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Effects of energy through-put and food attitude patterns in response to food choice, amount and combination while following a strength training and aerobic exercise program.

Dietary composition: psychological and nutritional/biochemical perspectives

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Abstract

Dietary composition: psychological and nutritional/biochemical perspectives.

Effects of energy through-put and food attitude patterns in response to food choice, amount and combination while following a strength training and aerobic exercise program.

Two (2) "real world" approach research Studies were conducted to ascertain the effects of energy through-put and food attitude patterns in response to food choice, amount and combination while following a strength training and aerobic exercise program. One (1) of the Studies involved Non-Shift workers (Non-Shift Study). The other Study involved night-shift workers (Hitachi Study).

The Non-Shift Study incorporated three (3) Groups as follows: a nutrition and exercise Group (Group 1 Lean Bodies), a non-randomized/self-motivated Group (Group 1(NR) Reality) and a nutrition only Group (Group 2 Nutrition).

The Hitachi Study incorporated four (4) Groups. These Groups were as follows: a nutrition and exercise Group (Group 1 Lean Bodies), a nutrition Group (Group 2 Nutrition) an exercise Group (Group 3 Exercise), and a Control Group (Group 4 Control).

The six areas involved the following areas: lean mass gain and body fat loss, blood lipid profiles, constant to increased energy through-put, blood pressure changes, patterns of food attitudes/beliefs, changes in morale/job contentment.

The Pre/Post Question Change/Improvement Score Averages revealed many things about the Non-shift Study Groups and the Hitachi Study Groups. During the course of the research Studies a degree of "head" knowledge was gained by the Hitachi Participants, but lack of more ideal application. They seemed to understand it, yet compared to the Non-Shift Study Participants, there were fewer Hitachi Participants applying what they learned nutritionally. During the course of the Study, it became more apparent that the Hitachi Participants' "day by day" efforts could not come up to the model of Non-Shift Participants. This was due to various factors including a compressed work week schedule compounded with a night-shift.

Interview results revealed that the standard of success for the Night-Shift Participant is not the same "measuring stick" as the Non-Shift Study Participant. Although, fewer of the Hitachi Night-Shift Participants (in Experimental Group 1 Lean Bodies or Experimental Group 2 Nutrition) followed the eating program as hoped, they still had remarkable results within their "grade of success." The Experimental Group 1 Lean Bodies in the Hitachi Study exhibited strong Pre/Post question change/improvement score averages for each Comparative Food Interview Question. Experimental Group 1 Lean Bodies exhibited the greatest change/improvement score in each categorical question. This reveals that these Participants who were taught the program retained the information, and are equipped with powerful tools to assist them with dealing with the obstacles of the night shift compressed work week lifestyle.

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Literature Review- Background

The plethora of research studies, articles, texts, journals, papers, periodicals and other literature is a refreshing overview of the strides science has made over the past few years of research in the fields of nutrition, physiology and psychology of change. The synergistic potential of the interdisciplinary aspects of these sciences holds much promise in the battle over obesity. It is well documented that too much body fat equates to poor health. More and more researchers are acknowledging it as a serious disease and the significant expenditure of limited healthcare resources it entails (McIntyre, 1998). The present protocol of "weight management" is losing the war. Heart disease, stroke, high blood pressure, diabetes and some cancers have been linked to high body fat levels. According to The University Of Texas Southwestern Medical Center At Dallas, seventy- one percent of the adult population is overweight or obese ("Overweight And Obesity", 1995).

The well-known "yo-yo" syndrome of the "on again off again" dieter carries negative effects. With each attempt at dieting, the body has a harder time losing weight. Researchers studied 1000 obese patients, who were put on weight loss programs between 1973 and 1983 (Blackburn, Wilson, Kanders, Stein, Lavin, Adler, and Brownell, 1989). They stated that "the present investigation used rigid criteria for weight cycling and its findings support the theory that a decrease in weight loss velocity occurs after repeated efforts to diet over a nine year period (Blackburn et al, 1989)." In another study researchers found that in addition to the significant metabolic effects of the "yo-yo" pattern, risk for heart disease factors such as blood pressure and lipoproteins fluctuate as weight goes up and down (Brownell, Greenwood,

Stellar, and Shrager's study, as cited in Collins, 1986).

The Framingham Heart Study uncovered a down side to body weight fluctuations. The association was examined between variability in body weight and health end points in participants engaged in the study, which involves follow-up examinations every two years. The researchers concluded that fluctuations in body weight may have negative consequences that are independent of obesity and the body weight trend over time (Lissner, Odell, D'Agostino, Stokes, Kreger, Belanger, and Brownell, 1991).

The risks outweigh the short term romance of the roller coaster ride of quick weight loss. Research shows that these types of diet programs set people up for cycles of weight loss and gain. The researchers say that this may increase their chances for heart disease as well as other diseases more so than if they remain at higher weights (Schelkun, 1991).

Each time a diet is begun, the body becomes more efficient at using the calories from food taken in. Rader (1994) explains, even though the dieter is eating less on the diet, the body becomes so effective at using these calories that there are more and more leftover. In turn, these calories are then converted to fat because the body perceives this as famine. The more the person diets, the more efficient and effective they are at gaining weight and gaining fat (Rader). Interestingly, when the lost weight is gained back, cholesterol levels are increased. This causes deposits of fat to be accumulated around the heart and in the walls of the arteries, which carry blood all over the body, including coronary arteries that supply your heart with blood and oxygen. This scenario puts the "yo-yo" dieter at a greater risk

of heart attack (Rader). Rader advises a program that includes a non-deprivation type food plan.

Obesity negatively affects a large part of the population in America. The traditional approach of "dropping calories to drop weight" has failed miserably. As the saying goes, "always change a losing game, but never change a winning game." It is time for a winning game.

Various Approaches and Problems

Low calorie diets are accompanied by many negative health consequences. Educating the public to the pitfalls of "dieting" is an important step toward change. A major problem area is the lack of exercise among the population at large. According to a Washington Post article published in the Evansville Courier (1996), more than sixty percent of American adults were not getting enough physical activity every day to maintain health and twenty-five percent were getting no exercise daily. This was part of the U.S. Surgeon General's report on physical activity and health. Exercise alone will not do the job. An article appearing in the Journal of the American Dietetic Association shed light on this fact. The author stated that "the pertinent literature is revised to illustrate that although exercise does increase energy output during and after exercise and can expend energy from fat for many overweight persons, excessive caloric expenditure has limited implications for substantially reducing body weight independent of nutritional modifications (Zelasko, 1995)."

Muscle is precious tissue. It is related to metabolism, the very mechanism that is in charge of "fat burning." Research has shown that low-calorie diets can cause as much as a 3% to 6% loss of muscle in obese subjects (Flipse, 1991). Weight that has been regained does not replace the lost muscle, on a pound for pound basis. This results in a net loss of body protein. As time goes on, the decrease of this body protein can contribute to lowered caloric requirements and easier weight gain (Flipse). According to some researchers, very low calorie diets can kill. Diets that range from 400 to 800 calories a day are tempting to many people because they generally show an accelerated increase in weight loss from 0.2 to 0.5 kg/week found with the traditional diet, to 1.5 to 2.0 kg/week with the very low calorie diet. (Donnelly, Jakicic, and Gunderson, 1991). The researchers went on to say that early use of very low calorie diets that contained poor quality protein and loose medical supervision resulted in approximately 60 deaths, many of these deaths were attributed to loss of lean mass and in particular, heart muscle atrophy (Donnelly et al, 1991).

Researchers at Mount Zion Hospital and Medical Center in San Francisco discovered a link between the development of gallstones and dieting. They investigated the development of gallstones over an 8 week period from the start of dieting in 51 obese men and women and 26 non-dieting control participants (Liddle, Goldstein, and Saxton, 1989). The initial weight of participants before dieting averaged 162% of ideal body weight and decreased to 137% of ideal body weight after 8 weeks of dieting. The researchers reported that sonography was performed after 4 weeks of dieting and showed new-onset gallbladder sludge in 1 participant and gallstones in 4 participants. After 8 weeks of dieting, sludge was discovered in 3

participants and gallstones in 13 (25.5%). None of the non-dieting participants developed detectable gallbladder abnormalities (Liddle et al,1989). The researchers continued in their report that during the dieting period, 1 of the 51 participants developed symptoms of biliary colic, resulting in cholecystectomy. Upon stopping the dieting and returning to normal feeding, 2 additional participants with stones developed symptoms bad enough to necessitate cholecystectomy (Liddle et al). In all 3 cases, cholesterol gallstones were recovered during the time of surgery. Eleven of the 13 participants with gallstones were followed up for 6 months after stopping the diet. The researchers stated that besides the 3 undergoing cholecystectomy, 4 participants had gallstones on follow-up examination with ultrasound, while sonographically detectable gallstones had vanished in 4 participants (Liddle et al). These researchers concluded that this form of weight-reduction predisposes individuals to the development of gallstones and that gallstone formation is a risk of this type of prolonged restriction of calories. They commented that dissolution or evacuation of gallstones may occur when dieters go back to a normal diet (Liddle et al).

Dieting can cause significant negative changes in nutritional and laboratory parameters in a short time. Researchers at Northwestern Memorial Hospital in Chicago, Illinois, investigated the effect of a low calorie, low protein intake for 9 days on nutritional parameters and laboratory parameters in six young and six elderly healthy participants (Rammohan, Juan, 1989). The study authors concluded that it appears that significant changes take place in nutritional and laboratory parameters within only 9 days on a diet deficient in calories and protein in normal healthy participants. The researchers said that these changes need to be recognized as having a nutritional basis and

should not be attributed to illness or the use of drug therapy (Rammohan, Juan).

Some low calorie diets come under the disguise of "health food". These popular herbal remedies for weight loss are risky business. The ephedra plant, known as ma huang, is big business in the "dieting" industry. This plant is classified as a Chinese herb. Consumers feel safe with these products that contain ephedra, because they are marketed as natural formulas that can be purchased at a local health food store or multi level marketing company. Neurologists from the University of New Mexico Medical School in Alburquerque reported that ephedrine, the active component of the ephedra plant, triggered strokes in three people who exceeded the suggested dosages ("Herbs, like drugs", 1993).

At a meeting of the Association for the Study of Obesity in London Michael Stock, M.D. said that one of the reasons people do not adhere to their diets is because they become disappointed by the amount of their weight loss (Medical Tribune, as cited in "Nutrients are useful",1992). He went on to say that when the amount of food intake is reduced, the body compensates by reducing the amount of energy it expends, according to Medical Tribune. Dr. Stock referred to some of the thermogenic formulas on the market. He commented that they may help to overcome the body's tendency to down regulate metabolism, but they appear to work best in conjunction with a sensible diet (Medical Tribune, as cited in "Nutrients are useful").

Psychological Consequences- Various Approaches and Problems

Dieting has various psychological consequences. The different means of dropping calories in order to drop weight has "fueled the fire" of various eating disorders. A study conducted at Leeds University investigated the effects of exercise on short term energy intake and examined the existence of exercise-induced anorexia (King, Burley, Blundell, 1994). Two studies were conducted, both with three treatment conditions and using a repeated measures design. The studies were held at the Human Appetite Research Unit at Leeds University Psychology Department. Participants were randomly assigned to a control, low intensity and high intensity exercise treatment in the first study and to a control, short duration and long duration exercise treatment (high intensity) in the second study. The motivation to eat was assessed by visual analogue rating scales and by the length of time between the end of exercise and the volitional onset of eating (King et al, 1994). The researchers reported that they measured the energy and macronutrient intakes by a free-selection test meal and by recorded intakes for the next 2 days. The researchers reported that subjective feelings of hunger were suppressed significantly during and after intense exercise sessions, but the suppression did not last long. They explained that exercise sessions had no significant effect on the amount of food consumed in the test meal but intense exercise delayed the start of eating (King et al). When the researchers assessed the energy intake relative to the energy expended during the exercise or control periods, only the long duration, high intensity session causes a significant short-term negative energy balance (King et al). The researchers concluded that these studies show that exercise-induced anorexia can be characterized by a short suppression of hunger,

accompanied by a delay to the onset of eating. They pointed out that the temporal aspects of exercise-induced anorexia may be measured best by the resistance to begin eating instead of the amount of food consumed (King et al).

