

Modified Consistency Assignment

Sydney Hunter

14 year old male
6' 185 lbs
active

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet

Item Name	Quantity	Measure	Prot (g)	Carb (g)	Fat (g)	Cals (kcal)	Fib (g)
- Sydney Hunter							
- Day 1 (11/1/2013)			139.70	550.54	83.84	3527.33	20.84
- Breakfast			41.34	232.83	30.70	1360.38	5.86
Pancake, buttermilk	2	Each	14.00	112.00	20.00	674.00	4.00
Syrup, maple	1	Tablespoon	0.01	13.41	0.01	52.00	0
Egg, scrambled	1	Each	6.09	0.98	6.70	90.89	0
Milk, 1%, w/add vit A & D	1	Cup	9.00	13.00	2.50	110.00	0
Juice Drink, kiwi strawberry, thickened, honey consist, SD	1	Cup	0	44.00	0.20	180.00	0
Drink, breakfast, strawberry, inst, SD	0.25	Cup	8.00	24.00	0.50	130.00	0
Cereal, hot, farina, enrich, ckd w/water w/o salt	1	Cup	4.24	25.44	0.79	123.49	1.86
- Lunch			33.34	110.06	27.92	827.79	11.46
Soup, tomato, cond, cnd	1.5	Cup	3.24	33.79	0.98	157.62	2.44
Bread, whole grain, 100%	2	Slice	10.00	38.00	2.00	200.00	4.00
Beef, roast, puree, fzn, svg, SD	3	Ounce-w...	14.01	2.00	7.00	130.07	1.00
Cheese, cheddar, med, thin slice	1	Thin Slice	5.00	0	6.00	80.00	0
Dressing, mayonnaise, light	1	Tablespoon	0.09	1.27	4.94	50.10	0.01
Beans, green, puree, shaped, fzn, svg, SD	1	Serving	1.00	13.00	7.00	120.00	1.00
Juice Drink, berry, w/add fiber, SD	0.5	Cup	0	22.00	0	90.00	3.00
- Dinner			45.32	106.42	16.12	771.47	2.52

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Prot (g)	Carb (g)	Fat (g)	Cals (kcal)	Fib (g)
Pasta, spaghetti, enrich, ckd <i>puree & mold</i>	1 Cup		8.12	43.20	1.30	221.20	2.52
Chicken, breast, grilled <i>puree & mold</i>	4 Ounce-w...		29.10	0	5.02	165.58	0
Sauce, pasta, alfredo, creamy <i>thickens to honey</i>	0.35 Cup		1.40	4.20	9.80	112.00	0
Smoothie, green protein <i>puree</i>	12 Ounce-w...		6.70	48.22	0	227.69	0
Drink, Hydrolyte, thickened, honey consist, SD	4 Ounce-w...		0	10.80	0	45.00	0
[-] Evening Snack			19.70	101.22	9.10	567.69	1.00
Smoothie, green protein <i>puree</i>	12 Ounce-w...		6.70	48.22	0	227.69	0
Cookie, 206, blueberry filled, SD <i>from home & puree & mold</i>	1 Each		6.00	27.00	8.00	200.00	1.00
Milk Shake, Super, vanilla, dry mix, SD <i>honey like</i>	0.25 Cup		7.00	26.00	1.10	140.00	0
[-] Day 2 (11/2/2013)			137.77	459.21	107.43	3335.57	32.20
[-] Breakfast			59.31	105.39	45.33	1063.78	2.86
Bacon, <i>puree</i> , fzn, svg, SD	1 Ounce-w...		5.06	1.01	2.53	50.62	0
Syrup, maple	2 Teaspoon		0.01	8.94	0.01	34.67	0
French Toast <i>gelled through thickens</i>	2 Slice		35.00	41.00	34.00	605.00	0
Cereal, hot, farina, enrich, ckd w/water w/o salt <i>smooth, homogenous</i>	1 Cup		4.24	25.44	0.79	123.49	1.86
Dish, chicken a l'orange, <i>puree</i> , fzn, svg, SD	1 Serving		15.00	10.00	8.00	170.00	1.00
Juice Drink, apple, thickened, honey consist, SD	0.5 Cup		0	19.00	0	80.00	0
[-] Lunch			35.46	94.81	22.00	721.79	7.33
Grapes, fresh <i>puree & mold</i>	1 Cup		0	30.67	0	120.00	1.33

