

Modified Menu

Spreadsheet: Sydney Hunter * | All Days

19 year old male
6' 185 pounds
moderately active

Spreadsheet

| Item Name | Quantity | Measure | Cals (kcal) | Prot (g) | Fib (g) | Fat (g) | Carb (g) |
|--|----------|------------|-------------|----------|---------|---------|----------|
| - Sydney Hunter | | | | | | | |
| - Day 1 (11/1/2013) | | | 3023.60 | 129.75 | 41.39 | 102.80 | 425.32 |
| - Breakfast | | | 1066.01 | 36.29 | 20.29 | 39.27 | 164.88 |
| Pancakes, chocolate chip | 1 | Each | 530.00 | 12.00 | 2.00 | 27.00 | 63.00 |
| Syrup, maple | 1 | Tablespoon | 52.00 | 0.01 | 0 | 0.01 | 13.41 |
| Strawberries, fresh, med, 1 1/4" | 0.5 | Each | 1.92 | 0.04 | 0.12 | 0.02 | 0.46 |
| Egg, scrambled | 1 | Each | 90.89 | 6.09 | 0 | 6.70 | 0.98 |
| Juice, orange, no pulp | 1 | Cup | 120.00 | 1.00 | 0 | 0 | 28.00 |
| Cereal, All-Bran | 1 | Cup | 161.20 | 8.15 | 18.17 | 3.04 | 46.03 |
| Milk, 1%, w/add vit A & D | 1 | Cup | 110.00 | 9.00 | 0 | 2.50 | 13.00 |
| - Lunch | | | 750.35 | 38.12 | 6.54 | 14.93 | 120.29 |
| Cracker, saltine | 1 | Each | 12.63 | 0.28 | 0.09 | 0.27 | 2.23 |
| Soup, tomato, cond, cnd | 1.5 | Cup | 157.62 | 3.24 | 2.44 | 0.98 | 33.79 |
| Bread, whole grain, 100% | 2 | Slice | 200.00 | 10.00 | 4.00 | 2.00 | 38.00 |
| Fish, tuna, light, w/water, chunk, cnd, drmd | 3 | Ounce-w... | 90.00 | 19.50 | 0 | 0.75 | 0 |
| Pickles, dill, hamburger, chips | 5 | Slice | 0 | 0 | 0 | 0 | 0 |
| Cheese, cheddar, med, thin slice | 1 | Thin Slice | 80.00 | 5.00 | 0 | 6.00 | 0 |
| Soda, Barq's, root beer | 1 | Can | 160.00 | 0 | 0 | 0 | 45.00 |
| Dressing, mayonnaise, light | 1 | Tablespoon | 50.10 | 0.09 | 0.01 | 4.94 | 1.27 |
| - Dinner | | | 814.05 | 41.70 | 7.75 | 32.23 | 90.18 |
| Pasta, spaghetti, enrich, ckd | 1 | Cup | 221.20 | 8.12 | 2.52 | 1.30 | 43.20 |
| Chicken, breast, grilled | 4 | Ounce-w... | 165.58 | 29.10 | 0 | 5.02 | 0 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Quantity | Measure | Cals (kcal) | Prot (g) | Fib (g) | Fat (g) | Carb (g) |
|---|----------|------------|----------------|---------------|--------------|---------------|---------------|
| Sauce, pasta, alfredo, creamy | 0.35 | Cup | 112.00 | 1.40 | 0 | 9.80 | 4.20 |
| Salad Dressing, vinaigrette, balsamic | 2 | Tablespoon | 158.00 | 0 | 0 | 16.00 | 4.00 |
| Spinach, baby, fresh | 3 | Cup | 30.00 | 1.71 | 3.43 | 0 | 7.71 |
| Tomatoes, diced | 0.25 | Cup | 15.00 | 0.50 | 0.38 | 0 | 3.00 |
| Carrot, fresh, chpd | 0.25 | Cup | 13.12 | 0.30 | 0.90 | 0.08 | 3.07 |
| Cucumber, w/skin, fresh, slices | 0.25 | Cup | 3.90 | 0.17 | 0.13 | 0.03 | 0.94 |
| Onion, green, chpd, fresh | 1 | Tablespoon | 1.25 | 0 | 0 | 0 | 0.25 |
| Asparagus, fresh, spears | 1 | Each | 4.00 | 0.40 | 0.40 | 0 | 0.80 |
| Drink, lemonade | 1 | Cup | 90.00 | 0 | 0 | 0 | 23.00 |
| [-] Evening Snack | | | 393.19 | 13.64 | 6.81 | 16.38 | 49.97 |
| Pretzels, hard, chocolate coated | 1.5 | Each | 75.57 | 1.24 | -- | 2.76 | 11.70 |
| Apple, gala | 1 | Each | 80.00 | 0 | 4.00 | 0 | 22.00 |
| Yogurt, vanilla, * lowfat | 6 | Ounce-w... | 105.37 | 7.53 | 0 | 2.26 | 11.29 |
| Water, tap | 2 | Cup | 0 | 0 | 0 | 0 | 0 |
| Nuts, almonds, * sliced | 0.25 | Cup | 132.25 | 4.88 | 2.81 | 11.37 | 4.98 |
| [-] Day 2 (11/2/2013) | | | 3077.51 | 143.45 | 51.51 | 106.12 | 408.01 |
| [-] Breakfast | | | 1249.09 | 61.98 | 22.58 | 51.92 | 160.61 |
| Bacon | 1 | Ounce-w... | 141.75 | 8.10 | 0 | 12.15 | 2.02 |
| Syrup, maple, * | 2 | Teaspoon | 34.67 | 0.01 | 0 | 0.01 | 8.94 |
| Cereal, All-Bran | 1 | Cup | 161.20 | 8.15 | 18.17 | 3.04 | 46.03 |
| Milk, 1%, w/add vit A & D | 1 | Cup | 110.00 | 9.00 | 0 | 2.50 | 13.00 |
| Oranges, all types, fresh, lrg, 3 1/16" | 1 | Each | 86.48 | 1.73 | 4.42 | 0.22 | 21.62 |
