Total Cholesterol = 1e+06

Adding food 635 (Fish oil, menhaden, fully hydrogenated) : reduced cost is -4.7795e+06

Total Cholesterol = 1e+06

Adding food 185 (Spices, basil, dried) : reduced cost is -2.14313e+07

Total Cholesterol = 1e+06

Adding food 4440 (Mollusks, clam, mixed species, cooked, moist heat) : reduced cost is -1.64816e+07

Total Cholesterol = 1e+06

Adding food 632 (Fish oil, cod liver) : reduced cost is -2.49994e+07

Total Cholesterol = 1e+06

Adding food 6815 (Whale, beluga, eyes, raw (Alaska Native)) : reduced cost is -6.69302e+07

Total Cholesterol = 999941

Adding food 7032 (Sweeteners, tabletop, fructose, dry, powder) : reduced cost is -528980

Total Cholesterol = 983579

Adding food 4250 (Water, bottled, non-carbonated, CALISTOGA) : reduced cost is -101060

Total Cholesterol = 977248

Adding food 228 (Salt, table) : reduced cost is -2.73391e+07

Total Cholesterol = 974207

Adding food 6460 (WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties) : reduced cost is -1.04821e+07

Total Cholesterol = 969852

Adding food 5398 (Leavening agents, yeast, baker's, active dry) : reduced cost is -1.63181e+07

Total Cholesterol = 839476

Adding food 6052 (Rice bran, crude) : reduced cost is -2.14237e+06

Total Cholesterol = 825721

Adding food 4225 (Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink M) : reduced cost is -4.30138e+07

Total Cholesterol = 784230

Adding food 4449 (Mollusks, oyster, eastern, wild, cooked, moist heat) : reduced cost is -1.66229e+07

Total Cholesterol = 586849

Adding food 5396 (Leavening agents, cream of tartar) : reduced cost is -5.47067e+06

Total Cholesterol = 584268

Adding food 5393 (Leavening agents, baking powder, double-acting, straight phosph) : reduced cost is -4.28136e+06

Total Cholesterol = 512608

Adding food 4735 (Soy protein isolate, potassium type, crude protein basis) : reduced cost is -2.04798e+06

Total Cholesterol = 460885

Adding food 3366 (Nuts, brazilnuts, dried, unblanched) : reduced cost is -3.69897e+07

Total Cholesterol = 104.133

Adding food 684 (Oil, vegetable, industrial, palm kernel (hydrogenated), confect) : reduced cost is -490.22

Total Cholesterol = 28.1366

Adding food 2748 (Mushrooms, shiitake, dried) : reduced cost is -98.1624

Total Cholesterol = 19.8689

Adding food 7062 (Fruit-flavored drink, powder, with high vitamin C, low calorie) : reduced cost is -114.648

Total Cholesterol = 4.1846

Adding food 1702 (Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL) : reduced cost is -37.4336

Total Cholesterol = 2.00293

Adding food 1117 (Soup, clam chowder, new england, dehydrated, dry) : reduced cost is -23.0717

Total Cholesterol = 0.230472

Adding food 1934 (Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG) : reduced cost is -1.94807

Total Cholesterol = 0

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Spices, basil, dried = 0.0366568

Salt, table = 0.0316501

Oil, vegetable, industrial, palm kernel (hydrogenated), confect = 0.655666

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL = 0.162583

Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG = 0.138502

Mushrooms, shiitake, dried = 0.227938

Nuts, brazilnuts, dried, unblanched = 0.18937

Water, bottled, non-carbonated, CALISTOGA = 49.9144

Soy protein isolate, potassium type, crude protein basis = 0.501168

Leavening agents, baking powder, double-acting, straight phosph = 0.0127767

Leavening agents, cream of tartar = 0.0850639

Rice bran, crude = 0.222594

Whale, beluga, eyes, raw (Alaska Native) = 0.00643321

Sweeteners, tabletop, fructose, dry, powder = 2.27871

Fruit-flavored drink, powder, with high vitamin C, low calorie = 0.107344

Total Cholesterol = 0

Total Calorie = 2000

Total: 23 columns generated.

Protein=56

Carbohydrate, by difference=300

Calorie=2000

Water=5000

Energy=8369.56

Calcium, Ca=1000

Iron, Fe=27.604

Magnesium, Mg=400

Phosphorus, P=1226.05

Potassium, K=3500

Sodium, Na=1500

Zinc, Zn=16.2845

Copper, Cu=3.15585

Manganese, Mn=5.86523

Selenium, Se=400

Vitamin A, RAE=900

Vitamin E (alpha-tocopherol)=30

Vitamin D=400

Vitamin C, total ascorbic acid=305.918

Thiamin=2.10524

Riboflavin=2.4888

Niacin=35

Pantothenic acid=12.5639

Vitamin B-6=4.51372

Folate, total=580.5

Vitamin B-12=6

Vitamin K (phylloquinone)=80

Cholesterol=0

Fatty acids, total trans=0.168506

Fatty acids, total saturated=65.5416