The psychological aspects of food restriction are more complicated than meets the eye. A review of the literature and research on food restriction was reported in the Journal Of The American Dietetic Association. The author reported that starvation and self-imposed dieting can result in binge eating once food is available, and in psychological manifestations like preoccupation with food and eating, increased emotional responsiveness and dysphoria, and distractibility (Polivy, 1996). In this review, the author cautioned about counseling clients to restrict their eating and to diet in order to lose weight. The author suggested that healthy, balanced eating without specific food restrictions should be recommended as a strategy for the long-term (Polivy).

The nutritional status of public health in America is lacking. Even without the complications of low calorie diets, most adults do not conform to current dietary guidelines, at the time of this report (Murphy, Rose, Hudes, Fernando, 1992). Data for 5,884 adults who participated in the 1987-88 Nationwide Food Consumption Survey were used to investigate both demographic and economic factors associated with dietary quality. The researchers reported a low response rate for the survey. They said that although the low response rate for the survey raised concerns about possible bias, it was appropriate to use this extensive data set for analyses that do not attempt to generalize the results to the American population as a whole

(Murphy et al, 1992). The researchers pointed out that two aspects of quality were calculated for the mean of the 3-day reported intakes, they included: number of nutrients below two thirds of the 1989 Recommended Dietary Allowance (RDA) (low intake nutrients) and percent of energy from fat. They concluded that few adults reported average intakes that met the suggested guidelines: 22% of diets were above two thirds of the RDA for all 15 nutrients and 14% were below 30% fat, but only 2 % met both criteria. The researchers suggested that efforts of nutrition education should be directed to all adults, and research should be undertaken to discover more effective ways to assist adults in their improvement of overall dietary quality (Murphy, et al).

Alternative Approach Discussion

Exploring possibilities from the literature that support further investigation of an alternative approach for long-term fat loss is appropriate. There are many elements that work nicely within themselves, however the possibility of including all of these elements into one methodology moves us closer to application in the real world. Discussion of these elements supported in the literature sheds light on what an alternative approach might look like.

Many people begin a weight loss program defeated from the start. This is initiated from the moment the person thinks about losing "weight". Weight is a sum of bone, muscle, body fluids, organs, internal fat around organs and subcutaneous fat (fat underneath the skin). The traditional approach of weighing one's self does not give the complete story. The amount of lean body mass and body fat gives a more accurate picture. Overall scale weight can be deceiving. A body composition analysis should be considered as the

preferred tool of assessment.

The most important factor in initiating a change in body composition and building metabolism is the proper nutrition program. The selection of foods according to nutrient density and the combining of proteins, starchy carbohydrates and fibrous vegetables is foundational. It is observable that the general population is accustomed to highly processed/refined foods that are low in volume. An eating program that incorporates nutrient dense foods that are unrefined and unprocessed supplies optimal nutrition. As reported by the American Council of Applied Clinical Nutrition, in ancient times, people ground their own grain via stone grinders. This yielded a course and highly nutritious food. With the start of the industrial revolution, refining and processing became the popular norm. Deficiency diseases like "beri beri" begin to appear. The Council cited that in1910, appendectomy was the most common surgery of the day. They explained that Dr. Charles Mayo informed the 1924 National Conference of the American Medical Association that appendicitis was rare in past ages yet had become a disease of modern man (Smith, Gilbertson-Smith, 1983). Dietary fiber has shown to play a role in the prevention of obesity (anonymous, 1994). According to some experts, fiber has demonstrated its ability to slow the eating process, increase excretion of calories in feces, improve glucose tolerance and suppress appetite by urging the release of appetite-suppressing hormones (anonymous). It is well known that many diseases can be linked to poor diet. Too much saturated fat, cholesterol, sodium and sugar play a role in sub-par health. The selection of proteins, starchy carbohydrates and fibrous vegetables along with their combination is fundamental to optimal health. These foods must be unprocessed and unrefined to insure nutrient quality.

Researchers investigated the association between diet composition, dietary fat intake and body-fat percentage in 205 adult females (Tucker, Kano, 1992). The participants completed written questionnaires regarding lifestyle factors like smoking and exercise participation, demographic information and a diet section. Skinfold-thickness measures were utilized to calculate body fat percentages. Results exhibited that intake of fat was related significantly with adiposity, without ($F=13.65$, $R2= 0.063$, $P= 0.0003$) and with ($F= 8.74$, $R2= 0.033$, $P= 0.0035$) control for multiple potential confounding factors: age, total energy intake, total exercise times per week, years of regular physical activity, intake of other macronutrients, and smoking (Tucker, Kano). The researchers reported that unlike dietary fat intake, protein intake and carbohydrate consumption were not significant individual predictors of percentage of body fat when the potential confounding variables were controlled. The researchers went on to say that their findings suggest that fat intake may play a role in obesity beyond dietary energy content (Tucker, Kano).

The biochemical needs for each individual are different. For example, those under more stress need to pay closer attention to the composition of their diet. Optimal nutrition is a powerful weapon to combat stress. According to Stephen Langer M.D., the body goes through major physiological changes in phase 2 of the General Adaptation Syndrome. Dr. Langer reports that these changes include increase in glucose and fat levels, and increase in adrenaline and glucagon (Langer, 1995). Also, blood supply to the digestive system and skin is temporarily redirected to the muscles and brain. Blood pressure rises and heart rate increases to speed nutrients to the cells

(Langer). Langer explains that he recommends a high-complex carbohydrate diet with a higher-than-average intake of protein, if stress is prolonged. He reports that this is to provide all the essential amino acids necessary for cellular repair (Langer).

According to the author of an article in Reader's Digest, stroke has afflicted more than 500,000 Americans and causes 150,000 deaths each year (McBride, as cited in "Stroke: Our Hidden", 1996). Up to 80 percent of strokes may be prevented through life-style changes and the use of drugs (McBride, 1996). Also, the author cites that people with high blood pressure can substantially reduce their stroke risk by losing weight, decreasing sodium intake, exercising and cutting back on alcohol consumption (McBride). Evidence shows that what we eat may be just as important as what we do not eat, when it comes to controlling blood pressure (Foley, 1984). A diet high in potassium is just as important as eating less salt. Foods such as fish, potatoes, watercress, carrots, fresh garlic, cantaloupe, winter squash, broccoli, fresh fruits, orange juice, milk, leafy green vegetables, nuts and brown rice are high in potassium to name a few. Mackeral and other marine fish high in eicosapentanoic acid, one of the omega-3 fatty acids, has shown to lower blood pressure, triglycerides and cholesterol levels (Foley).

Soil depletion has been investigated for years. Other factors keep optimal nutrition from becoming a reality for many. The Council for Responsible Nutrition cited in their publication, Benefits of Nutritional Supplements, a study of the USDA National Food Consumption Survey revealing that only 3% of the population ate diets which met the criteria of the four food groups, and only 12% received 100% of the RDA for each of seven nutrients

(Nutrient Intakes, as cited by Dickinson, 1987). The author went on to report that not a single person of the more than 21,500 people surveyed received 100% of the RDA for each of ten nutrients (Nutrient Intakes, as cited by Dickenson).

A nutrient dense diet can be a powerful weapon against disease. A case in point is involved around the large number of people in the U.S. each year who develop adult onset diabetes. According to the literature, individuals at risk of developing this disease can benefit from a chromium-rich diet (Cowen, 1990). Chromium is a small trace mineral that is a powerful weapon against this form of diabetes. A diet rich in chromium can boost the insulin response and may prevent the disease from occurring (Cowen). A deficiency of chromium can lead to glucose intolerance, elevated blood sugar, abnormal levels of cholesterol and the development of hardening of the arteries, according to Gary W. Evans, Ph.D., as quoted in an article in Better Nutrition for Today's Living (Evans, as cited in "Fat burning substances", 1994). It has been cited in the literature that chromium is an essential nutrient that is required for normal sugar and fat metabolism (Anderson, 1989). The insufficiency of chromium has not only been associated with maturity-onset diabetes, but cardiovascular diseases as well (Anderson). The literature goes on to report that intake in America and other developed countries is about half of the minimum suggested intake of 50 micrograms. Controlled studies with humans have demonstrated beneficial effects of supplemental chromium on fasting glucose, glucose tolerance, blood lipids, insulin binding, and hypoglycemia blood glucose values, as well as symptoms (Anderson). In a study involving the effects of diets high in simple sugars on urinary chromium losses, researchers investigated thirty-seven participants, 19 men

and 18 women (Kozlovsky, Moser, Reiser, and Anderson, 1986). All of these participants were put on a reference diet for 12 weeks that was formulated by nutritionists. This diet contained optimal levels of protein, carbohydrates, fats and other nutrients. The following 6 weeks these same participants were switched over to a diet high in simple sugars. The researchers reported that compared to the reference diets, consumption of the high sugar diets increased urinary chromium losses from 10% to 300% for 27 of 37 participants. They pointed out that consumption of diets high in simple sugars stimulates the loss of chromium, this together with marginal consumption of dietary chromium may lead to marginal chromium deficiency, which is in association with impaired glucose and lipid metabolism (Kozlovsky et al,1986). Urinary chromium excretion has shown to increase on an exercise day compared to a rest day, while increased zinc losses take place in sweat and urine and increased copper losses take place in urine , and feces (Campbell, Anderson, 1987). Reportedly, exercise-enhanced trace mineral losses are coupled with dietary intakes less than the recommended levels, which are very common for both sedentary and exercising individuals. The nutritional status and overall health of individuals who exercise may be less than optimal (Campbell, Anderson).

As discussed earlier, cutting calories signals the body that famine is near (Rader, 1994). It is observable that many individuals do not eat breakfast. Common sense shows that because the person has been fasting all night while sleeping, and chooses to skip breakfast, the body receives a signal of famine. Maggie Spilman, in her common sense article in Prevention, exposes the down side of not eating breakfast. She cites that studies show that thin people tend to eat breakfast, while obese people tend to skip

breakfast. She also reported that people who eat more of their calories in the evening tend to be heavier (Spilner, 1996).

Alternative Approach Discussion- Aerobic Exercise

There is a plethora of research in the area of the benefits of aerobic exercise. Its role in burning calories and fat is widely accepted. However, the benefits of exercise go much deeper than meets the eye. According to an article in The Physician and Sportsmedicine, exercise is an undisputed weapon in lowering blood pressure in hypertensive patients (Bouchard,Sheperd, and Stephens, as cited in Thompson, 1990). Researchers at Northwestern University Medical School conducted a 5-year trial involving 201 men and women who had high-normal blood pressure. The trial demonstrated the ability to lower the incidence of high blood pressure in participants randomized to nutritional-hygienic intervention compared with a control group (Stamler, Stamler, Gosch, Civinelli, Fishman, McKeever, McDonald, and Dyer, 1989). The researchers reported that net weight loss in the intervention group averaged 2.7 kg during the trial, sodium consumption was lowered by 25% and reported alcohol consumption dropped by 30% (Stamler et al, 1989). The majority of the intervention participants reported an increase in their physical activity. The researchers cited that the effect on blood pressure was particularly related to degree of weight loss (Stamler et al). Barry M. Massie, M.D. writes in The Physician And Sportsmedicine that aerobic exercise is the exercise of choice for hypertensives (Massie, 1992). However, he reports that weight training does not appear to raise resting blood pressure (Gordon, Scott, Wilkinson et al, as cited in Massie,1992). He

continues that at least three longitudinal studies indicate that weight training may lower resting blood pressure (Hagberg,Goldring, Ehsani et al; Hurley, Hagberg, Goldberg et al; as cited in Massie, 1992).

Research has shown that aerobic exercise goes much further than improving heart rate. A study at the University of Miami investigated the effect of aerobic exercise training on lymphocyte sub-populations (LaPerriere, Antoni, Ironson, Perry and others, 1994). The training regimen consisted of three 45 minute sessions of cycle ergometry exercise per week. The researchers reported that this resulted in a significant drop in submaximal heart rate. They pointed out that this training effect was accompanied by increases in the resting level of the lymphocyte sub-populations (LaPerriere et al,1994). The researchers reported that their findings indicate that several lymphocyte sub-populations are increased following a 10-week program of aerobic exercise training (LaPerriere et al).