| Juice, apple | 1 | Cup | 110.00 | 0 | 0 | 0 | 28.00 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Quantity | Measure | Cals (kcal) | Prot (g) | Fib (g) | Fat (g) | Carb (g) |
|--|----------|------------|----------------|---------------|--------------|---------------|---------------|
| French Toast * | 2 | Slice | 605.00 | 35.00 | 0 | 34.00 | 41.00 |
| Lunch | | | 852.44 | 33.37 | 10.93 | 24.35 | 128.48 |
| Carrot, fresh, chpd | 0.25 | Cup | 13.12 | 0.30 | 0.90 | 0.08 | 3.07 |
| Mushrooms, brown, fresh, slices | 0.5 | Cup | 7.92 | 0.90 | 0.22 | 0.04 | 1.55 |
| Spinach, baby, fresh | 3 | Cup | 30.00 | 1.71 | 3.43 | 0 | 7.71 |
| Salad Dressing, thousand island | 2 | Teaspoon | 40.00 | 0 | 0 | 3.33 | 1.67 |
| Pizza, pepperoni, original, round, 14" | 2 | Slice | 491.40 | 24.46 | 3.06 | 18.90 | 55.82 |
| Breadstick | 1 | Each | 150.00 | 6.00 | 2.00 | 2.00 | 28.00 |
| Grapes, fresh | 1 | Cup | 120.00 | 0 | 1.33 | 0 | 30.67 |
| Water, tap | 2 | Cup | 0 | 0 | 0 | 0 | 0 |
| Dinner | | | 615.97 | 40.10 | 9.99 | 21.85 | 58.92 |
| Chips, tortilla | 1 | Order | 190.00 | 2.00 | 2.00 | 11.00 | 21.00 |
| Salsa, papaya mango, fire roasted | 0.5 | Cup | 60.00 | 0 | 0 | 0 | 12.00 |
| Lettuce, romaine, fresh, shred | 2.5 | Cup | 19.97 | 1.45 | 2.47 | 0.35 | 3.87 |
| Chicken, breast, grilled | 1 | Entree | 165.00 | 29.00 | 0 | 5.00 | 0 |
| Corn | 0.2 | Ounce-w... | 6.00 | 0.15 | 0.15 | 0 | 1.05 |
| Tomatoes, diced | 0.25 | Cup | 15.00 | 0.50 | 0.38 | 0 | 3.00 |
| Sour Cream | 2 | Tablespoon | 60.00 | 1.00 | 0 | 5.00 | 1.00 |
| Beans, black, cnd | 0.5 | Cup | 100.00 | 6.00 | 5.00 | 0.50 | 17.00 |
| Water, tap | 2 | Cup | 0 | 0 | 0 | 0 | 0 |
| Evening Snack | | | 360.00 | 8.00 | 8.00 | 8.00 | 60.00 |
| Smoothie, berry blend, w/yogurt, fzn mix | 2 | Cup | 360.00 | 8.00 | 8.00 | 8.00 | 60.00 |
| Day 3 (11/4/2013) | | | 3230.54 | 127.85 | 38.92 | 110.58 | 444.90 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Quantity | Measure | Cals (kcal) | Prot (g) | Fib (g) | Fat (g) | Carb (g) |
|--|----------|------------|-------------|----------|---------|---------|----------|
| - Breakfast | | | 1118.23 | 38.32 | 9.15 | 55.08 | 124.22 |
| Breakfast Burrito, sausage egg & cheese | 1 | Each | 800.00 | 33.00 | 5.00 | 50.00 | 57.00 |
| Peaches, fresh, sliced | 0.5 | Cup | 30.03 | 0.70 | 1.11 | 0.19 | 7.35 |
| Juice, apple | 1 | Cup | 110.00 | 0 | 0 | 0 | 28.00 |
| Muffin, oat bran | 1 | Small | 178.20 | 4.62 | 3.04 | 4.88 | 31.88 |
| - Lunch | | | 372.53 | 30.41 | 3.65 | 11.53 | 37.40 |
| French Fries, sweet potato, fzn | 1.5 | Each | 14.17 | 0.17 | 0.17 | 0.50 | 2.67 |
| Tortilla | 1 | Each | 86.67 | 2.33 | 1.67 | 2.67 | 13.33 |
| Lettuce, romaine, fresh, shred | 0.24 | Cup | 1.92 | 0.14 | 0.24 | 0.03 | 0.37 |
| Tomatoes, diced | 0.25 | Cup | 15.00 | 0.50 | 0.38 | 0 | 3.00 |
| Dressing, mayonnaise, light | 1 | Tablespoon | 50.10 | 0.09 | 0.01 | 4.94 | 1.27 |
| Lunchmeat, turkey breast, Deli Fresh, oven rstd, shaved, svg | 6 | Ounce-w... | 166.76 | 26.68 | -- | 3.34 | 6.67 |
| Fruit Cocktail, cnd, w/water | 0.5 | Cup | 37.92 | 0.50 | 1.18 | 0.06 | 10.08 |
| Water, tap | 2 | Cup | 0 | 0 | 0 | 0 | 0 |
| - Dinner | | | 1503.91 | 48.48 | 16.59 | 32.46 | 257.63 |
| Bread, soup bowl, sourdough | 1 | Each | 390.00 | 14.00 | 3.00 | 1.00 | 80.00 |
| Soup, white bean, savory, w/rstd ham, Select, cnd | 1 | Cup | 169.05 | 8.99 | 7.11 | 1.49 | 29.99 |
| Bread, whole grain, 100% | 2 | Slice | 200.00 | 10.00 | 4.00 | 2.00 | 38.00 |
| Cheese, cheddar, med, thin slice | 2 | Slice | 160.00 | 10.00 | 0 | 12.00 | 0 |
| Vegetables, mixed, fzn | 0.5 | Cup | 44.78 | 1.49 | 1.49 | 0 | 8.96 |
| Soda, Barq's, root beer | 1 | Cup | 106.67 | 0 | 0 | 0 | 30.00 |
| Cobbler, peach | 1 | Serving | 283.42 | 0.99 | 0.99 | 6.96 | 55.69 |