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Prot (g)	Carb (g)	Fat (g)	Cals (kcal)	Fib (g)
Water, tap <i>thicken</i>	2	Cup	0	0	0	0	0
Carrot, <u>puree</u> , shaped, fzn, svg, SD	1	Serving	1.00	18.00	8.00	150.00	2.00
<u>Smoothie</u> , green protein	8	Ounce-w...	4.46	32.14	0	151.79	0
Pizza, cheese, <u>puree</u> , fzn, svg, SD <i>from hormel</i>	2	Serving	30.00	14.00	14.00	300.00	4.00
- Dinner			22.00	146.00	23.00	850.00	13.00
Water, tap <i>thicken</i>	2	Cup	0	0	0	0	0
Meal, enchilada, queso, El <i>puree from</i> Charrito, w/beans <i>hormel</i> & rice <i>meal</i>	1	Meal	10.00	66.00	8.00	350.00	9.00
Taquitos, chicken cheese & green <i>puree from</i> chillies, El Charrito <i>hormel meals</i>	5	Each	12.00	44.00	15.00	360.00	4.00
Juice Drink, cranberry, <u>thickened</u> , <u>honey</u> consist, SD	1	Cup	0	36.00	0	140.00	0
- Evening Snack			21.00	113.00	17.10	700.00	9.00
Cookie, 206, raspberry filled, SD <i>from hormel puree & mold</i>	1	Each	6.00	27.00	8.00	200.00	1.00
<u>Smoothie</u> , berry blend, w/yogurt, fzn mix	2	Cup	8.00	60.00	8.00	360.00	8.00
Milk Shake, Super, vanilla, dry mix, SD <i>honey-like from hormel</i>	0.25	Cup	7.00	26.00	1.10	140.00	0
- Day 3 (11/4/2013)			90.56	471.71	74.87	2917.62	16.32
- Breakfast			23.62	139.88	20.88	838.20	5.04
Muffin, oat bran <i>puree & mold</i>	1	Small	4.62	31.88	4.88	178.20	3.04

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Prot (g)	Carb (g)	Fat (g)	Cals (kcal)	Fib (g)
Breakfast Burrito, eggs ham & three cheeses	1	Each	19.00	47.00	16.00	410.00	2.00
<i>puree mold from hormone</i> Peaches, <u>puree</u> , shaped, fzn, svg, SD	1	Serving	0	23.00	0	90.00	0
Juice Drink, apple, thickened, <u>honey consist</u> , SD	1	Cup	0	38.00	0	160.00	0
- Lunch			21.26	39.94	17.94	414.27	1.18
French Fries, <u>puree</u> sweet potato, fzn <i>puree mold</i>	1.5	Each	0.17	2.67	0.50	14.17	0.17
Dish, country bread, <u>puree</u> , fzn, svg, SD	1	Serving	7.00	14.00	8.00	160.00	1.00
Turkey, <u>puree</u> , fzn, svg, SD	1	Serving	14.00	2.00	4.50	110.00	0
Dressing, mayonnaise, light	1	Tablespoon	0.09	1.27	4.94	50.10	0.01
Water, tap <i>thicken to heavy milk</i>	2	Cup	0	0	0	0	0
Mixed Fruit, berry, <u>puree</u> , shaped, fzn, svg, SD	1	Serving	0	20.00	0	80.00	0
- Dinner			25.99	188.68	27.96	1097.47	10.10
Dish, country bread, <u>puree</u> , fzn, svg, SD	1	Serving	7.00	14.00	8.00	160.00	1.00
Soup, white bean, savory, w/rstd ham, Select, cnd <i>puree</i>	1	Cup	8.99	29.99	1.49	169.05	7.11
Thickener, honey consist, inst, pkt, SD	1	Individual Packet	0	6.00	0	25.00	0
Corn, <u>puree</u> , shaped, fzn, svg, SD	1	Serving	2.00	25.00	7.00	170.00	1.00
Cobbler, peach <i>puree mold</i>	1	Serving	0.99	55.69	6.96	283.42	0.99

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Prot (g)	Carb (g)	Fat (g)	Cals (kcal)	Fib (g)
Custard, vanilla, rts, cntr, SD	1	Container	7.00	22.00	4.50	150.00	0
Juice Drink, cranberry, thickened, honey consist, SD	1	Cup	0	36.00	0	140.00	0
Evening Snack			19.70	103.22	8.10	567.69	0
Smoothie, green protein	12	Ounce-w...	6.70	48.22	0	227.69	0
Cookie, 206, chocolate chip, SD	1	Each	6.00	29.00	7.00	200.00	--
Milk Shake, Super, vanilla, dry mix, SD	0.25	Cup	7.00	26.00	1.10	140.00	0
Average			122.68	493.82	88.71	3260.18	23.12
% Recommendation			182.74	106.93	84.90	97.07	49.17