The questions asked of doctors surrounding exercise, immunity and infection are handled effectively by Randy Eichner, M.D. in a review he authored in The Physician And Sportsmedicine (Eichner, 1993). While exercise may be advantageous to immune health, exercise caution should be used during sickness. The author reports that if patients' symptoms are "above the neck," proceed cautiously with exercise. If they have fever, or "below-the-neck" symptoms, such as aching muscles or a hacking cough, they should not work out (Eichner, 1993). The jury is still out regarding all of the variables surrounding exercise and immunity. Much research is needed in this area. A case in point is a study at Loma Linda University Medical Center. Researchers investigated the relationship between moderate exercise

training and changes in immune system variables and function (Nehlsen-Cannarella, Neiman, Balk-Lamberton, Markoff and others, 1991). The researchers stated that their data suggested that moderate exercise training is not associated with an improvement in lymphocyte function but is associated with a 20% rise in serum immunoglobulins and several little changes in circulating numbers of immune system variables, highlighted by significant decreases in circulating numbers of lymphocytes, particularly the T cell subpopulation (Nehlsen-Cannarella et al, 1991).

Alternative Approach Discussion- Strength Training

More and more research is displaying the benefits of strength training. Corporations are now paying attention to the results of weight training. A case in point involved a study that looked into the effects of physical training on employees performing manual handling operations in three manufacturing plants (Genaidy, Davis, Delgado, Garcia, Al-Herzalla, 1994). Researchers reported that employees from two plants were trained using weight training while employees at a third plant were trained using weight training exercise and trunk flexibility exercises (Genaidy et al, 1994). The researchers described various physiological improvements that came from the training. Interestingly, the researchers reported that endurance time at a fixed workload improved without changing job demand perception, but daily operations were performed more easily (Genaidy et al)..

Senior citizens are getting into the weight room. According to Dr. Janis Work, strength training programs can help elderly individuals remain active

and independent longer, resulting in a better quality of life (Work, 1989). At any age weight training pays huge dividends beyond strength. Researchers in Sweden investigated the effect of intense physical training on the bone mineral content and soft tissue composition, and the development of these values following the discontinuation of the active careers of 40 nationally or internationally ranked weight lifters (Karlsson, Johnell, Obrant, 1993). The researchers pointed out that nineteen were still active and twenty-one had retired from competition sports. Fifty-two non-weight lifters served as controls. The bone mineral density in total body, spine, hip, and proximal tibial metaphysis was measured with a Lunar Dual-energy X-ray absorptiometry apparatus and the bone mineral density of the distal forearm was measured with single photon absorptiomery (Karlsson et al, 1993). The researchers explained that seventeen of the lifters were measured earlier in the forearm and 23 in the tibial condyle during their active career in 1975. They reported that the bone mineral density was significantly more in the weight lifters in comparison with the controls (Karlsson et al). They continued that all of the measured regions except the head revealed significantly more bone mass in the weight lifters in comparison to the controls. Interestingly, the researchers cited that in the older lifters, the difference from the controls appeared to increase in total body and lumbar vertebrae, but did not change in the hip. The researchers pointed out that a significant correlation was discovered between the single photon absorptiometry measurement in 1975 and the corresponding measurements 15 years later in both the forearm and the tibial condyle (Karlsson et al).

Researchers in Hong Kong investigated whether calcium supplementation and load-bearing exercise can increase or maintain bone mass in the elderly.

Fifty elderly Chinese women were studied in this research study (Lau, Woo, Leung, Swaminathan, and Leung, 1992). The researchers explained that the women were randomized into four treatment groups: a calcium daily supplementation group, a load-bearing exercise group, a calcium daily supplementation and load-bearing exercise group, and a placebo tablet daily group. The percentage change in bone mineral density in 10 months was used as the main outcome measurement (Lau et al, 1992). The researchers pointed out that the bone mineral density at Ward's triangle and the intertrochanteric area significantly increased in participants on calcium supplements, but there was no significant change at the spine and femoral neck. They continued that exercise had no effect on bone loss at any site. However, they said that the results of two-way analysis of variance showed a significant joint effect of calcium supplements and exercise at the femoral neck, but not at the other sites (Lau et al). The researchers reported that calcium supplementation in the form of calcium lactate gluconate was absorbed adequately in elderly Chinese women with a calcium intake of less than 300 mg per day. They cited that it was effective in decreasing bone loss at the hip, and there may be interaction effects with exercise in maintaining bone density (Lau et al.).

The effects of a 16-week weight training program on bone mineral density was assessed by dual-energy x-ray absorptionmetry in 21 men (Ryan, Treuth, Rubin, Miller, Nicklas, Landis, Pratley, Libanati, Gundberg, and Hurley, 1994). Sixteen men served as the control participants. The investigators wanted to look into the possible hormonal relationships underlying the effects on bone mineral density, serum concentrations of growth hormone, insulin-like growth factor I, and testosterone (Ryan et al,

1994). The researchers checked these levels before and after training. Also, the researchers explained that they measured markers for bone formation and bone resorption before and after training in order to assess bone turnover (Ryan et al). The researchers concluded that weight training can increase femoral neck bone mineral density, and this effect does not appear to be accompanied by changes in anabolic hormones or markers of bone formation and resorption (Ryan et al).

Earlier, weight vs. body composition was discussed. It has been demonstrated that body composition can tell us much more than just body fat percentage. Some think that where we "wear" our fat could possibly affect our health (Stamford, 1991). Writing in The Physician And Sportsmedicine, Bryant Stamford, Ph.D. explains that obese men tend to be shaped like an apple. They store their fat above the waist, in the nape of the neck, shoulders, and abdomen. On the other hand, Stamler explains that obese women tend to be shaped like a pear. They store their fat lower on the body, in the buttocks and thighs area (Stamford). He goes on to explain that apples tend to face coronary risks and pears face more of a uphill weight-loss battle (Stamford). Researchers have used the pattern of body fat as a marker for diabetes (Kissebah, as cited in Maugh, 1982). In a review in Science, the usefulness of this tool is explained. Researchers at Medical College of Wisconsin reported that the pattern of body fat in women may be a useful tool to estimate the risk of the development of maturity-onset diabetes (Kissebah, as cited in Maugh).

In a multi-center case-control study that involved 403 cases and 297 controls, researchers examined the relation of past and contemporary body size, including distribution of body fat, to the risk of endometrial cancer

(Swanson, Potischman, Wilbanks, Twiggs and others,1993). Through their research, the researchers explained that their data indicated that both obesity and the distribution of body fat accumulated during adult life increase endometrial cancer risk substantially (Swanson et al, 1993). Interestingly, they reported that upper-body obesity (waist-to-thigh circumference ratio) was a risk factor independent of body weight (Swanson et al).

Exercise is an important element for a healthy lifestyle approach. However, the benefits do not stop with physical health alone. Physical fitness feeds mental fitness. The following psychological benefits are realized by regular vigorous physical activities: less anxiety, decreased level of mild to moderate depression, reduction in neuroticism with long term exercise, adjunct to professional treatment of severe depression, reduction of various stress indices, and beneficial emotional effects for all ages and both sexes (Morgan, Goldston, as cited in "Physical Activity and Psychological Benefits", 1992). Forty-three depressed women were randomly assigned to one of three groups: an aerobic exercise group, or a placebo group in which they practiced relaxation exercises, or a no-treatment group (McCann, Holmes, 1984). Aerobic capacity was checked before and after the 10 week treatment period. The participants self-reported depression before, during, and after the treatment period. The researchers reported that the participants in the aerobic group evidenced reliably greater improvements in aerobic capacity than the subjects in the other two groups (McCann, Holmes). The researchers stated that the participants in the aerobic group evidenced reliably greater decreases in depression than did the participants in the placebo group or participants in the no-treatment group. The researchers explained that these results provided the first controlled

evidence concerning the effects of strenuous exercise on depression (McCann, Holmes).

Researchers in Australia found that longer term exercisers reported more positive effect associated with thoughts and day-to-day experiences than the non-exercisers they studied (Dua, Hargreaves, 1992). Interestingly, the researchers reported that there was a trend in that the longer-term exercisers reported less over-all stress compared to the non-exercisers (Dua, Hargreaves). It is clear that exercise pays big dividends in the psychological arena. More and more individuals are taking advantage of a healthy life style change in the areas of exercise and nutrition.

Lean Bodies Approach

There are five major elements of discussion that affect the process of building a metabolism for long-term, permanent fat loss. The Lean Bodies program incorporates these elements into one methodology. They are generalized as the following areas:

1. Constant to increased energy through-put
2. Spreading the calories out through-out the day
3. Choosing the metabolic activating (nutrient dense) foods
4. Strength training and aerobic exercise
5. Psychology of change/food attitudes

The answer to permanent fat loss is a metabolism fast enough to burn fat. The reality of achieving that goal lies in the restructuring of food attitude

patterns and building the metabolism through an eating and exercise program. The answer is not a calorie restrictive diet, with energy throughput too low to stimulate and up-regulate metabolism. This lifestyle change is paramount in order for long-term success. The problem of a down-regulated metabolic rate must be corrected before long-term fat loss can become a reality. The scope involves nutritional and biochemical components to establish the relationship between loss of body fat and gain of lean mass following diet and exercise with constant to increased energy through-put. Of course, the energy throughput component is not applicable in the case of substantial/regular over-consumption. A discussion of the literature surrounding these aforementioned elements is appropriate.

Lean Bodies Approach- Disadvantages of Low Calorie Diets

The challenge of losing body fat comes with a backdrop of failure. According to the Mayo Clinic, "anyone who wants to be thin meets with challenge and too often failure." The clinic goes on to say, "of people who lose weight as many as 95 percent regain the weight within five years (Medical Essay, as cited in " Weight Control-What Works and Why ", 1998)."

Researchers investigated the daily metabolic rates of 16 post-obese women and 16 matched, lean controls at three different levels of activity (Geissler, Miller, Shah, 1987). They explained that both groups had similar height, weight, age, and other antrhopometric indices (Geissler et al, 1987). The researchers reported that their results showed that the post-obese women

had metabolic rates approximately 15% lower than their controls at any level of activity. The researchers added that the post-obese women ate less (Geissler et al). The basal metabolic rate can be affected in a very short time. It is cited that the basal metabolic of an adult man, after a 24-hour fast is as follows: 24 hr basal = 1800 calories. An adult man, after just 5-6 weeks of fasting is as follows: 24 hr basal=1500 calories (Linder, 1991).

Low calorie diets have been shown to result in substantial muscle loss. Researchers at Tufts University investigated men and women in their sixties divided into an exercise group and a diet group (Bricklin, 1993). The exercise group trained twice a day on a stationary bike, burning 360 calories a day, however eating the same number of calories as before the 12-week study. The diet group ate 360 calories a day less than they had been eating before the study. Reportedly, the diet-only group lost a little over 11 pounds over the 12-week study. However, over 6 of those 11 pounds lost were muscle (Bricklin). The participants in the exercise group, who were watching what they ate, but not dieting, lost 16 pounds. However, this group gained almost 3 pounds of lean mass over the 12-week study duration. The fat loss in pounds for the diet group was only 4 1/2 pounds. The exercise group lost almost 19 pounds of fat (Bricklin).

It has been well recognized that long-term energy inadequacy leads to reduction in basal metabolic rate (Kurpad, Kulkarni, and Shetty, 1988). This takes place as a result of reduction in body size as well as the decreased metabolism of the available active tissues (Kurpad et al, 1989).

Lean Bodies Approach- Metabolic Strategies

Various factors can affect the metabolic rate. Factors that increase the chemical activity in the cells also increase metabolic rate (Guyton, 1991). For example, strenuous exercise has the most dramatic effect on metabolic rate (Guyton). After a meal is ingested, the metabolic rate up-regulates. This results slightly from the various chemical reactions associated with digestion, absorption and storage of food. Although, this takes place mainly from the stimulatory effect on the cellular chemical processes by amino acids from the proteins of the food ingested (Guyton). After consumption of a meal containing a large amount of carbohydrates or fats, the metabolic rate usually increases only approximately 4 percent (Guyton). Although, after a meal consisting of large quantities of protein, the metabolic rate usually starts rising within 1 hour, reaches a maximum approximately 30 percent above normal, and lasts as long as 3 to 12 hours (Guyton). This effect of protein on the rate of metabolism is referred to as the specific dynamic action of protein (Guyton). The increase of metabolic rate above basal after eating has been referred to as the thermic effect of food (Shils, Olson, and Shike, 1994). Also, because the metabolic rate is primarily defined by the cell mass of the body, it is within reason to express it in terms of the lean body mass. The contribution of the lean mass to the basal metabolic rate is far greater per kilogram than that of body fat (Bernstein, Thornton, Yang et al;see also Zurlo, Larson, Bogardus et al; as cited in Shils, 1994). "To characterize the thermic effect of food, the postprandial increment in energy expenditure above the resting rate is expressed as a fraction of the energy content of the nutrients consumed." "The fraction of energy dissipated postprandially (formally also known as specific dynamic action (SDA) of food) typically

ranges from 5% to 10% for carbohydrate, 3% to 5% for fat, and 20% to 30% for protein (Keiber; see also Lusk, as cited in Bjorntorp, Brodoff, 1992)."