cobbler dessert

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Quantity | Measure | Cals (kcal) | Prot (g) | Fib (g) | Fat (g) | Carb (g) |
|---------------------------|----------|---------|-------------|----------|---------|---------|----------|
| Ice Cream, vanilla | 0.5 Cup | | 150.00 | 3.00 | 0 | 9.00 | 15.00 |
| Evening Snack | | | 235.87 | 10.65 | 9.53 | 11.52 | 25.65 |
| Carrot, baby, fresh | 0.5 Cup | | 26.67 | 0.67 | 1.33 | 0 | 6.00 |
| Celery, stalk, fresh, med | 1 Each | | 10.00 | 0.50 | 1.00 | 0 | 2.50 |
| Hummus | 0.5 Cup | | 199.20 | 9.48 | 7.20 | 11.52 | 17.15 |
| Water, tap | 1.5 Cup | | 0 | 0 | 0 | 0 | 0 |
| Average | | | 3110.55 | 133.69 | 43.94 | 106.50 | 426.08 |
| % Recommendation | | | 92.62 | 199.14 | 93.45 | 101.92 | 92.27 |

| Item Name | Vit A-IU (IU) | Folate (mcg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3 (mg) | Vit B12 (mcg) | Vit C (mg) |
|--|---------------|--------------|-------------|-------------|-------------|---------------|------------|
| Sydney Hunter | | | | | | | |
| Day 1 (11/1/2013) | 12443.87 | 1086.88 | 2.64 | 2.92 | 19.34 | 12.12 | 134.12 |
| Breakfast | 2686.44 | 895.60 | 1.60 | 2.19 | 9.66 | 12.12 | 89.13 |
| Pancakes, chocolate chip | 750.00 | -- | -- | -- | -- | -- | 0 |
| Syrup, maple | 0 | 0 | 0.01 | 0.25 | 0.02 | 0 | 0 |
| Strawberries, fresh, med, 1 1/4" | 0.72 | 1.44 | 0.00 | 0.00 | 0.02 | 0 | 3.53 |
| Egg, scrambled | 352.58 | 21.96 | 0.02 | 0.23 | 0.05 | 0.46 | 0 |
| Juice, orange, no pulp | 0 | 60.00 | 0.15 | 0.03 | 0.40 | -- | 72.00 |
| Cereal, All-Bran | 1083.14 | 812.20 | 1.41 | 1.68 | 9.18 | 11.66 | 12.40 |
| Milk, 1%, w/add vit A & D | 500.00 | -- | -- | -- | -- | -- | 1.20 |
| Lunch | 1044.84 | 68.20 | 0.57 | 0.24 | 6.06 | 0.00 | 10.70 |
| Cracker, saltine | 0.03 | 4.20 | 0.02 | 0.01 | 0.16 | 0.00 | 0 |
| Soup, tomato, cond, cnd | 717.06 | -- | 0.09 | 0.03 | 1.90 | -- | 10.66 |
| Bread, whole grain, 100% | 0 | 64.00 | 0.46 | 0.20 | 4.00 | -- | 0 |
| Fish, tuna, light, w/water, chunk, cnd, drnd | -- | -- | -- | -- | -- | -- | -- |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Vit A-IU (IU) | Folate (mcg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3 (mg) | Vit B12 (mcg) | Vit C (mg) |
|---------------------------------------|----------------|---------------|-------------|-------------|-------------|---------------|--------------|
| Pickles, dill, hamburger, chips | 0 | -- | -- | -- | -- | -- | 0 |
| Cheese, cheddar, med, thin slice | 300.00 | -- | -- | -- | -- | -- | 0 |
| Soda, Barq's, root beer | 0 | -- | -- | -- | -- | -- | 0 |
| Dressing, mayonnaise, light | 27.75 | -- | -- | -- | -- | -- | 0.05 |
| -] Dinner | 8309.65 | 110.10 | 0.41 | 0.22 | 2.70 | 0 | 25.20 |
| Pasta, spaghetti, enrich, ckd | 0 | 102.20 | 0.38 | 0.19 | 2.36 | 0 | 0 |
| Chicken, breast, grilled | -- | -- | -- | -- | -- | -- | -- |
| Sauce, pasta, alfredo, creamy | 140.00 | -- | -- | -- | -- | -- | 0 |
| Salad Dressing, vinaigrette, balsamic | 0 | -- | -- | -- | -- | -- | 0 |
| Spinach, baby, fresh | 2571.43 | -- | -- | -- | -- | -- | 10.29 |
| Tomatoes, diced | 100.00 | -- | -- | -- | -- | -- | 7.50 |
