

PerfectDiet

Food	Measure/Wgt.	Energy (kcal)	Prot (g)	Carb (g)	Fibr (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chola (mg)	Calc (mg)	Iron (mg)	Mag (mg)
Oatmeal	½ c	70	4	12	2	1	0.2	0.4	0.4	0	109	4.2	28
w/Banana	1 (whole)	109	1	28	3	1	0.2	0.05	0.1	0	7	0.37	34
w/Raisins	4oz	168	1	44	4	1	0.1	0.1	0.1	0	28	1.16	20
Apple	1ea	81	0.5	21	4	0.5	0.1	0.05	0.1	0	10	7	159
Orange Juice	1c	112	2	26	0.05	0.05	0.1	0.1	0.1	0	27	0.5	27
Rice	2c	410	8	90	2	0.5	0.2	0.2	0.2	0	16	1.9	19
Cabbage	1c	31	2	6	2	0.5	0.05	0.05	0.2	0	158	1.77	19
Chicken	1c	266	40	0	0	10	2.9	3.8	2.4	125	21	1.69	35
Milk	2c	170	16	24	0	1	0.6	0.2	0.05	8	601	0.2	56
Noodle	8oz	300	12	56	4	4	0.4	0.4	0.8	76	12	2.6	40
Beef	8oz	500	72	0	0	22	9.6	10.8	1	216	12	7.84	56
Carrots	1ea	31	1	7	2	0.5	0.05	0.05	0.1	0	19	0.36	11
Tofu	1c	154	18	6	0.05	6	1	1.4	3.8	0	82	2.6	68
Totals		2402	177.5	320	23.1	48.05	15.5	17.6	9.35	425	1102	32.19	572

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Ave. Form2		2402	177.5	320	23.1	48.05	15.5	17.6	9.35	425	1102	32.19	572
Standards		2414	58							300	1000	10	400
%		1	3.06							1.42	1.1	3.22	1.43

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Phos (mg)	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)
?	66	190	0.58	302	0.35	0.14	0.19	3.65	0.49	100	0
?	467	1	0.19	9	0.05	0.32	0.12	0.64	0.68	22	11
?	420	8	0.16	0.05	0.08	0.4	0.04	0.44	0.12	0.05	0.05
?	159	0	0.05	7	0.02	0.44	0.02	0.11	0.07	4	8
?	237	0	0.09	27	0.11	0.31	0.05	0.37	0.08	40	70
?	55	2	0.77	0	0.26	0.08	0.02	2.34	0.15	92	0
?	631	58	0.29	437	0.05	0.2	0.11	0.73	0.28	69	44
?	340	120	2.94	22	0.1	0.58	0.25	12.8	0.66	8	0
?	814	252	1.96	298	0.18	0.2	0.68	0.44	0.2	26	4
?	56	12	1.28	12	0.48	0.36	0.36	2	0.08	144	0
?	696	116	12.38	0	0.16	0.41	0.54	8.42	0.74	22	0
?	233	25	0.14	2025	0.07	0.33	0.04	0.67	0.11	10	7
?	488	90	1.46	0	0.26	0.48	0.1	0.62	0.02		0
0	4662	874	22.29	3139.05	2.17	4.25	2.52	33.23	3.68	537.05	144.05

Phos (mg)	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)
0	4662	874	22.29	3139.05	2.17	4.25	2.52	33.23	3.68	537.05	144.05
700	2000	2300	15	1000	1.2	10	1.3	16	1.3	400	60
	2.33	0.38	1.49	3.14	1.81	0.43	1.94	2.08	2.83	1.34	2.4