Item Name	Vit A-IU (IU)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)	Folate (mcg)
[-] Sydney Hunter							
[-] Day 1 (11/1/2013)	8598.77	2.17	1.58	25.81	3.46	290.30	647.57
[-] Breakfast	2352.58	0.78	0.89	10.54	1.96	142.20	341.37
Pancake, buttermilk	--	--	--	--	--	--	--
Syrup, maple	0	0.01	0.25	0.02	0	0	0
Egg, scrambled	352.58	0.02	0.23	0.05	0.46	0	21.96
Milk, 1%, w/add vit A & D	500.00	--	--	--	--	1.20	--
Juice Drink, kiwi strawberry, thickened, honey consist, SD	0	--	--	--	--	120.00	--
Drink, breakfast, strawberry, inst, SD	1500.00	0.45	0.26	7.00	1.50	21.00	140.00

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)	Folate (mcg)
Cereal, hot, farina, enrich, ckd w/water w/o salt	0	0.29	0.15	3.48	0	0	179.41
Lunch	1257.82	0.55	0.23	5.90	--	73.10	64.00
Soup, tomato, cond, cnd	717.06	0.09	0.03	1.90	--	10.66	--
Bread, whole grain, 100%	0	0.46	0.20	4.00	--	0	64.00
Beef, roast, puree, fzn, svg, SD	13.01	--	--	--	--	0	--
Cheese, cheddar, med, thin slice	300.00	--	--	--	--	0	--
Dressing, mayonnaise, light	27.75	--	--	--	--	0.05	--
Beans, green, puree, shaped, fzn, svg, SD	200.00	--	--	--	--	2.40	--
Juice Drink, berry berry, w/add fiber, SD	0	--	--	--	--	60.00	--
Dinner	1814.18	0.38	0.19	2.36	0	54.00	102.20
Pasta, spaghetti, enrich, ckd	0	0.38	0.19	2.36	0	0	102.20
Chicken, breast, grilled	--	--	--	--	--	--	--
Sauce, pasta, alfredo, creamy	140.00	--	--	--	--	0	--
Smoothie, green protein	1674.18	--	--	--	--	0	--
Drink, Hydrolyte, thickened, honey consist, SD	0	--	--	--	--	54.00	--
Evening Snack	3174.18	0.45	0.26	7.00	1.50	21.00	140.00
Smoothie, green protein	1674.18	--	--	--	--	0	--

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)	Folate (mcg)
Cookie, 206, blueberry filled, SD	0	--	--	--	--	0	--
Milk Shake, Super, vanilla, dry mix, SD	1500.00	0.45	0.26	7.00	1.50	21.00	140.00
Day 2 (11/2/2013)	8566.12	0.75	0.58	10.49	1.50	305.80	319.41
Breakfast	2250.00	0.30	0.32	3.49	0	63.00	179.41
Bacon, puree, fzn, svg, SD	0	--	--	--	--	0	--
Syrup, maple	0	0.01	0.17	0.01	0	0	0
French Toast	1750.00	--	--	--	--	0.60	--
Cereal, hot, farina, enrich, ckd w/water w/o salt	0	0.29	0.15	3.48	0	0	179.41
Dish, chicken a l'orange, puree, fzn, svg, SD	500.00	--	--	--	--	2.40	--
Juice Drink, apple, thickened, honey consist, SD	0	--	--	--	--	60.00	--
Lunch	4016.12	0	0	0	0	2.80	0
Grapes, fresh	0	--	--	--	0	1.60	--
Water, tap	0	0	0	0	0	0	0
Carrot, puree, shaped, fzn, svg, SD	2500.00	--	--	--	--	1.20	--
Smoothie, green protein	1116.12	--	--	--	--	0	--
Pizza, cheese, puree, fzn, svg, SD	400.00	--	--	--	--	0	--
Dinner	400.00	0	0	0	0	135.00	0
Water, tap	0	0	0	0	0	0	0