| Carrot, fresh, chpd | 5345.92 | 6.08 | 0.02 | 0.02 | 0.31 | 0 | 1.89 |
| Cucumber, w/skin, fresh, slices | 27.30 | 1.82 | 0.01 | 0.01 | 0.03 | 0 | 0.73 |
| Onion, green, chpd, fresh | 25.00 | -- | -- | -- | -- | -- | 3.00 |
| Asparagus, fresh, spears | 100.00 | -- | -- | -- | -- | 0 | 1.80 |
| Drink, lemonade | 0 | -- | -- | -- | -- | -- | 0 |
| -] Evening Snack | 402.94 | 12.98 | 0.06 | 0.27 | 0.91 | 0 | 9.09 |
| Pretzels, hard, chocolate coated | 1.65 | 1.48 | 0.02 | 0.03 | 0.13 | 0 | 0.08 |
| Apple, gala | 100.00 | -- | -- | -- | -- | -- | 7.20 |
| Yogurt, vanilla, lowfat | 301.06 | -- | -- | -- | -- | -- | 1.81 |
| Water, tap | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Vit A-IU (IU) | Folate (mcg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3 (mg) | Vit B12 (mcg) | Vit C (mg) |
|---|-----------------|----------------|-------------|-------------|--------------|---------------|---------------|
| Nuts, almonds, sliced | 0.23 | 11.50 | 0.05 | 0.23 | 0.78 | 0 | 0 |
| - Day 2 (11/2/2013) | 24794.54 | 1042.28 | 2.32 | 2.76 | 18.48 | 12.63 | 330.06 |
| - Breakfast | 3747.14 | 867.40 | 1.58 | 1.92 | 9.71 | 11.66 | 172.09 |
| Bacon | 0 | -- | -- | -- | -- | -- | 0 |
| Syrup, maple | 0 | 0 | 0.01 | 0.17 | 0.01 | 0 | 0 |
| Cereal, All-Bran | 1083.14 | 812.20 | 1.41 | 1.68 | 9.18 | 11.66 | 12.40 |
| Milk, 1%, w/add vit A & D | 500.00 | -- | -- | -- | -- | -- | 1.20 |
| Oranges, all types, fresh, lrg, 3 1/16" | 414.00 | 55.20 | 0.16 | 0.07 | 0.52 | 0 | 97.89 |
| Juice, apple | 0 | -- | -- | -- | -- | -- | 60.00 |
| French Toast | 1750.00 | -- | -- | -- | -- | -- | 0.60 |
| - Lunch | 8513.15 | 15.08 | 0.66 | 0.75 | 8.41 | 0.97 | 13.77 |
| Carrot, fresh, chpd | 5345.92 | 6.08 | 0.02 | 0.02 | 0.31 | 0 | 1.89 |
| Mushrooms, brown, fresh, slices | 0 | 9.00 | 0.03 | 0.18 | 1.37 | 0.04 | 0 |
| Spinach, baby, fresh | 2571.43 | -- | -- | -- | -- | -- | 10.29 |
| Salad Dressing, thousand island | 0 | -- | -- | -- | -- | -- | 0 |
| Pizza, pepperoni, original, round, 14" | 595.80 | -- | 0.61 | 0.56 | 6.73 | 0.94 | 0 |
| Breadstick | -- | -- | -- | -- | -- | -- | -- |
| Grapes, fresh | 0 | -- | -- | -- | -- | 0 | 1.60 |
| Water, tap | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| - Dinner | 12134.25 | 159.80 | 0.08 | 0.08 | 0.37 | 0 | 60.20 |
| Chips, tortilla | -- | -- | -- | -- | -- | -- | -- |
| Salsa, papaya mango, fire roasted | 1600.00 | -- | -- | -- | -- | -- | 48.00 |
| Lettuce, romaine, fresh, shred | 10234.25 | 159.80 | 0.08 | 0.08 | 0.37 | 0 | 4.70 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Vit A-IU (IU) | Folate (mcg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3 (mg) | Vit B12 (mcg) | Vit C (mg) |
|---|---------------|--------------|-------------|-------------|-------------|---------------|------------|
| Chicken, breast, grilled | -- | -- | -- | -- | -- | -- | -- |
| Corn | -- | -- | -- | -- | -- | -- | -- |
| Tomatoes, diced | 100.00 | -- | -- | -- | -- | -- | 7.50 |
| Sour Cream | 200.00 | -- | -- | -- | -- | -- | 0 |
| Beans, black, cnd | 0 | -- | -- | -- | -- | -- | 0 |