Bouchard and Tremblay have reported that resting metabolic rate is influenced by a person's age and gender. They have reported that these two factors alone account for approximately 20 percent of the inter-individual differences in resting metabolic rate (Bouchard, Tremblay, Nadeau, Despres, Theriault, Boulay, Lortie,Lablanc, and Fournier's study, as cited in Bouchard and Tremblay,1990). They explained however, that what primarily determines resting metabolic rate is body mass or, more importantly fat-free mass (Bogardus, Lillioja, Ravussin, Abbott, Zawadzki, Young, Knowler, Jacobowitz, and Moll's study, as cited in Bouchard and Tremblay, 1990).

Writing in the March-April issue of American Fitness, Robert Serraino explained that muscle is the most active tissue in the body (Serraino, 1996). He explained that it has been estimated that one pound of muscle uses approximately 50 to 100 calories per day to function (Serraino). He described that increasing lean mass by only three to five pounds can have a significant effect on daily caloric expenditure by up-regulating basal metabolic rate, or the amount of calories required by the body to perform basic daily functions (Serraino). According to Serraino, if three to five pounds of muscle is added to the body, basal metabolic rate will up-regulate by 250 to 500 calories per day, regardless of level of activity (Serraino).

There are reported metabolic advantages of adjusting the frequency of meals. Researchers investigated the effect of increasing the frequency of meals on serum lipid concentrations and carbohydrate tolerance in normal

participants (Jenkins, Thomas, Wolever, Vladimir, Brighenti, Cunnane, Venketeshwer, Alexandra, Jenkins, Buckley, Patten, Singer, Corey, and Josse, 1989). The researchers assigned seven men in random order to two diets that were metabolically identical. One diet contained 17 snacks for each day (nibbling diet), and the other diet was made up of three meals each day (three meal diet). Each of the diets were followed for two weeks (Jenkins et al, 1989). All food was eaten, and the same level of physical activity was maintained. Body weight dropped slightly and by similar amounts. The researchers reported that in comparison with the three meal diet, the nibbling diet lowered fasting serum total cholesterol, low-density lipoprotein cholesterol, and apolipoprotein B by a mean (+/- SE) of 8.5 +/- 2.5 percent($P<0.02$), 13.5 +/-3.4 percent($P<0.01$), and 15.1+/-5.7 percent ($P<0.05$), respectively. The average blood glucose level and serum concentrations of free fatty acids, 3-hydroxybutyrate, and triglyceride were similar during both diets (Jenkens et al). During the nibbling diet the mean serum insulin level dropped by 27.9 +/-6.3 percent ($P<0.01$) and the mean 24 hour urinary C-peptide output decreased by 20.2+/-5.6 percent ($P<0.02$) (Jenkins et al). The researchers concluded that in addition to the amount of food and type of food eaten, the meal frequency regimen may be an significant determinant of fasting serum lipid levels, possibly in relation to changes in insulin secretion (Jenkins et al).

The metabolic after-burn of exercise has been clearly demonstrated with a study published in the Canadian Journal of Sports Science. Conducted at the University of Victoria, British Columbia, two male and three females rode a stationary bicycle at 70 % VO2 max (Chad, Wenger, 1988). The length of the ride varied each day: 30 minutes, 45 minutes and 60 minutes. The

oxygen consumption of the cyclists was assessed as a measure of metabolic activity. The researchers reported that with the 30 minute ride, the metabolism remained up-regulated for 128 +/- 4.4 minutes, or a little beyond 2 hours. They reported that after the 45 minute ride, the metabolism stayed elevated for 204 +/- 15.9 minutes. After the 60 minute ride, the metabolic rate stayed elevated for 455 +/- 30.0 minutes (Chad, Wenger). According to P.A. Mole, writing in Sports Medicine, several lines of evidence suggest that exercise may effect resting metabolic rate (Mole, 1990). He explains that bed rest in individuals who are sedentary leads to a down regulation of resting metabolic rate by approximately 7 to 10% (Mole). Also, he points out that resting metabolic rate is down regulated in previously sedentary obese people on a very low calorie diet. However, it rapidly returns to the pre-dieting level when exercise that is sufficient in frequency, intensity and duration is undertaken while dieting (Mole). The author points out that these findings suggest that calorie intake and daily exercise can effect resting metabolic rate. He also adds that exercise of adequate intensity and length of time may enhance resting metabolic rate as well (Mole).

It seems that exercise intensity may have an effect on excess post-exercise O2 consumption. Researchers investigated the effect of exercise intensity on the time course and magnitude of excess post-exercise O2 consumption (Bahr, Sejersted, 1991). They reported that six male participants exercised on a cycle ergometer on separate days for 80 minutes at 29%, 50%, and 75% of maximal O2 uptake (Bahr, Sejersted). They described that the participants' O2, R value, and rectal temperature were measured while they rested in bed for a 14 hour post-exercise period (Bahr, Sejersted). The researchers compared these results with the results of an identical control

experiment that did no exercise. The researchers described that there was an exponential relationship between the intensity of exercise and the total excess post-exercise O2 consumption, both during the first 2 hours and the next 5 hours of the recovery period (Bahr, Sejersted). Finally, the researchers pointed out that prolonged exercise with intensities above 40% to 50% of VO2max must take place in order to spark the metabolic processes that are responsible for the prolonged excess post-exercise O2 consumption component extending beyond 2 hours after exercise (Bahr, Sejersted).

The continuation of exercise is a significant factor in life style change. Researchers in Denmark looked at the long-term effects of the addition of exercise to short-term diet in postmenopausal women who were overweight (Svendsen, O.L., Hassager, C., and Christiansen, C., 1994). They conducted a follow up study of 118 overweight, postmenopausal women, who had completed 12 weeks of an intervention program six months earlier. These participants had been randomized into three groups: a diet group, a diet with exercise group, and a control group. The researchers measured body composition, along with fat distribution, resting metabolic rate, serum lipids and lipoproteins, blood pressure, and bone mineral densities (Svendsen et al, 1994). The researchers found that weight was still significantly reduced, HDL-C was significantly increased, and decreased triglycerides (Svendsen et al). The initial decreases in total cholesterol and LDL-C had vanished at the follow-up. The researchers reported that the women from the former diet-plus-exercise group, who were presently exercising at the time of follow-up, displayed a significantly greater decrease in weight, fat tissue and abdominal-to-total-body fat tissue mass (Svendsen,).

They also showed a significantly greater increase in resting metabolic rate as compared to the non-exercisers from this group. The researchers summarized that the short-term dietary program in this study may have beneficial long-term effects on body weight, fat tissue and heart disease risk factors with no additional benefits from added exercise, unless the exercise program is continued by the participants (Svendsen et al.)

Lean Bodies Approach- Food/Fuel Theory

The selection of food is a critical component of a healthy, long term eating program. Low volume highly processed food is popular in our society. Eating a nutrient dense diet is a powerful weapon against disease. In a case-control research study, 201 patients with vulvar cancer and 342 control participants responded to a food frequency questionnaire (Sturgeon, Ziegler, Brinton, Nasca, Mallin, and Gridley, 1991). The researchers cited that risk was unrelated to intake of dark green vegetables, citrus fruits, legumes, and vitamins A and C and folate. They maintained that risk elevated modestly with lowered intake of dark yellow-orange vegetables (Sturgeon et al,1991). The researchers said that their analysis using preliminary determinations of the major carotenoids in vegetables and fruits suggested that alpha carotene may be the protective agent in dark yellow-orange vegetables. Intake of beta carotene and provitamin A carotenoids was not related to risk (Sturgeon et al.). Researchers in Japan reported that alpha carotene inhibited the proliferation of human neuroblastoma cell line GOTO by way of a dose and time dependent manner (Murakoshi, Takayasu, Kimura, Kohmura, and others, 1989). They added, it was approximately 10 times more inhibitory

compared to beta-carotene (Murakoshi et al, 1989). Carotenoids make up a family of powerful substances from certain foods. The Lean Bodies eating program is rich in these foods. Individuals consuming mostly a refined/processed diet, are not availing themselves to this powerful family of carotenoids. Their cells are crying out for these nutrients.

In today's society, soft drinks and sports drinks are popular. Many individuals are not drinking enough water. It is widely known that water is the universal solvent. The body uses water for many biological functions. Writing in The Physician And Sportsmedicine, registered dietitian, Nancy Clark describes how to maintain proper fluid intake throughout the day (Clark, 1992). She suggests drinking sufficient amounts of water throughout the day monitored through regular elimination of clear colored urine (Clark). This is an excellent method of insuring adequate hydration.

An individual who is watching what they eat, cutting fat, exercising regularly and not paying attention to the amount of simple carbohydrates in their diet may need to look closer. Fat free snacks are very popular, but loaded with simple carbohydrates. The literature demonstrates that the administration of sugars can increase the fasting levels of serum triglycerides (Antonis, Bershon, as cited in Mesquita, Seabra, and Halpern, 1987). Current knowledge offers the suggestion that dietary sugars probably promote triglyceride production in the liver and intestine (Besten,Reyna, Connor, and Stegink; Quarfordt, Frank, Shames, and Berman, as cited in Mesquita, Seabra, and Halpern, 1987). The use of the simple sugar fructose in the form of pure crystaline fructose is widespread in many food products. The ingestion of the refined form of fructose has significantly increased in the

North American diet over the past two decades (Henry, Crapo, and Thorburn, 1991). Fructose can cause insulin and triglyceride levels to dramatically rise (Henry et al., 1991). Sheldon Reiser, who headed carbohydrate research at Beltsville Human Nutrition Research Center for 17 years explained that when fructose is consumed in its natural form as part of fruits, its intake is comparatively small (McBride, 1991). The Lean Bodies program encourages participants to eat more of the "higher-fiber-lower-sugar fruits, such as green apples and all the varieties of berries. Participants should still enjoy the lower-fiber-higher-sugar fruits as well, just experiment with eating more of the lower-sugar varieties. Reiser also explained that research since the 1960's has exhibited fructose to be fat formative in all people (McBride). He added that the liver removes almost all of the absorbed sugar from the blood and then converts it into triglycerides, which are then put back into the blood (McBride). All fruits are wonderfully healthy. However, each person is biochemically an individual. For those individuals who are inactive and have slower metabolisms and tend to be more sensitive to simple sugars, good advice might be to eat a higher ratio of higher-fiber-lower-sugar fruits. Also, water down fruit juices to a 50% solution and try to limit refined fructose. As these individuals increase activity, gain lean mass and build faster metabolisms, the body is better equipped to handle even refined fructose in moderation.

Protein is vital for life. The word "protein" comes from a Greek word which means "first". Lean proteins are an integral part of the Lean Bodies eating program. The right types of proteins pay healthy nutritional dividends. There is a big difference in protein sources that are high in saturated fat, and those that are rich in polyunsaturated fatty acids. For example, the

Greenland Eskimo population has been a target of research for decades because of their low incidence of heart disease and their high consumption of protein in the form of cold water ocean going fish rich in certain fatty acids that are heart healthy. Death from ischemic heart diseases makes up only 3.5% of all deaths in Greenland Eskimos ("The State of Health in Greenland," as cited in Bang, Dyerberg, and Sinclair, 1980). It is reported that 5 of the10 leading causes of death in America could be modified by improvement in diet (Kleiner, 1990). Heart disease is America's leading cause of death (Kleiner). It has been established that by decreasing the intake of foods that are higher in fat, saturated fat, and cholesterol we could lower our risk of cardiovascular disease, stroke, diabetes, certain types of cancer, and gastrointestinal tract disease (Kleiner). The benefits of seafood are unlimited. Seafood is one of the leanest protein sources, and is a great source of vitamins and minerals. Also, it is low in total fat and saturated fat, and is the best source of omega-3 fatty acids (Kleiner). There are several theories of why dietary fish oils are heart healthy. One possibility is that they decrease serum lipid levels by causing a suppression of fatty acid and triglyceride synthesis in the lever (Kinsella, 1986). Another possibility is that they hinder the synthesis or the assembly of lipoproteins (Kinsella). These theories, as well as others need more investigation (Kinsella).