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)	Folate (mcg)
Meal, enchilada, queso, El Charrito, w/beans & rice	300.00	--	--	--	--	6.00	--
Taquitos, chicken cheese & green chilies, El Charrito	100.00	--	--	--	--	9.00	--
Juice Drink, cranberry, thickened, honey consist, SD	0	--	--	--	--	120.00	--
<input checked="" type="checkbox"/> Evening Snack	1900.00	0.45	0.26	7.00	1.50	105.00	140.00
Cookie, 206, raspberry filled, SD	0	--	--	--	--	0	--
Smoothie, berry blend, w/yogurt, fzn mix	400.00	--	--	--	--	84.00	--
Milk Shake, Super, vanilla, dry mix, SD	1500.00	0.45	0.26	7.00	1.50	21.00	140.00
<input checked="" type="checkbox"/> Day 3 (11/4/2013)	7801.40	0.62	0.32	7.28	1.51	272.17	198.74
<input checked="" type="checkbox"/> Breakfast	400.00	0.17	0.06	0.28	0.01	124.80	58.74
Muffin, oat bran	0	0.17	0.06	0.28	0.01	0	58.74
Breakfast Burrito, eggs ham & three cheeses	400.00	--	--	--	--	3.60	--
Peaches, puree, shaped, fzn, svg, SD	0	--	--	--	--	1.20	--
Juice Drink, apple, thickened, honey consist, SD	0	--	--	--	--	120.00	--
<input checked="" type="checkbox"/> Lunch	2294.42	0	0	0	0	3.95	0
French Fries, sweet potato, fzn	2166.67	--	--	--	--	1.50	--
Dish, country bread, puree, fzn, svg, SD	100.00	--	--	--	--	0	--

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)	Folate (mcg)
Turkey, puree, fzn, svg, SD	0	--	--	--	--	0	--
Dressing, mayonnaise, light	27.75	--	--	--	--	0.05	--
Water, tap	0	0	0	0	0	0	0
Mixed Fruit, berry, puree, shaped, fzn, svg, SD	0	--	--	--	--	2.40	--
-] Dinner	1932.80	--	--	--	--	122.42	--
Dish, country bread, puree, fzn, svg, SD	100.00	--	--	--	--	0	--
Soup, white bean, savory, w/rstd ham, Select, cnd	1749.30	--	--	--	--	1.23	--
Thickener, honey consist, inst, pkt, SD	0	--	--	--	--	0	--
Com, puree, shaped, fzn, svg, SD	83.50	--	--	--	--	1.20	--
Cobbler, peach	--	--	--	--	--	--	--
Custard, vanilla, rts, cntr, SD	0	--	--	--	--	0	--
Juice Drink, cranberry, thickened, honey consist, SD	0	--	--	--	--	120.00	--
-] Evening Snack	3174.18	0.45	0.26	7.00	1.50	21.00	140.00
Smoothie, green protein	1674.18	--	--	--	--	0	--
Cookie, 206, chocolate chip, SD	0	--	--	--	--	0	--
Milk Shake, Super, vanilla, dry mix, SD	1500.00	0.45	0.26	7.00	1.50	21.00	140.00
Average	8322.10	1.18	0.83	14.53	2.16	289.42	388.57
% Recommendation		98.43	63.64	90.79	89.86	321.58	97.14

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
- Sydney Hunter			
- Day 1 (11/1/2013)	1355.80	37.95	14.27
- Breakfast	786.67	19.54	5.96
- Pancake, buttermilk	--	--	--
- Syrup, maple	20.40	0.02	0.29
- Egg, scrambled	40.26	0.80	0.63
- Milk, 1%, w/add vit A & D	300.00	0	--
- Juice Drink, kiwi strawberry, thickened, honey consist, SD	0	0	0
- Drink, breakfast, strawberry, inst, SD	200.00	6.30	4.50
- Cereal, hot, farina, enrich, ckd w/water w/o salt	226.01	12.42	0.54
- Lunch	339.76	6.02	3.00
- Soup, tomato, cond, cnd	28.86	1.31	0.40
- Bread, whole grain, 100%	120.00	2.88	--
- Beef, roast, puree, fzn, svg, SD	0	1.40	2.30
- Cheese, cheddar, med, thin slice	150.00	0	--
- Dressing, mayonnaise, light	0.90	0.03	--
- Beans, green, puree, shaped, fzn, svg, SD	40.00	0.40	0.20
- Juice Drink, berry, w/add fiber, SD	0	0	0.10
- Dinner	92.59	3.24	0.80