| Water, tap | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| <input type="checkbox"/> Evening Snack | 400.00 | -- | -- | -- | -- | -- | 84.00 |
| Smoothie, berry blend, w/yogurt, fzn mix | 400.00 | -- | -- | -- | -- | -- | 84.00 |
| <input type="checkbox"/> Day 3 (11/4/2013) | 16762.21 | 244.32 | 0.89 | 0.38 | 6.06 | 0.01 | 102.37 |
| <input type="checkbox"/> Breakfast | 1001.02 | 61.82 | 0.19 | 0.09 | 0.90 | 0.01 | 65.08 |
| Breakfast Burrito, sausage egg & cheese | 750.00 | -- | -- | -- | -- | -- | 0 |
| Peaches, fresh, sliced | 251.02 | 3.08 | 0.02 | 0.02 | 0.62 | 0 | 5.08 |
| Juice, apple | 0 | -- | -- | -- | -- | -- | 60.00 |
| Muffin, oat bran | 0 | 58.74 | 0.17 | 0.06 | 0.28 | 0.01 | 0 |
| <input type="checkbox"/> Lunch | 3573.15 | 18.90 | 0.03 | 0.02 | 0.47 | 0 | 11.98 |
| French Fries, sweet potato, fzn | 2166.67 | -- | -- | -- | -- | -- | 1.50 |
| Tortilla | -- | -- | -- | -- | -- | -- | -- |
| Lettuce, romaine, fresh, shred | 982.49 | 15.34 | 0.01 | 0.01 | 0.04 | 0 | 0.45 |
| Tomatoes, diced | 100.00 | -- | -- | -- | -- | -- | 7.50 |
| Dressing, mayonnaise, light | 27.75 | -- | -- | -- | -- | -- | 0.05 |
| Lunchmeat, turkey breast, Deli Fresh, oven rstcd, shaved, svg | 0 | -- | -- | -- | -- | -- | 0 |
| Fruit Cocktail, cnd, w/water | 296.25 | 3.56 | 0.02 | 0.01 | 0.43 | 0 | 2.49 |
| Water, tap | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Vit A-IU (IU) | Folate (mcg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3 (mg) | Vit B12 (mcg) | Vit C (mg) |
|--|---------------|--------------|-------------|-------------|-------------|---------------|------------|
| -] Dinner | 3768.70 | 64.00 | 0.46 | 0.20 | 4.00 | -- | 16.81 |
| -] Bread, soup bowl, sourdough | 0 | -- | -- | -- | -- | -- | 12.00 |
| -] Soup, white bean, savory, w/rstd ham, Select, cnd | 1749.30 | -- | -- | -- | -- | -- | 1.23 |
| -] Bread, whole grain, 100% | 0 | 64.00 | 0.46 | 0.20 | 4.00 | -- | 0 |
| -] Cheese, cheddar, med, thin slice | 600.00 | -- | -- | -- | -- | -- | 0 |
| -] Vegetables, mixed, fzn | 1119.40 | -- | -- | -- | -- | -- | 3.58 |
| -] Soda, Barq's, root beer | 0 | -- | -- | -- | -- | -- | 0 |
| -] Cobbler, peach | -- | -- | -- | -- | -- | -- | -- |
| -] Ice Cream, vanilla | 300.00 | -- | -- | -- | -- | -- | 0 |
| -] Evening Snack | 8419.33 | 99.60 | 0.22 | 0.08 | 0.70 | 0 | 8.50 |
| -] Carrot, baby, fresh | 8333.33 | -- | -- | -- | -- | -- | 4.00 |
| -] Celery, stalk, fresh, med | 50.00 | -- | -- | -- | -- | -- | 4.50 |
| -] Hummus | 36.00 | 99.60 | 0.22 | 0.08 | 0.70 | 0 | 0 |
| -] Water, tap | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Average | 18000.20 | 791.16 | 1.95 | 2.02 | 14.63 | 8.25 | 188.85 |
| % Recommendation | | 197.79 | 162.88 | 155.45 | 91.42 | 343.85 | 209.84 |
| Item Name | Calc (mg) | Iron (mg) | Zinc (mg) | | | | |
| -] Sydney Hunter | | | | | | | |
| -] Day 1 (11/1/2013) | 1894.71 | 26.25 | 10.80 | | | | |
| -] Breakfast | 1072.80 | 15.36 | 8.62 | | | | |
| -] Pancakes, chocolate chip | 450.00 | 3.60 | -- | | | | |
| -] Syrup, maple | 20.40 | 0.02 | 0.29 | | | | |
| -] Strawberries, fresh, med, 1 1/4" | 0.96 | 0.02 | 0.01 | | | | |
| -] Egg, scrambled | 40.26 | 0.80 | 0.63 | | | | |