Anytime there is discussion about protein, inevitably, there is debate regarding optimal amounts. The topic of protein amounts for active people is intriguing. Most researchers agree that athletes need more protein in their diet than sedentary individuals. The RDA for protein is 0.8 grams per kg. of body weight. Research has demonstrated the requirement of protein in weight lifters, during training of low intensity amounts to 2.0-2.2 g/kg of body

weight (Celejowa, Homa, 1970). Researchers investigated the opinion that both protein and phosphorus cause calcium loss. According to these researchers at Veterans Administration Hospital in Hines, Illinois, controlled human studies demonstrate that commonly used complex dietary proteins, which contain a high phosphorus amount, do not cause calcium loss in adults (Spencer, Kramer, and Osis, 1988). Similarly, a intake of phosphorus of up to 2000mg/d does not have negative effects on calcium metabolism. (Spencer et al., 1988).

Lean Bodies Approach- Nutritional Supplementation

Just a decade ago many doctors viewed nutritional supplements with a wary eye. Today more and more physicians are encouraging their patients to take advantage of the benefits of nutritional supplementation. The reason is two-fold; they see the evidence of improved health in their patients and read the plethora of published research in the field.

In a study investigating exercise-induced DNA damage, volunteers were given a supplement of vitamin E in the amount of 1200 mg daily for 14 days before a run (Hartmann, Niess, Grunert-Fuchs, Poch, and Speit, 1995). The researchers reported that exercise-induced DNA damage was decreased in all porbands (Hartman et al, 1995). They added that in four out of five participants, the Vitamin E supplement totally prevented the induction of DNA damage following exhaustive exercise (Hartman et al). In another study using 800 IU's of vitamin E supplementation on exercise-induced oxidative damage, researchers reported their results to be consistent with the concept

that vitamin E gives protection against exercise-induced oxidative injury (Meydani, Evans, Handelman, Biddle, and others, 1993).

Ideal recovery from exercise is always a challenge. Catabolism is the breaking down of tissue to liberate energy. Anabolism is the formation of new tissue. This catabolic/anabolic cycle is accelerated with a regular exercise program. Participants in a study exercised their knee extensor muscles of one leg for one hour with and without an oral supplement of branched-chain amino acids (Maclean, Graham, and Saltin, 1994). Branched-chain amino acid supplementation resulted in doubling the arterial branched-chain amino acid amounts pre exercise (Maclean et al, 1994). The researchers reported that the increased intramuscular and arterial branched-chained amino acid amounts pre exercise and during exercise result in a lowering of endogenous muscle protein breakdown during exercise (Maclean et al). A combination of three branched-chain amino acids was supplied to participants during two different types of sustained intense exercise, a 30 km cross-country race and a full marathon (Blomstrand, Newsholme, 1992). The effect on plasma and muscle concentrations of branched-chain amino acids was studied (Blomstrand, Newsholme). After analysis of all of their findings, the researchers reported the results suggest taking branched-chain amino acids during exercise can prevent or lower the net rate of protein degradation that is caused by heavy exercise (Blomstrand, Newsholme).

Branched-chain amino acids may have a effect on the central nervous system. Eric Newsholme, Ph.D., an Oxford University biochemist, has proposed a theory that is known as the "central nervous system hypothesis" of fatigue (Burfoot, 1994). Writing in Runner's World, Amby Burfoot cited that

Dr. Newsholme explained that if you want to control fatigue, look to the brain. The researcher focused on serotonin, a neurotransmitter that seems to affect drowsiness (Burfoot). Through his research, Newsholme tested ways to limit serotonin in the brain. He learned that one way to achieve this was to get more branched-chain amino acids into the blood (Burfoot). Newsholme explained that the branched-chain amino acids compete with tryptophan for access to the brain. With the addition of more branched-chain amino acids in the blood, the less likely tryptophan will reach the brain and be converted to serotonin. He tested his theory by developing a sports drink containing an ample amount of branched-chain amino acids. According to Burfoot, in one of Newsholme's experiments he gave this drink to soccer players during a match. They scored higher on a mental functioning test after the match than before the match (Burfoot). Newsholme and a colleague conducted a experiment with 193 experienced runners in the Stockholm Marathon. They reported that they timed the runners at the 10 K mark and at the finish line. With this data in hand, they computed a ratio displaying how much the runners slowed down during the marathon. They hypothesized that the runners who ingested the amino acid drink would slow down less than the runners who drank a placebo. The researchers reported that their hypothesis did not hold true for runners who finished under 3:05. Although, the runners who finished between 3:05 and 3:35, the group that drank the amino acid drink slowed 5 to 6 minutes less than the placebo group. Newsholme said "we think this happened because less-fit runners produce more free fatty acids, which liberate tryptophan." "So these runners would have more to gain from the branched-chain amino acids' ability to limit tryptophan's access to the brain (Burfoot)."

Oxidative damage to our cells is an every day possibility. Even while exercising, we run the risk of oxidative damage. Research has shown that strenuous activity can increase the consumption of oxygen by 10-to-15-fold over rest (Clarkson,1995). This heightened oxygen consumption produces oxidative stress that then leads to generation of free radicals and lipid peroxidation (Clarkson). Our bodies have a defense arsenal of free radical scavengers that minimize potential dangers of free radicals (Clarkson). Physical training has demonstrated to result in an augmented antioxidant system and a decrease in lipid peroxidation (Clarkson). The use of antioxidant supplementation appears to reduce lipid peroxidation, but has not been demonstrated to enhance exercise performance. The weekend athlete may not have the augmented antioxidant system of defense, which is built through continued training (Clarkson). This possibly sets them up to be more susceptible to oxidative stress. There is a debate as to whether exercisers should take antioxidant supplements or not. Although, it is important for those who exercise regularly or occasionally to consume foods high in antioxidants (Clarkson). The Lean Bodies eating program is abundant with foods containing high levels of antioxidants.

Natural constituents that enhance athletic performance are aggressively being researched today. "Nutritional ergogenic aids are defined as dietary components that are ingested in order to enhance or improve exercise and/or sports performance" (Bucci, 1993). To conduct a literature review of this topic would be an exhaustive undertaking. It is not the intent of this review to meet that challenge. One of the most complete and scholarly works in this area is Nutrients As Ergogenic Aids For Sports And Exercise by Luke Bucci, Ph.D. For the purpose of this review, a sampling of the literature in this area

is appropriate. The chosen sample nutrient is L-Carnitine.

The chronic and acute effects of L-Carnitine were recorded and investigated in 110 top athletes, made up of 47 girls and 63 boys, by six double blind placebo trials and cross over (Dragan, Vasiliu, Georgescu, and Eremia, 1989). The athletes came from various fields of competition. These fields included, rowing, kayak-canoe, swimming, weightlifting, medium distance and long distance running. Significant changes were recorded after L-Carnitine treatment compared to placebo, for free fatty acid, triglycerides, lactic acid post exercise, muscular potential, plasma carnitine, urine carnitine and others (Dragan et al, 1989) The reality of these changes was explained by the increase of free carnitine, which allows a larger amount of free fatty acid to move into the mitochondria to be more extensively utilized as a energy source in both endurance and strength (Dragan et al). The authors explained that based on the aforementioned findings, they recommend L-Carnitine as an ergogenic aid for elite athletes. They emphasized their recommendation in both endurance and strength sports (Dragan et al).

Investigation of the effects of protein supply and l-carnitine were recorded in a study involving elite cyclists by a double blind placebo controlled trial that lasted six weeks (Dragan, Wagner, and Ploestaeanu, 1988). The authors of the study reported significant and favorable changes in the treated group in several areas. To name a few, some of these areas were, strength index, lean mass, fat mass, and serum protein (Dragan et al,1988). They cited that the treated group showed better performances in the international competition which took place at the end of the research experiment (Dragan et al).

Writing in Prevention, Lewis Vaughn cites early research surrounding carnitine's fat burning potential (Vaughn, 1984). Vaughn emphasizes the importance of the discovery that the nutrient's main function is to assist the body in burning fat (Vaughn). He includes a quote from Dr. DeFelice, a pioneer in carnitine research, that "carnitine is known technically as a quaternary amine," says Dr. DeFelice. "And its most important role is to shuttle fatty acids-crucial fuel for the body-into each cell, where they can be burned for energy (Vaughn)." Also, in a report on Vitamins and immunity, the authors reported their favorable results of l -carnitine's influence on the immune system (De Simone, Ferrari, Lozzi, Meli, and others, 1982).

Lean Bodies Approach- Importance of Exercise

One of the key elements in building a healthy, strong metabolism is exercise. Health professionals have taught that moderate exercise is good for burning fat and overall health status. However, more intensity in exercise has shown to be even better. Researchers at Laval University investigated the effect of intensity on physical activity. Observations of 1366 females and 1257 males who participated in the 1981 Canada Fitness Survey were analyzed. Participants were assessed for energy expenditure of leisure-time activities and estimated maximal VO2 max (Tremblay, Despres, Leblanc, Craig, and others, 1990). Body fat was measured by skinfold technique, and anthropometric measurements were made. Both male and female participants were categorized into four subgroups on the basis of their

participation in leisure-time activities of various intensities (Tremblay et al, 1990). Participants that were involved in vigorous activities on a regular basis showed lower subcutaneous skinfold thicknesses and waist-to-hip ratio compared to those not performing these activities (Tremblay et al). The researchers reported that these differences were statistically significant after a covariance analysis was applied to take away the effect of total energy expenditure of activities of leisure-time on subcutaneous fat (under the skin) and fat distribution (Tremblay et al). Also, the waist-to-hip ratio stayed significantly less in participants performing high-intensity exercise after the effect of subcutaneous fat on fat distribution was adjusted for (Tremblay et al).

For the individual who is not exercising, the first step is just getting started. This initial step in getting people off the couch is the first step towards improved health. However, for the already active person who is interested in improving performance, exercise intensity is an important consideration (Pollock, 1992). Employing a walking program devoid of intensity and nutritional changes, may come up short for those trying to lower their body fat percentage. Researchers at Loughborough University in England investigated the influence of brisk walking on endurance fitness and amount and distribution of body fat in women who were previously sedentary. Among the positive physiological findings of brisk walking, the researchers cited some interesting specifics to keep in mind. They discovered that brisk walking lowered heart rate and the concentration of blood lactate during

stepping as well as during standard, sub-maximal treadmill walking (Hardman, Jones, Norgan, and Hudson,1992). They pointed out that brisk walking did not modify the amount or the distribution of body fat, despite an unchanged energy intake (Hardman et al, 1992).

Writing in Runner's World, Owen Anderson summarized a University of Texas study, which found that when athletes exercised at 50 % maximal heart rate, 90 % of the calories burned were from fat (Anderson, 1995). Anderson reports that when the athletes increased to 75% of maximal heart rate, 60 % of the calories burned were from fat. (Anderson). Anderson pointed out that the higher intensity exercise s7ession actually burned more total fat calories (Anderson). This took place because the 50% maximal heart rate workout only burned 7 calories per minute, while the 75% maximal heart rate workout burned 14 calorie per minute (Anderson). This calculated to the more intense workout consuming 8.4% fat calories per minute (60% x 14) compared to 6.3 fat calories (90% x 7) for the for the less intense workout (Anderson).

Aerobic exercise is beneficial at any intensity and any age. The effects of an 8-week vigorous walking program on older females was investigated (Whitehurst). Assessments of total cholesterol, lipoprotein and triglyceride levels were analyzed. The results revealed that there was significant improvement of the aforementioned levels measured in the blood, as well as the quality of health in the women (Whitehurst,1991).

Lean Bodies Approach- Importance of Resistance Training

Researchers have reported the benefits of aerobic exercise for years. Aerobics seemed to become popularized in the late '70's. By the '80's the term "aerobics" was the nation's buzz word. It seemed that almost everyone owned a pair of running shoes. It has been said somewhere that "resistive training is to the '90's what aerobics was to the 80's." Research has demonstrated that the benefits of progressive resistance training are for anyone at any age. However, aerobic exercise has been touted for years as the exercise of choice for heart health. Progressive resistance training has demonstrated to help the entire body, even the cardiovascular system. A case in point comes from researchers at Washington University. Untrained men embarked on16 weeks of high-intensity resistive training. The researchers investigated the effects of this training on the risk factors of coronary artery disease (Hurley, Hagberg, Goldberg, Seals, and others, 1988). Lipoprotein-lipid profiles, plasma glucose and insulin responses during an oral glucose tolerance test, and resting blood pressure were assessed pre and post training (Hurley et al, 1988). The researchers reported no change in VO2max, body weight, or body fat percentage. However, the total cholesterol/high-density lipoprotein-cholesterol ratio resulted in a 8% favorable drop, glucose-stimulated plasma insulin concentrations during oral glucose tolerance testing were significantly decreased, and supine diastolic blood pressure was lowered as a result of the training program (Hurley et al). The researchers reported that their findings demonstrate that resistive training can decrease the risk factors for

cardiovascular disease independent of changes in VO2max, body weight, or body composition (Hurley et al).

