

* Name of the Course: **COMPUTER TOOLS**
* Name of the Teacher: **Zohreh Moeini**
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# Table for results

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Food Item** | **Measure** | **Calories** | **Proteim** | **Fat** | **Carbs** | **Fibre** |
| Baked Goods | Apple crisp,homemade | 0.083 | 73 | 2 | 0 | 16 | 0.4 |
| Baked Goods | Biscuit, plain or butter milk, from mix, baked | 1 | 97 | 2 | 4 | 14 | 0.4 |
| Baked Goods | Muffin, fruit, commercial | 1 | 313 | 6 | 7 | 54 | 2.9 |
| Beverages | Cola | 250mL | 101 | 5 | 6 | 7 | 0 |
| Beverages | Sangria | 125mL | 87 |  |  | 12 | 0.1 |
| Beverages | Cola, aspartame sweetened | 250mL | 3 | 5 | 0 | 25 | 0 |
| Dairy | Cheese, Brick | 50g | 186 | 12 | 9.4 | 1 | 15 |
| Dairy | Cheese, Brie | 50g | 167 | 10 | 8.7 | 0 | 14 |
| Dairy | Cheese, Cheddar | 50g | 202 | 12 | 10.5 | 1 | 17 |
| Fast Foods | Breakfast English muffin with egg, cheese and bacon | 1 | 289 | 17 | 13 | 27 | 1.5 |
| Fast Foods | Cheeseburger, double patty + condiments + vegetables | 1 | 650 | 30 | 35 | 53 | 1.8 |
| Fast Foods | Chicken fried rice | 250mL | 343 | 12 | 13 | 44 | 1.3 |

# Graphs for result