garlic (Sabra)						
		Nut-Thins, Almond (Blue						
		Cheese, low-moisture part-skim						
		Supplement, 1200mg calcium						
		Carrot, baby, fresh (Dole)	0	0	0.8	0		
		Rice, basmati, dry (Trader Joe's)						
		Chicken, broiler, breast, w/o	0	0	0	6		
		Greens, salad, herb, mix, fresh						
		Salad Dressing, vinaigrette,						
		Day Total	0.3	2	0.9	10	1.5	0
<i>Day 2</i>	<i>Snack</i>	Breakfast Casserole	0	0	0.2	0		
		Annie's Mac and Cheese -	0.4	3				
		Pork, ribs, spareribs, brsd (USDA	0	0	0	4		
		Sauce, bbq, Sweet Baby Ray's						
		Candy Bar, Snickers, fun size						
		Tomatoes, red, cherry, fresh,	0	0	0.1	0		
		Cheese, mozzarella, whole milk,	0.5	0	0	0		
		Pizza, cheese, ckd f/fzn, 15.1 oz	0.3	1.5	0.1			
		Sandwich, grilled cheese,	0.7	1.7				
		Pears, fresh, med (USDA SR-24)	0	0	0	0	0.4	
		Apple, fresh, med 3", USDA	0	0	0	0	1.6	
		Sushi, tuna roll, spicy (Tokyo		0.6	0	0.8		
		Sushi, yellowtail roll, spicy		0.6	0	0.9		
		Sushi, salmon roll, spicy (Tokyo		0.6	0	0.9		
		Eel (Unagi) and Avocado Roll						
		Beer, ale (Henry Weinhard's)	0	0	0	0		
		Alcohol, whiskey, 80 proof	0	0	0	0		
		Water, tap, municipal (USDA SR-	0	0	0	0		
		Supplement, 1200mg calcium						
		Day Total	2	8.1	0.4	6.7	2	0
<i>Day 3</i>	<i>Breakfast</i>	Supplement, 1200mg calcium						
		Banana, fresh, sml, 6" to 6 7/8"	0	0	0	0	1.5	
		Breakfast Casserole	0	0	0.1	0		
	<i>Lunch</i>	Powerseed Bread (Dave's Killer						
		Hummus, Roasted Garlic (Sabra)						
		Herb, basil, leaf, fresh (USDA	0	0	0	0		
	<i>Snack</i>	Water, tap, municipal (USDA SR-	0	0	0	0		
		Cheese, low-moisture part-skim						
		Greens, baby spring, mix, fresh						
		Carrot, baby, fresh (Dole)	0	0	1	0		
		Hummus, Roasted Garlic (Sabra)						
		Sauce, pasta, meat (The Old						
		Pasta, spaghetti, whole wheat,	0	3	0	0		
		Wine, red (USDA SR-24)	0	0	0	0		
		Day Total	0	3	1.1	0	1.5	0
		Average Day Total	0.8	4.4	0.8	5.6	1.7	0
<i>Day</i>	<i>Meal</i>	<i>Item</i>	<i>ExVLMt</i>	<i>ExMilk</i>	<i>ExOth</i>	<i>ExStar</i>	<i>ExVeg</i>	<i>ExFat</i>
<i>Day 1</i>	<i>Breakfast</i>	Coffee, brewed w/tap water						
		Breakfast Casserole					0.1	
	<i>Lunch</i>	Annie's Mac and Cheese -						

Calorie and Fat Sources

The Calorie and Fat Sources report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats).

Profile Info

Personal: Liz Female 26 yrs 5 ft 6 in 154 lb

Day(s): Day 1 (Breakfast, Lunch, Snack), Day 2 Friday Nov. 1 (Snack), Day 3 - Saturday Nov. 2 (Breakfast, Lunch, Snack)

Activity Level: Sedentary

Strive for an Active activity level.

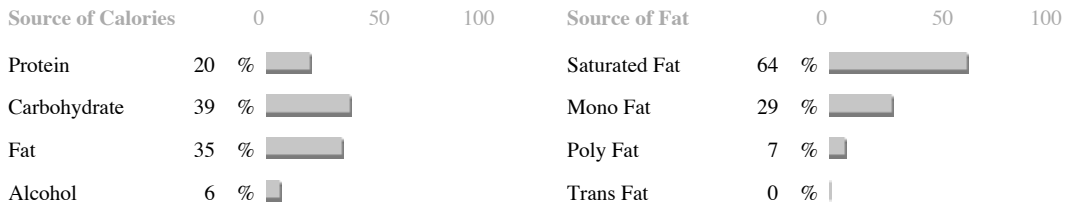
Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 24.9

Normal is 18.5 to 25. Clinically Obese is 35 or higher.

Calories: 2246



Exchanges

Starch	3.49	Fruit	1.66
Other Carbs	0.76	Vegetables	1.43
Very Lean Meat		Milk	
Meat			

Ratios

P:S (Poly Fat / Saturated Fat)	0.12 : 1
Potassium : Sodium	0.38 : 1
Calcium : Phosphorus	2.57 : 1
CSI (Cholesterol / Saturated Fat)	50.03

MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see ChooseMyPlate.gov for more info).

Profile Info

Personal: Liz Female 26 yrs 5 ft 6 in 154 lb

Day(s): Day 1 (Breakfast, Lunch, Snack), Day 2 Friday Nov. 1 (Snack), Day 3 - Saturday Nov. 2 (Breakfast, Lunch, Snack)

Activity Level: Sedentary

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 24.9

Normal is 18.5 to 25. Clinically Obese is 35 or higher.



Intake vs. Recommendation

2000 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	73 %		4.4 oz equivalent	
Grains Recommendation			6.0 oz equivalent	
Vegetables Intake	32 %		0.8 cup equivalent	
Vegetables			2.5 cup equivalent	
Fruits Intake	54 %		1.1 cup equivalent	
Fruits Recommendation			2.0 cup equivalent	
Dairy Intake	25 %		0.8 cup equivalent	
Dairy Recommendation			3.0 cup equivalent	
Protein Foods Intake	101 %		5.6 oz equivalent	
Protein Foods Recommendation			5.5 oz equivalent	

Make Half Your Grains Whole

Aim for at least 3.0 whole grains a day

Vary Your Vegetables

Dark Green Vegetables 3.0 cups weekly

Orange Vegetables 2.0 cups weekly

Dry Beans & Peas 3.0 cups weekly

Starchy Vegetables 3.0 cups weekly

Other Vegetables 6.5 cups weekly

Oils & Empty Calories

Aim for 6.0 teaspoons of oils a day

Limit your extra fats & sugars to 267 Calories

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is a 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.