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Spreadsheet cont.

| Item Name | Calc (mg) | Iron (mg) | Zinc (mg) |
|--|---------------|-------------|-------------|
| Juice, orange, no pulp | 20.00 | 0 | -- |
| Cereal, All-Bran | 241.18 | 10.91 | 7.69 |
| Milk, 1%, w/add vit A & D | 300.00 | 0 | -- |
| - Lunch | 300.39 | 4.37 | 0.42 |
| Cracker, saltine | 0.63 | 0.15 | 0.02 |
| Soup, tomato, cond, cnd | 28.86 | 1.31 | 0.40 |
| Bread, whole grain, 100% | 120.00 | 2.88 | -- |
| Fish, tuna, light, w/water, chunk, cnd, drnd | -- | -- | -- |
| Pickles, dill, hamburger, chips | 0 | 0 | -- |
| Cheese, cheddar, med, thin slice | 150.00 | 0 | -- |
| Soda, Barq's, root beer | 0 | 0 | -- |
| Dressing, mayonnaise, light | 0.90 | 0.03 | -- |
| - Dinner | 170.95 | 4.98 | 0.84 |
| Pasta, spaghetti, enrich, ckd | 9.80 | 1.79 | 0.71 |
| Chicken, breast, grilled | -- | -- | -- |
| Sauce, pasta, alfredo, creamy | 56.00 | 0 | -- |
| Salad Dressing, vinaigrette, balsamic | 5.00 | 0.09 | -- |
| Spinach, baby, fresh | 51.43 | 2.31 | -- |
| Tomatoes, diced | 30.00 | 0.36 | -- |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Calc (mg) | Iron (mg) | Zinc (mg) |
|---|-----------|-----------|-----------|
| Carrot, fresh, chpd | 10.56 | 0.10 | 0.08 |
| Cucumber, w/skin, fresh, slices | 4.16 | 0.07 | 0.05 |
| Onion, green, chpd, fresh | 0 | 0.18 | -- |
| Asparagus, fresh, spears | 4.00 | 0.07 | -- |
| Drink, lemonade | -- | -- | -- |
| <input checked="" type="checkbox"/> Evening Snack | 350.57 | 1.55 | 0.91 |
| Pretzels, hard, chocolate coated | 12.21 | 0.33 | 0.15 |
| Apple, gala | 0 | 0.36 | -- |
| Yogurt, vanilla, lowfat | 263.42 | 0 | -- |
| Water, tap | 14.22 | 0 | 0.05 |
| Nuts, almonds, sliced | 60.72 | 0.86 | 0.71 |
| <input checked="" type="checkbox"/> Day 2 (11/2/2013) | 2108.73 | 26.76 | 11.84 |
| <input checked="" type="checkbox"/> Breakfast | 798.38 | 15.61 | 8.01 |
| Bacon | 0 | 0 | -- |
| Syrup, maple | 13.60 | 0.01 | 0.20 |
| Cereal, All-Bran | 241.18 | 10.91 | 7.69 |
| Milk, 1%, w/add vit A & D | 300.00 | 0 | -- |
| Oranges, all types, fresh, lrg, 3 1/16" | 73.60 | 0.18 | 0.13 |
| Juice, apple | 0 | 0 | -- |
| French Toast | 170.00 | 4.50 | -- |
| <input checked="" type="checkbox"/> Lunch | 487.36 | 6.77 | 3.51 |
| Carrot, fresh, chpd | 10.56 | 0.10 | 0.08 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Calc (mg) | Iron (mg) | Zinc (mg) |
|---|-----------|-----------|-----------|
| Mushrooms, brown, fresh, slices | 6.48 | 0.14 | 0.40 |
| Spinach, baby, fresh | 51.43 | 2.31 | -- |
| Salad Dressing, thousand island | 0 | 0 | -- |
| Pizza, pepperoni, original, round, 14" | 378.00 | 4.21 | 2.99 |
| Breadstick | -- | -- | -- |
| Grapes, fresh | 26.67 | 0 | -- |
| Water, tap | 14.22 | 0 | 0.05 |
| <input checked="" type="checkbox"/> Dinner | 222.99 | 2.94 | 0.32 |
| Chips, tortilla | -- | -- | -- |
| Salsa, papaya mango, fire roasted | 80.00 | 0 | -- |
| Lettuce, romaine, fresh, shred | 38.77 | 1.14 | 0.27 |
| Chicken, breast, grilled | -- | -- | -- |
| Corn | -- | -- | -- |
| Tomatoes, diced | 30.00 | 0.36 | -- |
| Sour Cream | 20.00 | 0 | -- |
| Beans, black, cnd | 40.00 | 1.44 | -- |
| Water, tap | 14.22 | 0 | 0.05 |
| <input checked="" type="checkbox"/> Evening Snack | 600.00 | 1.44 | -- |
| Smoothie, berry blend, w/yogurt, fzn mix | 600.00 | 1.44 | -- |
| <input checked="" type="checkbox"/> Day 3 (11/4/2013) | 1237.62 | 22.97 | 3.76 |
| <input checked="" type="checkbox"/> Breakfast | 496.20 | 8.36 | 1.35 |
| Breakfast Burrito, sausage egg & cheese | 450.00 | 5.40 | -- |
| Peaches, fresh, sliced | 4.62 | 0.19 | 0.13 |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Calc (mg) | Iron (mg) | Zinc (mg) |
|--|---------------|-------------|-------------|
| Juice, apple | 0 | 0 | -- |
| Muffin, oat bran | 41.58 | 2.77 | 1.21 |
| - Lunch | 58.10 | 2.06 | 0.18 |
| French Fries, sweet potato, fzn | 3.33 | 0.06 | -- |
| Tortilla | -- | -- | -- |
| Lettuce, romaine, fresh, shred | 3.72 | 0.11 | 0.03 |
| Tomatoes, diced | 30.00 | 0.36 | -- |
| Dressing, mayonnaise, light | 0.90 | 0.03 | -- |
| Lunchmeat, turkey breast, Deli Fresh, oven rstd, shaved, svg | 0 | 1.20 | -- |
| Fruit Cocktail, cnd, w/water | 5.92 | 0.30 | 0.11 |
| Water, tap | 14.22 | 0 | 0.05 |
| - Dinner | 593.73 | 9.44 | -- |
| Bread, soup bowl, sourdough | 20.00 | 4.50 | -- |
| Soup, white bean, savory, w/rstd ham, Select, cnd | 58.80 | 1.79 | -- |
| Bread, whole grain, 100% | 120.00 | 2.88 | -- |
| Cheese, cheddar, med, thin slice | 300.00 | 0 | -- |
| Vegetables, mixed, fzn | 14.93 | 0.27 | -- |
| Soda, Barq's, root beer | 0 | 0 | -- |
| Cobbler, peach | -- | -- | -- |
| Ice Cream, vanilla | 80.00 | 0 | -- |
| - Evening Snack | 89.60 | 3.11 | 2.23 |
| Carrot, baby, fresh | 13.33 | 0 | -- |
| Celery, stalk, fresh, med | 20.00 | 0.18 | -- |