According to some researchers, resistive exercise may elevate post exercise metabolic rate for a prolonged period (Melby, Scholl, Edwards, and Bulough, 1993). Researchers at Colorado State University performed two separate experiments to determine the effect of acute resistive exercise on post-exercise energy expenditure in male participants that were trained previously in resistive exercise (Melby et al, 1993). In the 1st experiment, following measurement of their resting metabolic rate at 0700 hours and their consumption of a standardized meal at 0800 hours, seven participants, beginning at 1400 hours completed a 90 minute resistive training protocol. Post-exercise metabolic rate was measured on a continuous basis for 2 hours after exercise and compared with a pre-exercise baseline (Melby et al) Resting metabolic rate was measured the next morning 15 hours after the participants had completed their workout (Melby et al). In the 2nd experiment, six different men completed a similar protocol as well as a control condition on a separate day in which their metabolic rate was measured for 2 hours following a time of quiet sitting (Melby et al). The researchers reported that for both experiments, post-exercise metabolic rate stayed increased for the whole 2-hour measured recovery period, with the average oxygen consumption for the last 6 minutes increased by 11-12%. Resting metabolic rate measured the morning following training was 9.4% more in the 1st experiment and 4.7% more in the 2nd experiment than on the day previous (Melby et al). In the 2nd experiment, the post-absorptive respiratory exchange ratio was significantly less the morning after the training session (Melby et al). The researchers concluded that "strenuous resistive

exercise may elevate post-exercise metabolic rate for a prolonged period and may enhance post-exercise lipid oxidation (Melby et al)."

Another reason to weight train is for healthy bones. In a cross-sectional, retrospective research study, the bone mineral content and bone mineral density for the entire skeleton, upper limbs, lower limbs, femoral neck, and lumbar vertebrae were measured utilizing dual photon absorptiometry (Hamdy, Anderson, Whalen, and Harvill, 1994). The measured results were compared in healthy young males involved in: weight lifting, running, cross-training, or recreational exercises. Upon adjustment for body weight, the upper limb bone mineral density was highest in those involved only in weight training and the lowest in runners. The researchers cited that these differences were significant (Hamdy et al, 1994). The researchers pointed out that there were no significant differences in upper limb bone mineral density between weight trainers and cross-trained athletes and between runners and recreational exercisers (Hamdy et al). Significant differences in bone mineral density were seen between weight trainers and recreational exercisers and between cross-trained athletes and runners (Hamdy et al.). The researchers explained that these findings suggest that young, healthy, adult males reporting a history of intensive weight-training had significantly greater bone mass of the upper limb bones than those reporting a history of non-weight training exercises. They added that these findings imply a specific versus generalized effect of mechanical load on skeleton bones (Hamdy et al).

Weight training is good medicine for muscle weakness. A researcher reported a heart-warming review of a post-polio participant receiving

significant benefit from weight training. A 48 year old female began experiencing increased muscle weakness and tiredness at the age of 44. This was 40 years following the onset of acute poliomyelitis. The disease resulted in severely weakened lower limb muscles and as a result, the participant had used crutches for over 40 years (Milner-Brown, 1994). Highly technical computer aided force transducer systems were utilized to assess isometric muscle strength. Both of the quadriceps and the left ankle dorsiflexors were weakened severely and could not generate any measurable force (Miner-Brown). The researcher reported that isometric muscle strength of the participant's right ankle dorsiflexors was approximately 1/3 of normal. The isometric muscle strength of the right elbow flexors and left elbow flexors tested within a normal range, however she complained of weakening that she based on her inability to climb two stairs at a time with crutches as she was accustomed to (Milner-Brown). The participant engaged in high-resistance weight training of her right ankle dorsiflexors and left elbow flexors for a one year duration period (Milner-Brown). Her weight training program consisted of three times per week, five sets of ten repetitions each training session. The researcher reported that this amounted to a total duration of muscle contraction, not counting rest periods of two and one half minutes each training session. This equated to thirty minutes per month. The muscle strength was measured after four months, eight months and twelve months. The results revealed muscle strength of right ankle dorsiflexors up by 61%. The left elbow flexors were up by 32% after one year of resistance training. According to the researcher, the participant expressed she had a subjective feeling of more muscular strength (Milner-Brown). The researcher concluded that high resistance, short duration muscle strengthening training programs should be given a

serious consideration in rehabilitation management of moderately weakened muscles in cases of post-polio participants (Milner-Brown).

Weight training for seniors has shown to provide many areas of improvement in physiology. Researchers in Finland investigated the effects of 18 weeks of intensive strength and endurance exercise training on knee extensor, knee flexor, and the lower leg muscle mass and composition. The participants studied were 76-to-78 year old females (Sipila, Suominen, 1995). According to the researchers, muscle cross sectional area, lean tissue, and relative proportion of fat were determined through the use of computed tomography. The strength trained females showed an increase of total muscle lean tissue cross sectional area of the thigh (1.5%; P= 0.035), quadriceps cross sectional area (4.5%; P=0.021), quadriceps lean tissue cross sectional area(5.8%, P= 9=0.0009), and average Hounsfield unit of the lower leg muscles (11.2%; P= 0.035) compared to the changes of the control group during the study (Sipila, Suominen). The researchers pointed out that the change in quadriceps lean tissue cross sectional area because of strength training, was significant compared with that in the endurance group (Sipila, Suominen). They continued that the relative proportion of fat within the quadriceps muscle dropped due to the resistance training compared to the changes that occurred within the endurance group. In conclusion, the authors of the study reported that the findings reveal that intensive strength training can cause skeletal muscle hypertrophy in elderly women and thereby lower also the relative amount of intramuscular fat, whereas the effects of endurance training are negligible (Sipila, Suominen).

We can learn much from our "elders." One of the most significant research

studies regarding the benefits of weight training was carried out with frail, institutionalized volunteers that were 90 +/- years of age. The findings made national news coast to coast. When America heard about the incredible results these "super seniors" achieved through "pumping iron" in only eight short weeks, the nation was "buzzing about weights." Progressive resistance training had done for these elderly participants something no drug therapy could do, give them back more of their independence through the basics of muscular strength, size, and most importantly, functional mobility. The pioneering efforts of the researchers at Tufts University in Boston provided science the tangible evidence to "dig deeper" into the limitless physiological responses of the human body in regards to the positive adaptability caused by resistive exercise. As the researchers at Tufts described in JAMA, "muscle dysfunction and associated mobility impairment, common among the frail elderly, increase the risks of falls, fractures, and functional dependency." The researchers' intentions were to characterize the muscle weakness of the very old and it's reversibility through the use of strength training (Fiatarone, Mards, Ryan, Meredith, Lipsitz and Evans, 1990). Ten frail, institutionalized volunteers aged 90 +/-1 years engaged in eight weeks of high-intensity resistance exercise training. According to the researchers; at the start, quadriceps strength was correlated negatively with muscle strength. Reportedly, strength gains averaged 174% +/-31% (mean +/-SEM) in the 9 participants who completed the training regimen (Fiatarone et al., 1990). The participants' mid-thigh muscle area went up 9.0% +/-4.5%. Average tandem gait speed improved 48% following training (Fiatarone et al). The researchers concluded that "high-resistance weight training leads to significant gains in muscle strength, size, and functional mobility among frail residents of nursing homes up to 96 years of age (Fiatarone et al)."

Lean Bodies Approach- Body Composition Aspects

Body composition analysis has become extremely sophisticated in recent years. Researchers can determine many physiological and metabolic factors through the use of state of the art technology. As a tool of assessment, scale weight has become a relic. An example of the advances in body composition technology is revealed in a Japanese study of middle-aged females. Researchers at Ehime University investigated the effects of 12 weeks of aerobic exercise training with the addition of voluntary food restriction on the body composition, resting metabolic rate and aerobic fitness level of mildly obese middle-aged women (Shinkai, Watanabe, Kurokawa, Torii, and others, 1994). The participants were assigned randomly to exercise/diet group, or control groups. The exercise/diet group engaged in an aerobic exercise program for 45-60 minutes a day at an intensity level of 50%-60% VO2max for 3-4 days per week, and also utilized a self-regulated energy deficit relative to predicted energy requirements approach (Shinkai et al,1994). At the completion of the 12 week program, the results revealed that the body mass of the participants had dropped by average of 4.5 kg, reportedly due mainly to fat loss, with little change of fat free mass (Shinkai et al). The researchers reported that the absolute resting metabolic rate showed no change, but the experimental group displayed significant increases in the resting metabolic rate on a per unit of body mass basis (10%) and the resting metabolic rate per unit of fat free mass (4%) (Shinkai et al). According to the researchers, the increase in resting metabolic rate/fat free mass was not correlated with any increase in VO2max/ fat free mass. Also the researchers

reported that the resting heat production per unit of essential body mass went up by an average of 21%. However, the resting heat production rate per unit of fat tissue mass stayed unchanged (Shinkai et al). The researchers concluded that aerobic training enhances the effect of moderate dietary restriction by augmenting the metabolic activity of lean tissue (Shinkai et al).

Research has shown that the fat loss distribution profile of older men and women can be modified through a regular exercise program (Kohrt, Obert, and Holloszy, 1992). Researchers investigated the changes of body composition and distribution of fat in response to endurance training in men and women, aged 60 to 70 years (Kohrt et al, 1992). The nine to twelve month endurance exercise program consisted primarily of walking and/or jogging. The researchers reported that the changes in body weight revealed fat loss, as fat-free mass did not change (Kohrt et al, 1992). They continued that losses in skinfold thickness and circumferences were close to the same in men and women, and in both groups the largest absolute and relative changes took place in the truncal area. The researchers cited that this indicated a preferential fat loss from the central regions of the body (Kohrt et al). The researchers concluded that the results of their study displays that endurance exercise can favorably modify the distribution profile that is so typical of older men and women in America. They added that perhaps this would lower the risk of the diseases associated with abdominal obesity (Kohrt et al).

Studies have demonstrated that weight training can increase strength, regardless of age or sex. Twenty active elderly participants engaged in a 12-

week weight training program to find out the possibility of increasing muscular strength and lean body weight (Dupler, Cortes, 1993). The researchers explained that they used variable resistance weight machines which trained the major muscle groups of the participants. The male participants realized an average increase of 66.1% (SD= 19.39, $p < 0.00001$) in total maximum weight lifted. The females realized an average increase in total maximum weight lifted of 72.2% (SD= 33.44, $p < 0.00001$) (Dupler, Cortes). The researchers reported that lean body weight , which they calculated by skinfold caliper measurements for each group, did show an increase, however it was not statistically significant (Dupler, Cortes). The researchers explained that the study revealed the positive effects a weight training program can have on an elderly population (Dupler, Cortes).

Lean Bodies Approach- Psychological Aspects of Exercise

Exercise and nutrition go hand in hand as powerful tools that can benefit psychological health. Researchers at Hofstra University in New York investigated the effects of aerobic and nonaerobic exercise on depression and self-concept. They utilized a pretest-posttest control group design (Stein, Motta, 1992). Eighty-nine undergraduate students were involved in swimming as aerobic exercise, resistance training as nonaerobic exercise, or a control Introductory Psychology class. The researchers reported that dependent measures were the Beck Depression Inventory, Depression Adjective Check Lists, Tennessee Self-Concept Scale, and Cooper's 12 minute Swim (Stein, Motta). The researchers' analysis displayed that the aerobic exercise and nonaerobic groups were both equally effective in

significantly lowering self-reported depression compared to the controls (Stein, Motta). The researchers cited that the nonaerobic condition was superior to the aerobic condition for the enhancement of self-concept (Stein, Motta). The researchers pointed out that these results were contradictory to earlier findings suggesting that only aerobic types of exercise yield psychological benefit, but are consistent with more recent findings displaying the psychological benefit on nonaerobic exercise (Stein, Motta).

