

nunni's Food Details Report

Date: 2/6/2016

Your plan is based on a 2800 Calorie allowance.

Food	Amount	Total Calories	Protein	Carbohydrate (g)***	Dietary Fiber	Saturated Fat	α-Linolenic Acid (g)***	Omega 3 - EPA	Omega 3 - DHA	Cholesterol	Calcium	Sodium	Iron	Vitamin D
2% milk	2 cup	244	16 g	23 g	0 g	3% Calories	0.0 g	0 mg	0 mg	39 mg	586 mg	229 mg	0 mg	6 µg
Beer	2 can or bottle (12 fl oz)	310	3 g	26 g	0 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	29 mg	29 mg	0 mg	0 µg
Coffee, instant, regular	2 mug (8 fl oz)	10	1 g	2 g	0 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	19 mg	19 mg	0 mg	0 µg
Cookie, butter or sugar cookie	2 medium (2-5/8" across)	152	2 g	21 g	0 g	1% Calories	0.1 g	2 mg	1 mg	18 mg	17 mg	133 mg	1 mg	0 µg
Eggs, fried, no fat added	1 medium egg(s)	63	6 g	0 g	0 g	1% Calories	0.0 g	2 mg	16 mg	187 mg	23 mg	130 mg	1 mg	1 µg
Fried chicken, breast, fried in oil, skin/breading not eaten	2 medium breast; ½ small breast	405	65 g	0 g	0 g	1% Calories	0.4 g	6 mg	9 mg	197 mg	15 mg	1181 mg	1 mg	0 µg
Hot pepper sauce	1 teaspoon	1	0 g	0 g	0 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	1 mg	30 mg	0 mg	0 µg
Ice cream, regular, vanilla or other flavors	1 medium scoop	137	2 g	16 g	0 g	2% Calories	0.1 g	2 mg	0 mg	29 mg	84 mg	53 mg	0 mg	0 µg
Mixed vegetables (corn, lima beans, peas, green beans, carrots), frozen, cooked (no salt or fat added)	1 cup	118	5 g	24 g	8 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	46 mg	64 mg	1 mg	0 µg
Orange juice, carton, can, or bottle	1 cup	122	2 g	29 g	1 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	27 mg	5 mg	0 mg	0 µg
Protein supplement powder, milk-based, not reconstituted	1 tablespoon	40	3 g	6 g	0 g	0% Calories	0.0 g	0 mg	0 mg	2 mg	95 mg	54 mg	1 mg	1 µg
Sugar, white, granulated or lump	3 teaspoon	49	0 g	13 g	0 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	0 mg	0 mg	0 mg	0 µg
Water, bottled, unsweetened	3 bottle (16.9 fl oz or 500 ml)	0	0 g	0 g	0 g	0% Calories	0.0 g	0 mg	0 mg	0 mg	150 mg	30 mg	0 mg	0 µg
Your Menu Total		1650	105 g	159 g	10 g	9% Calories	0.7 g	12 mg	26 mg	471 mg	1092 mg	1957 mg	6 mg	8 µg
Target or Limit		2800 Calories	56 g	130 g	38 g	<10% Calories	1.6 g	No Daily Target or Limit	No Daily Target or Limit	<300 mg	1000 mg	< 2300 mg	8 mg	15 µg

\*\*\*Nutrients that appear twice (**protein**, **carbohydrate**, **linoleic acid**, and **α-linolenic acid**) have two separate recommendations:

1) Amount eaten (in grams) compared to your minimum recommended intake.  
2) Percent of Calories eaten from that nutrient compared to the recommended range.  
You may see different messages in the status column for these 2 different recommendations.

**Note:** If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.