Spreadsheet: Sydney Hunter * | All Days

Spreadsheet cont.

| Item Name | Calc (mg) | Iron (mg) | Zinc (mg) |
|------------------|-----------|-----------|-----------|
| └ Hummus | 45.60 | 2.93 | 2.20 |
| └ Water, tap | 10.67 | 0 | 0.04 |
| Average | 1747.02 | 25.33 | 8.80 |
| % Recommendation | 174.70 | 316.57 | 79.98 |

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

Bar Graph
more than 200 kcal difference

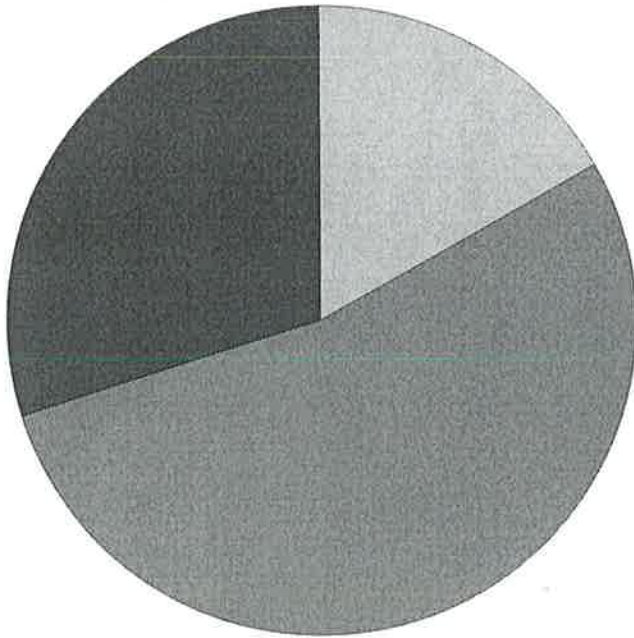
| Nutrients | Value | Rcmd | % Rcmd | 0 | 20 | 40 | 60 | 80 | 100 | 120 |
|-------------------------|----------|---------|---------|---|----|----|----|----|-----|-----|
| Basic Components | | | | | | | | | | |
| Calories (kcal) | 3110.55 | 3358.53 | 92.62% | | | | | | | |
| Protein (g) | 133.69 | 67.13 | 199.14% | | | | | | | |
| Dietary Fiber (g) ✓ | 43.94 | 47.02 | 93.45% | | | | | | | |
| Fat (g) | 106.50 | 104.49 | 101.92% | | | | | | | |
| Carbohydrates (g) | 426.08 | 461.80 | 92.27% | | | | | | | |
| Vitamins | | | | | | | | | | |
| Vitamin A - IU (IU) | 18000.20 | | | | | | | | | |
| Folate (mcg) | 791.16 | 400.00 | 197.79% | | | | | | | |
| Vitamin B1 (mg) | 1.95 | 1.20 | 162.88% | | | | | | | |
| Vitamin B2 (mg) | 2.02 | 1.30 | 155.45% | | | | | | | |
| Vitamin B3 (mg) | 14.63 | 16.00 | 91.42% | | | | | | | |
| Vitamin B12 (mcg) | 8.25 | 2.40 | 343.85% | | | | | | | |
| Vitamin C (mg) | 188.85 | 90.00 | 209.84% | | | | | | | |
| Minerals | | | | | | | | | | |
| Calcium (mg) | 1747.02 | 1000.00 | 174.70% | | | | | | | |
| Iron (mg) | 25.33 | 8.00 | 316.57% | | | | | | | |
| Zinc (mg) | 8.80 | 11.00 | 79.98% | | | | | | | |