Some individuals adhere to a consistent exercise program with ease, while others struggle for any meaning of consistency and commitment. According to the literature, a large percentage of the normal population does not stick to a regular exercise program (Klonoff, Annechild, and Landrine, 1994). Researchers at the Behavioral Health Institute, California State University provided data surrounding the role of psychological, physical, and biological factors involved in adherence of exercise in women (Klonoff et al, 1994). Twenty-three women engaged in a free aerobics program in which the participants were allowed to attend as many sessions as they chose. Physical and Psychological measures as well as serum beta-endorphin levels were taken and utilized to predict the total number of sessions attended (Klonoff et al). The researchers' results exhibited that endorphin levels showed no change as a function of exercise and did not predict the number of exercise sessions attended (Klonoff et al). Instead, the findings demonstrated that participants who were overweight, shorter, exhibited several physical complaints, and felt somewhat anxious were the ones most likely to attend the exercise sessions (Klonoff et al). According to the researchers, these variables accounted for 73% of the variance in exercise sessions attended (Klonoff et al). The researchers concluded that because

physical and psychological discomfort predicted adherence of exercise, their findings suggest that emphasizing the immediate symptom-relief benefits of exercise may increase adherence and initiation in the general population (Klonoff et al).

Two, much needed studies were undertaken for the purpose of comparing strategies for the adoption and maintenance of moderately intense, home-based exercise training (King, Taylor, Haskell, and Debusk, 1988). In the adoption study, 52 men and women who had previously served as controls for 6 months for a study of moderately-intense, home-based exercise received 30 minutes of baseline instruction (King et al, 1988). These participants were then randomized to receive continuing support and instruction via 10 staff-initiated phone contacts amounting to 5 minutes each every 2 weeks, or to not receive phone contacts (King et al). The researchers reported that in participants receiving phone contacts, their peak oxygen uptake went up significantly after 6 months, whereas there was no increase observed in participants that received no staff support (King et al). In the study of maintenance, 51 men and women who had significantly increased their peak oxygen uptake by engaging in 6 months of moderate-intensity, home-based exercise were randomized to undergo daily self-monitoring. Functional capacity in both groups stayed higher than before training. The researchers explain that these studies taken together suggest that brief baseline instruction followed up with continuing contact via telephone with staff, can be utilized to assist individuals in adopting a moderately-intense, home-based exercise program that can be maintained by self-monitoring strategies (King et al).

A top professional trainer, Roland Jehl, once said, "give me a person with an incredible work-out program and a mediocre nutrition plan, and we will get mediocre results every time." Too often unwise food choices sabotage the best workout sessions. Researchers have uncovered some of the mechanisms that help drive food preference patterns and attitudes (Raudenbush, van der Klaauw, and Frank, 1995). The relationship between food preference patterns and numerous psychological and sensory variables was evaluated utilizing the Food Attitudes Survey (Raudenbush et al, 1995). In the studies reviewed by Raudenbush et al (1995 , meaningful correlations were discovered between preferences for a variety of activities and liking for and willingness to try foods. It also was found that people who report that they are unwilling to try many foods are low in general sensation seeking, and that odor pleasantness ratings meaningfully correlate with liking for and willingness to try foods (Raudenbush et al). The authors discussed that no associations were uncovered between the Food Attitudes Survey performance and general phobic tendencies, optimism/pessimism or disordered eating (Raudenbush et al). They continued that multiple regression analysis displayed that responses on the Activity Attitudes Survey, sensation seeking scale, a 20 item food and eating questionnaire and odor pleasantness judgments could account for 41% to 65% of the variance in food likes, dislikes and willingness to try various foods. The authors concluded that personality and factors involving sensory give to the pattern of responding on the Food Attitudes Survey, and that the Survey's response patterns give an index of attitudes toward foods and general openness to experiences and activities (Raudenbush et al). The attitude toward "food as fuel" promotes positive food preference patterns for the participant on the Lean Bodies eating program.

Lean Bodies Approach- Significance of Food Selection

"There are no new ideas in corporate America after 2:00, everyone has gone to sleep! " Researchers at the Institute of Food Research set out to learn more about the proverbial "post lunch effect." There are many theories surrounding this issue. However, a study conducted at the Institute of Food Research is unique because it was designed to investigate the acute effects of meals of differing fat and carbohydrate on aspects of cognitive performance and mood (Lloyd, Green , and Rogers, (1994). The eighteen participants of the study were required to attend the Institute of Food Research on the same day for 3 weeks consecutively. At the Institute, they received, in a counterbalanced order, low-fat-high-carbohydrate, medium-fat-medium-carbohydrate, and high-fat-low-carbohydrate isocaloric lunches (Lloyd et al, 1994). Assessment of mood, and cognitive performance was done beginning 30 minutes before and 30,90, and 150 minutes after lunch, along with mood, also being assessed immediately after finishing lunch. In addition, ratings of "hunger", "fullness", and "desire to eat" were measured before lunch, on finishing lunch, and 30,90, and 150 minutes after lunch. This was accomplished using 100-mm visual analogue scales labeled from "not at all" to "extremely." The researchers reported that they found significant effects of meal composition, specifically fat to carbohydrate ratio, on certain measures of cognitive performance and mood (Lloyd et al). Findings revealed longer reaction times after the low-fat-high-carbohydrate and high-fat-low-carbohydrate lunches in comparison with the medium-fat-medium-carbohydrate lunch, which brought about an improvement in

performance on this task (Lloyd et al). They pointed out that their findings are important in at least two respects. First off, they reveal that altered dietary intake of fat can have significant behavioral effects independent of energy consumption, and it is possible that these effects may add to longer term consequences of alterations in fat consumption (Frick, Elo, Haapa, Heinsalmi, and Helo; see also Muldoon, Manuck, and Matthews, as cited in Lloyd et al). Secondly, the researchers described that the findings may also show a relationship between dietary influences in regards to mood and food choice. They pointed out that the most consistent effects were in the area of optimal alertness after the meal, which provided the participants with fat and carbohydrate in the amounts they usually consumed for lunch. The researchers explained that if consuming meals that contain different amounts or proportions of these macronutrients produces less desirable effects of behavior, then this might feed back to less preference for such meals and therefore undermine attempts to incorporate a low-fat-high-carbohydrate diet (Lloyd et al).

Lean Bodies Approach- Food/Mood Aspects

Peter J. Rogers' review titled "Food, Mood and Appetite" published in Nutrition Research Reviews, is one of the most balanced and comprehensive overviews of the "food/mood connection." This is a lengthy, yet honest approach of the subject. The author states that "in the space available it is not possible to cover this subject exhaustively, but particular attention will be paid to the mechanisms by which eating can affect mood and vice versa, and to likely directions for future research (Rogers, 1995)." The author discusses

the mechanisms of the energy arousal system involving the sleep-wakefulness cycle. The description of the circadian rhythm, with its peaks in the late morning and late afternoon is a fascinating discussion involving "external events" factors. The author points to physical exercise, food constituents and pharmacological agents as having an affect on the energy arousal system (Rogers). Rogers also defines the involvement of the tense arousal system and the activation of it by real or imagined danger (Rogers). The author points out energetic and tense arousal may be associated with patterns of both physiological and neural activity. This is one way that food may influence mood (Thayer, as cited in Rogers, 1995). Rogers summarizes that a recurring theme of his review is the effects of constituents in the diet on certain neurotransmitters and their involvement in the regulation of mood and appetite (Rogers).

Rogers covers " carbohydrates versus protein" very nicely. The effects of these macronutrients on mood have always been fascinating (Rogers,1995). Rogers states that " the most prominent and extensively tested idea concerning effects of food on mood is the hypothesis proposed by R.J. Wurtman and colleagues linking carbohydrate and protein intake, brain serotonergic (5-hydroxytryptamine, 5- HT) function, and mood and behavior (Rogers)." In summary, the author explains that this hypothesis outline reveals the ratio of the plasma concentration of tryptophan in relation to the other large neutral amino acids, e.g. tyrosine, phenylalanine, leucine, isoleucine and valine increases in response to the ingestion of a high carbohydrate meal (Rogers). The author goes on to explain that the occurrence of this is because released insulin responding to the carbohydrate load causes the uptake of most amino acids into muscle tissue,

with the exception of tryptophan (Rogers). He goes on to explain that tryptophan is the precursor of the neurotransmitter serotonin. The author says that in contrast, the ingestion of a high protein meal is expected to have the opposite effect. He states that this is due primarily to the fact that most dietary proteins contain little tryptophan (Wurtman, Hefti, Melamed, as cited in Rogers). Rogers goes on to summarize that the behavioral consequences that come from these diet induced changes in neurotransmission are as follows: changes in pain sensitivity, aggressiveness, mood, alertness and cognitive performance (Rogers). The author said that the evidence for this is mixed. He said that several studies revealed findings of differences in the effects of "high carbohydrate and high protein meals in the direction of greater drowsiness, sleepiness and calmness after carbohydrate (Spring, Chiodo and Bowen, as cited in Rogers)." Rogers goes on to say that these were inconsistent across all subject groups, and a majority of measures of mood and performance remained unaffected by the composition of meals (Rogers).

Rogers summarizes the work of Wurtman & Wurtman (1989), in regards to a hypothesis that carbohydrates can relieve depression (Rogers, 1995). He describes that the hypothesis is in relation to three disorders: carbohydrate craving and obesity (CCO), premenstrual syndrome (PMS) and seasonal affective disorder (SAD) (Rogers). He says that the characteristics involved in these disorders are inclusive of depressed mood and as the author puts it, "supposedly craving for and increased intake of foods high in carbohydrate (Rogers)."

Rogers discusses the amino acid, tryptophan, in that it can be an effective

antidepressant (Rogers, 1995). He says that this seems to be the case when given alone or in combination with other treatments (Rogers). He informs that mildly or moderately depressed individuals seem to have the most benefit from treatment with tryptophan, pointing out that it is less potent than standard antidepressant pharmaceuticals (Young, as cited in Rogers).

The author reviewed the relationship of carbohydrate versus fat. He cited investigation involving the measurement of participants' mood and cognitive performance following the ingestion of isoenergetic meals with varying fat carbohydrate content. The ratios of fat and carbohydrate were as follows: 27 and 62%, 44 and 47%, and 56 and 34% energy as fat carbohydrate (Rogers, 1995). Rogers explained that simple reaction time and mood were improved in the afternoon after a medium fat medium carbohydrate lunch in comparison with either a high fat or low fat lunch (Lloyd & Rogers, as cited in Rogers).

Rogers (1995) brings to light that chocolate has significant influences on mood. He describes that it leads generally to pleasant feelings and reduces tension. He points out that it also leads to feelings of guilt for some individuals (Rogers, 1995).

The author points out that caffeine is " the most widely used psychoactive substance in the world (Gilbert, as cited in Rogers, 1995). He cites that this is based on an estimated global consumption of 120,000 tons of caffeine per year (Gilbert, as cited in Rogers).

The effects of alcohol are described by Rogers (1995) in general terms as

acting as a central nervous system depressant. He goes on to say that in low to moderate levels it can have anti-anxiety and euphorigenic effects (Lowe, Finnigan & Hammersley, as cited in Rogers).

In his straight-forward fashion, Rogers effectively summarizes how the attitudes and differing beliefs about the mood effects of foods relate. An example of his honest approach is in his discussion of Wurtman & Danbrot. He states that "these accounts tend to over-exaggerate the benefits that are likely to be gained from following their advice" (Rogers 1995).

Rogers continues his review of "Food, Mood And Appetite", examining the extent of motivation by individual's belief in the beneficial psychoactive effects of caffeine (Rogers, 1995). He brings to light the question of why people drink bitter drinks such as coffee and tea (Rogers). This is interesting, in that these drinks do not taste good from the on-start. People have to acquire a taste for these drinks. The author provides an overall review of the "Learned Preferences Reinforced By The Psychoactive Effects Of Dietary Constituents."
He gives a well rounded review of this area. The author's approach is not only informative, but balanced. An intriguing area of this section is regarding conditioned increase in preference for a drink that causes a positive shift in mood. Rogers refers to this process as evaluative conditioning (Zellner, as cited in Rogers, 1995).

Rogers provides an overview of food craving that is concise and informative. His section relating to carbohydrate craving highlights specific areas of research. He covers dysphoric mood associated with carbohydrate craving,

and areas of specific carbohydrate intake in association with depression in CCO, SAD and PMS (Fernstrom, Krowinski, & Kupfer; Rosenthal, Genhart, Jacobsen, Skwerer, &Weht; Krauchi & Wirz-Justice; Wurtman, Brzezinski, Wurtman, & Laferrere; Wurtman and Wurtman; as cited Rogers, 1995).

