

# AvgAnalysis

Day	Energy (kcal)	Prot (g)	Carb (g)	Fibr (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chola (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Phos (mg)
1	2612.5	96	311.75	15	94.5	35.7	34.95	15.75	212.5	1084	40.75	231.5 ?	
2	1637	55	186.25	24	93	26.1	8.75	5.95	136.5	737.5	11.05	224.5 ?	
3	3200	44.5	273.25	12.5	45.5	14.9	23	4.6	128.5	608	35.13	393.5 ?	
<b>Total</b>	7449.5	195.5	771.25	51.5	233	76.7	66.7	26.3	477.5	2429.5	86.93	849.5 ?	
<b>Average</b>	2483.17	65.17	257.08	17.17	77.67	25.57	22.23	8.77	159.17	809.83	28.98	283.17 ?	

Day	Energy (kcal)	Prot (g)	Carb (g)	Fibr (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chola (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Phos (mg)
<b>Ave. Form2</b>	2483.17	65.17	257.08	17.17	77.67	25.57	22.23	8.77	159.17	809.83	28.98	283.17 ?	
<b>Standards</b>	2414	58							300	1000	10	400	700
Avg/Standards	1.03	1.12							0.53	0.81	2.9	0.71	

# AvgAnalysis

Pota (mg)	Sodi (mg)	Zinc (mg)	Vit A (RE)	Thia (mg)	VT)-E (a-TE)	Ribo (mg)	Niac (mg)	V-B6 (mg)	Fola (ug)	VT-C (mg)
2481.5	4784	18.6	1270.5	2.34	3.98	2.99	35.3	2.48	536	100.75
1264	2435	13.82	852	1.13	1.67	1.21	11.27	2.51	138.5	19
2211.5	2293	10.5	825.79	1.7	2.12	5.54	35.96	3.45	563	50.25
5957	9512	42.92	2948.29	5.17	7.77	9.74	82.53	8.44	1237.5	170
1985.67	3170.67	14.31	982.76	1.72	2.59	3.25	27.51	2.81	412.5	56.67

Pota (mg)	Sodi (mg)	Zinc (mg)	Vit A (RE)	Thia (mg)	VT)-E (a-TE)	Ribo (mg)	Niac (mg)	V-B6 (mg)	Fola (ug)	VT-C (mg)
1985.67	3170.67	14.31	982.76	1.72	2.59	3.25	27.51	2.81	412.5	56.67
2000	2300	15	1000	1.2	10	1.3	16	1.3	400	60
0.99	1.38	0.95	0.98	1.44	0.26	2.5	1.72	2.16	1.03	0.94