Person: Sydney Hunter



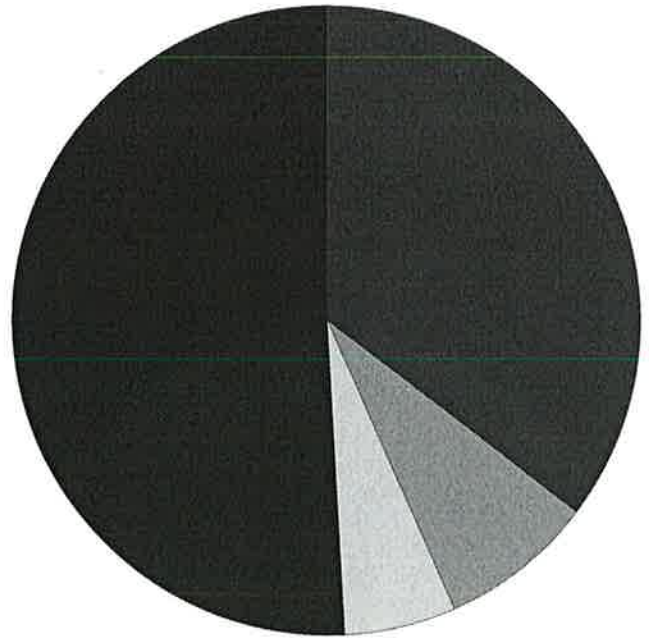
Source of Total Calories

| | | |
|-----------------|--------|---|
| ■ Protein | 16.7 % | ✓ |
| ■ Carbohydrates | 53.3 % | ✓ |
| ■ Fat | 30.0 % | ✓ |
| ■ Alcohol | 0 % | |



Source of Calories from Fat

| | |
|-------------------------|--------|
| ■ Saturated Fat (7-10%) | 10.6 % |
| ■ Mono Fat (10-15%) | 2.4 % |
| ■ Poly Fat (up to 10%) | 1.7 % |
| ■ Trans Fatty Acid | 0.0 % |
| ■ Other | 15.2 % |



MyPlate

Sydney Hunter * | All Days

Male

Age: 19 Yrs.

Height: 6 ft. in.

Weight: 185.00 lb.

Moderately Active

BMI: 25.09



My Plate - Intake vs Recommendation

3200 Calories Pattern

| Group | Percent of Rec. | Comparison | Amount (Daily) |
|-----------------------------|-----------------|------------|---------------------|
| Grain Total Intake | 53 % | | 5.34 oz equivalent |
| Grain Total Recommended | | | 10 oz equivalent |
| Vegetable Total Intake | 69 % | | 2.77 cup equivalent |
| Vegetable Total Recommended | | | 4 cup equivalent |
| Fruit Intake | 102 % | | 2.55 cup equivalent |
| Fruit Recommended | | | 2.5 cup equivalent |
| Dairy Intake | 83 % | | 2.50 cup equivalent |
| Dairy Recommended | | | 3 cup equivalent |
| Protein Total Intake | 87 % | | 6.11 oz equivalent |
| Protein Total Recommended | | | 7 oz equivalent |

Make at least half your grains whole grains.

Vary the vegetables that you eat:

- Dark Green Vegetables = 3.00 cups weekly
- Red & Orange Vegetables = 2.50 cups weekly
- Beans and Peas = 3.50 cups weekly
- Starchy Vegetables = 9.00 cups weekly
- Other Vegetables = 10.00 cups weekly

The MyPlate recommendations differ slightly from the ESHA. For example, on my MyPlate my menu only achieved 53% of the recommendation; however, ESHA said he achieved 92%. This was the biggest difference I noticed between the two. I believe the ESHA requirements to be more accurate. I think there is something wrong with the MyPlate system through this program.