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
Pasta, spaghetti, enrich, ckd	9.80	1.79	0.71
Chicken, breast, grilled	--	--	--
Sauce, pasta, alfredo, creamy	56.00	0	--
Smoothie, green protein	26.79	1.45	--
Drink, Hydrolyte, thickened, honey consist, SD	0	0	0.09
<input checked="" type="checkbox"/> Evening Snack	136.79	9.15	4.50
Smoothie, green protein	26.79	1.45	--
Cookie, 206, blueberry filled, SD	10.00	1.40	--
Milk Shake, Super, vanilla, dry mix, SD	100.00	6.30	4.50
<input checked="" type="checkbox"/> Day 2 (11/2/2013)	1872.82	36.18	9.63
<input checked="" type="checkbox"/> Breakfast	529.86	18.74	2.23
Bacon, puree, fzn, svg, SD	20.25	0.40	--
Syrup, maple	13.60	0.01	0.20
French Toast	170.00	4.50	--
Cereal, hot, farina, enrich, ckd w/water w/o salt	226.01	12.42	0.54
Dish, chicken a l'orange, puree, fzn, svg, SD	100.00	1.40	1.40
Juice Drink, apple, thickened, honey consist, SD	0	0	0.10
<input checked="" type="checkbox"/> Lunch	378.74	4.46	2.65
Grapes, fresh	26.67	0	--

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
Water, tap	14.22	0	0.05
Carrot, puree, shaped, fzn, svg, SD	20.00	0.70	--
Smoothie, green protein	17.86	0.96	--
Pizza, cheese, puree, fzn, svg, SD	300.00	2.80	2.60
<input checked="" type="checkbox"/> Dinner	244.22	4.14	0.25
Water, tap	14.22	0	0.05
Meal, enchilada, queso, El Charrito, w/beans & rice	150.00	2.70	--
Taquitos, chicken cheese & green chilies, El Charrito	80.00	1.44	--
Juice Drink, cranberry, thickened, honey consist, SD	0	0	0.20
<input checked="" type="checkbox"/> Evening Snack	720.00	8.84	4.50
Cookie, 206, raspberry filled, SD	20.00	1.10	--
Smoothie, berry blend, w/yogurt, fzn mix	600.00	1.44	--
Milk Shake, Super, vanilla, dry mix, SD	100.00	6.30	4.50
<input checked="" type="checkbox"/> Day 3 (11/4/2013)	645.62	20.30	7.76
<input checked="" type="checkbox"/> Breakfast	141.58	6.37	1.41
Muffin, oat bran	41.58	2.77	1.21

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
Breakfast Burrito, eggs ham & three cheeses	100.00	3.60	--
Peaches, puree, shaped, fzn, svg, SD	0	0	--
Juice Drink, apple, thickened, honey consist, SD	0	0	0.20
- Lunch	58.45	1.89	0.65
French Fries, sweet potato, fzn	3.33	0.06	--
Dish, country bread, puree, fzn, svg, SD	40.00	0.70	0.60
Turkey, puree, fzn, svg, SD	0	1.10	--
Dressing, mayonnaise, light	0.90	0.03	--
Water, tap	14.22	0	0.05
Mixed Fruit, berry, puree, shaped, fzn, svg, SD	0	0	--
- Dinner	298.80	2.49	1.20
Dish, country bread, puree, fzn, svg, SD	40.00	0.70	0.60
Soup, white bean, savory, w/rstd ham, Select, cnd	58.80	1.79	--
Thickener, honey consist, inst, pkt, SD	0	0	0
Corn, puree, shaped, fzn, svg, SD	0	0	0.40
Cobbler, peach	--	--	--

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
Custard, vanilla, rts, cntr, SD	200.00	0	--
Juice Drink, cranberry, thickened, honey consist, SD	0	0	0.20
<input checked="" type="checkbox"/> Evening Snack	146.79	9.55	4.50
Smoothie, green protein	26.79	1.45	--
Cookie, 206, chocolate chip, SD	20.00	1.80	--
Milk Shake, Super, vanilla, dry mix, SD	100.00	6.30	4.50
Average	1291.42	31.48	10.55
% Recommendation	129.14	393.44	95.93

Bar Graph - RDA/AI: Sydney Hunter * | All Days

Bar Graph

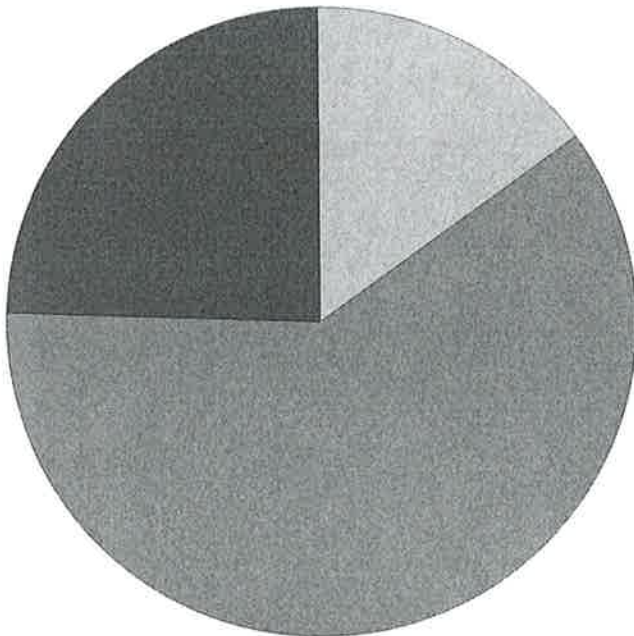
Nutrients	Value	Rcmd	% Rcmd	0	20	40	60	80	100	120
Basic Components										
Protein (g)	122.68	67.13	182.74%	[Bar extending to 182.74%]						
Carbohydrates (g)	493.82	461.80	106.93%	[Bar extending to 106.93%]						
Fat (g)	88.71	104.49	84.90%	[Bar extending to 84.90%]						
Calories (kcal)	3260.18	3358.53	97.07%	[Bar extending to 97.07%]						
Dietary Fiber (g)	23.12	47.02	49.17%	[Bar extending to 49.17%]						
Vitamins										
Vitamin A - IU (IU)	8322.10			[Bar extending to 100%]						
Vitamin B1 (mg)	1.18	1.20	98.43%	[Bar extending to 98.43%]						
Vitamin B2 (mg)	0.83	1.30	63.64%	[Bar extending to 63.64%]						
Vitamin B3 (mg)	14.53	16.00	90.79%	[Bar extending to 90.79%]						
Vitamin B12 (mcg)	2.16	2.40	89.86%	[Bar extending to 89.86%]						
Vitamin C (mg)	289.42	90.00	321.58%	[Bar extending to 321.58%]						
Folate (mcg)	388.57	400.00	97.14%	[Bar extending to 97.14%]						
Minerals										
Calcium (mg)	1291.42	1000.00	129.14%	[Bar extending to 129.14%]						
Iron (mg)	31.48	8.00	393.44%	[Bar extending to 393.44%]						
Zinc (mg)	10.55	11.00	95.93%	[Bar extending to 95.93%]						

~~Missing Vit. A RAE - 0.5~~

Person: Sydney Hunter

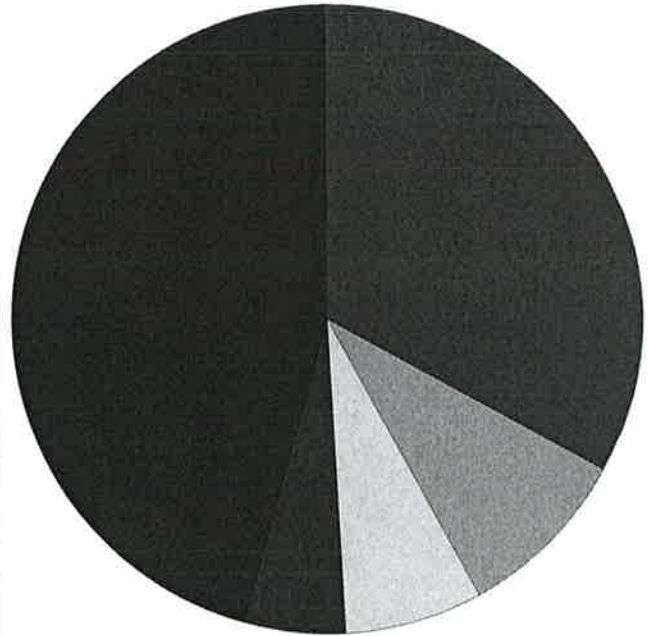
Source of Total Calories

■ Protein	15.0 %
■ Carbohydrates	60.5 %
■ Fat	24.5 %
■ Alcohol	0 %



Source of Calories from Fat

■ Saturated Fat (7-10%)	8.1 %
■ Mono Fat (10-15%)	2.2 %
■ Poly Fat (up to 10%)	1.7 %
■ Trans Fatty Acid	1.3 %
■ Other	11.2 %



Modified Consistency Sheet:

Day 1-3 Modified Consistency menu: 28/28
Kcal Level +/- 200: 6/6
Nutritionally Adequate: 6 5.5/6
TOTAL: 40 29.5/40