The author reveals that there is one area of the mood, carbohydrate and serotonin hypothesis that has not been discussed widely. That area is the mechanism by which depressed mood supposedly gives rise to the craving of carbohydrate. He explains that one suggestion is that the depressed individual recognizes the beneficial effects of carbohydrates and increases carbohydrate consumption to receive an improvement in mood (Wurtman, as cited in Rogers, 1995). The author explains that there is the possibility that appetite for carbohydrates is increased due to an increased liking for high carbohydrate types of foods reinforced by these carbohydrates effects on mood (Rogers, Edwards, Green & Jas, as cited in Rogers, 1995). Rogers adds that strong conditioned preferences are not likely to come about if there is substantial delay between consumption of carbohydrate and mood improvement (Rogers).

Rogers agrees that there may be an association between lowered mood and increased preference for food high in carbohydrates, however he explains that it is not clear that these changes in eating patterns can be characterized as coming from carbohydrate craving (Rogers, 1995). He goes on to state that "craving suggests a particular intensity as well as specificity of appetite, and while carbohydrate craving is obviously an appealing term, its existence as a distinct form of appetite remains unproven (Rogers)." Rogers explains that the most significant difficulty in the hypothesis surrounding carbohydrate

craving is the evidence suggesting that the effect of carbohydrate on the synthesis of serotonin in the brain is very small (Rogers).

The author states that " there is good evidence that endogenous opioids are involved in mediating affective responses during eating." He goes on to state that " whether or not the same system(s) are implicated in the development of food craving, compulsive eating, or obesity is less certain (Rogers,1995)." Rogers explains that this is a possibility that may likely become a fruitful area of continued research (Rogers).

Rogers feels that an important contribution to food craving understanding is the area of "learned specific appetites (Rogers, 1995). He cited rat studies involving "learned association on basic motivational processes (Weingarten, Rogers, 1995). He discussed that this shows that external stimuli previously associated with consumption of food can encourage eating even in the absence of immediate need for nutrition (Weingarten, as cited in Rogers). He goes on to explain that the animal's internal state has some influence in these circumstances. If the animal has eaten very recently, then the likelihood of the animal responding to presentation of conditioned stimuli is reduced (Weingarten, as cited in Rogers).

The author provides a well-rounded discussion of "food attitudes, ambivalence and anxiety." In this section the author reveals that learned specific appetites suggests that the desire to eat specific foods in particular contexts or in relation to specific feelings, can also be a part of normal appetite (Rogers, 1995). He explains that this is directly in contrast of the view that food craving is indicative of an eating pathology or addiction

(Rogers). He raises the question of "what experiences are indicative of an eating pathology, or an addiction (Rogers)." Rogers cites common sense examples such as cereal at breakfast as being the norm (Rogers). He describes the complexities of attitudes toward eating chocolate. For example, chocolate is well known as a desirable food, however social norms dictate that it should be eaten with restraint (James, as cited in Rogers). A conflict from this can come about if the individual attempts to avoid chocolate completely, or limit eating it before the opportunity of natural satiety takes place (Rogers). What happens, is the individual's desires for the chocolate becomes more intense and this in turn can be labeled as a craving instead of hunger (Rogers).

In conclusion, Rogers summarizes his review as demonstrating that "eating and drinking can have substantial effects on mood, mediated by sensory, pre-digestive and post-absorptive influences of the substances consumed (Rogers, 1995)." This is a fascinating area of investigation. The author provided a succinct overview of a broad area of research.

Lean Bodies Approach- Effects of Caffeine

Writing in Neuropsychobiology, Peter Rogers, Nicola Richardson and Claire Dernoncourt provide a review of a novel emergence of an important issue surrounding assessment of caffeine's psychoactive effects in human participants (James, as cited in Rogers, Richardson, Dernoncourt, 1995). According to these researchers, in a typical experiment the majority or even all of the participants come into the experiment with a history of

consistent/regular caffeine usage (James, as cited in Rogers et al, 1995). Also, the participants are tested on caffeine and a placebo following a period of caffeine deprivation that lasts no more than 24 hours maximum (James, as cited in Rogers et al). The authors bring to light that the problem of relying on this approach alone is the fact that the question arises whether the results acquired are from beneficial effects of caffeine or from negative effects of caffeine deprivation. They add that it could be a combination of both (Rogers et al). In comparing the psychoactive effects of caffeine involving nonusers, caffeine-deprived and non-deprived users, the authors attempted to determine any possible net benefits regarding mood and performance coming from caffeine usage. They reported that they had recently finished a series of research studies involving nonusers and long-term caffeine-deprived users (Richardson and Rogers; Richardson, Rogers, Elliman,and O'Dell, as cited in Rogers et al). The authors explained that these studies utilized exactly the two investigatory approaches advocated by James (James, as cited in Rogers et al). The authors' findings confirmed that there are significant negative consequences in existence relating to caffeine withdrawal overnight in moderate users, and they added that the "removal of which (by caffeine) may contribute to the reinforcing effects of caffeine intake (Rogers and Richardson; Rogers and Lloyd, Cines and Rozin, as cited in Rogers et al)."

The researchers reported further findings surrounding the psychoactive effects of caffeine relationally to caffeine deprivation. In this section, the authors reported that they were only aware of a few, if not any published information showing unequivocally a linkage of psychomotor performance being impaired by caffeine deprivation (Rogers,Richardson, and

Dernoncourt, 1995). They gave a overview of example studies and their outcome regarding this matter. Each of the studies discussed did not supply unequivocal evidence of the contrary (Rogers et al, 1995). However, the authors did encourage further research utilizing the investigatory approaches advocated by James (James, as cited in Rogers et al).

An interesting section of this review involved the psychoactive effects of caffeine usage in everyday life (Rogers, Richardson, and Dernoncourt, 1995). In this part of the review, the authors explained that research utilizing the approach of examining the effects of caffeine usage in everyday life, revealed that the amount and intake patterns were determined by the participants themselves (Rogers et al, 1995).

In conclusion, the authors explain that there is obviously a large amount of literature surrounding the psychomotor effects of caffeine (Rogers, Richardson, and Demoncourt, 1995). However, they cite James' work that has brought attention to the possibility that often times it is not clear to the extent that these effects demonstrate a net benefit given by caffeine (James, as cited in Rogers et al). Also, in their conclusions, the authors call for the investigatory approaches specified by James to be adopted on a broader scale (Rogers et al).

Another excellent piece of work by Peter Rogers and colleagues involving food and mood is seen in Nutrition Society. This work is titled " Nutritional influences on mood and cognitive performance: the menstrual cycle, caffeine and dieting (Rogers, Edwards, Green, and Jas, 1992)." The factors surrounding the biochemical and metabolic pathways of this area are

fascinating. The authors point out that it is well known that there is in a existence a convincing relationship between eating and mood (Rogers et al, 1992). Also, they cite that diet and certain constituents of diet can have significant behavioral influences, inclusive of alertness and cognitive performance (Rogers et al). The researchers point out that caffeine is an obvious example, also the fact that it is the most frequently used drug worldwide (Rogers et al). This constituent is often consumed with the specific purpose of altering mood (Rogers et al). The authors point to the main scope of this particular article as being the examination of some of the mechanisms involved in nutritional effects on mood and also cognitive performance (Rogers et al). Also, they add that the aim is to indicate just how these effects relate back to influence the preference and liking of food (Rogers et al).

The area of food, mood and the menstrual cycle is truly intriguing. The authors point out that there is the suggestion that modification of nutrient intakes may help alleviate the negative change of mood during the premenstrual phase in a significant amount of females (Wurtman & Wurtman, as cited in Rogers, Edwards, Green , and Jas, 1992). The authors explain that a consistent finding is that energy through-put is increased relatively during the PMS phase, however studies vary in their reporting of timing and amount of increase (Dalvit-McPhillips; Manocha, Choudhuri, and Tandon; Lissner, Stephens, Levitsky, Rasmussen, and Strupp; Tarasuk and Beaton; as cited in Rogers et al, 1992). Rogers and colleagues explain that Wurtman & Wurtman's argument is based on their findings of a selective increase of foods high in carbohydrate during the PMS phase (Dalvit-McPhillips, as cited in Rogers). They explain that this hypothesis has to do with PMS and to

conditions like seasonal affective disorder (Rogers et al). These conditions are known to have the ability to create severe mood fluctuations (Rogers et al). The biochemical pathways involve the alteration of nutrient intake supposedly affecting the uptake of tryptophan in the brain serotonergic activity, and thus alleviating the mood disturbances (Rogers et al). As discussed earlier in Rogers writing, there is little direct evidence if sensory preferences can be conditioned by food effects regarding mood (Rogers et al). The authors explain that "in humans the likely effect of carbohydrate ingestion on brain uptake of tryptophan (the amino acid precursor of serotonin) is markedly reduced if only a small amount of protein is included in the meal or snack (Teff, Young, and Blundell; Leathwood; Young; as cited in Rogers et al).

The authors reveal that negative mood could be implicated as a factor bringing about a motivation loss to limit the consumption of food and to stay away from certain "forbidden" foods which are looked at as fattening or as the authors put it..."dieting breaking" (Rogers, Edwards, Green, and Jas, 1992). They cite laboratory studies in which the establishment of negative mood has been reported to spark overeating in dieters and eaters that were highly-restrained (Herman & Polivy; Ruderman, as cited in Rogers et al, 1992). They continued to explain that dieting is a source of stress (Herman & Polivy, as cited in Rogers et al). Since it is a source of stress, there is the possibility that PMS changes in mood are exacerbated in dieters (Rogers et al).

Rogers and his colleagues brought out an interesting point regarding caffeine. They pointed out that an often neglected, but important question is

concerning how effects on mood and behavior from caffeine are related to the preference of, liking of, and ingestion of beverages that contain caffeine (Rogers, Edwards, Green, and Jas, 1992). The authors explain that a difficulty with this is that many of the studies in lab that investigate the effects of caffeine have utilized amounts higher than those normally used from drinking tea or coffee (Rogers et al, 1992). They go on to establish that behavioral effects at low doses are definitely evident (Lieberman, Wurtman, Emde, Roberts, & Coviella, as cited in Rogers et al). The authors continue that there is solid evidence that humans can discriminate at very low doses caffeine from placebo (Griffiths, Evans, Heishman, Preston, Sannerud, Wolf, and Woodson, as cited in Rogers et al, 1992).

The authors bring out that studies reviewed by James (1991) have shed light on caffeine's ability to serve as a positive reinforcer and as a punisher (James, as cited in Rogers, Edwards, Green, and Jas, 1992). They explain that it depends on various factors such as: dose, background level of caffeine ingestion, contextual variables and differences of individual participants (James, as cited in Rogers et al, 1992). The authors also bring out an interesting point that the reinforcing effects of caffeine as seen in some individuals, could possibly provide a basis for preference development for beverages that contain caffeine (Elizalde & Sclafani; Zellner, as cited in Rogers et al). The authors refer to this as a flavor drug conditioning process, much similar to flavor energy conditioning (Elizalde & Sclafani; Zellner, as cited in Rogers et al). The authors continue with a balanced focus on caffeine's potential preference conditioning possibilities describing the limits of labeling it as such a tool a constituent. They surmise that based on the current evidence, it should be concluded that there is presently little direct

evidence that caffeine plays a major role in an individual developing caffeine liking beverages (Rogers et al). However, they do reveal that this does not mean that the effects of caffeine are not important (Rogers et al). They conclude that caffeine does influence mood and an individual's behavior (Rogers et al). They explain that there are well known symptoms of caffeine withdrawal including: headache, drowsiness and fatigue (Griffiths, Bigelow, and Liebson, as cited in Rogers et al). Another interesting point that the authors bring out is involving Zellner's work surrounding the liking for coffee. According to the authors, Zellner notes that coffee is initially disliked strongly because it contains bitter constituents, one of which is caffeine (Zellner, as cited in Rogers et al). It is also pointed out that bitter substances are rejected by humans (Steiner, as cited in Rogers et al). This is the reason sweeteners, milk or cream are used to improve what the authors refer to as "sensory appeal" of the beverage (Rogers et al). They explain that this provides the opportunity for what they refer to as "flavour-flavour conditioning (coffee flavours paired with strongly liked flavours) and flavour-energy conditioning (coffee flavours paired with sugar and fat energy) to occur (Rogers et al)."

Lean Bodies Approach- Physiological/Psychological Aspects of Dieting

In a heading listed as "Diet, Dietary Restraint And Dieting", the authors cite that there has been extensive work involving the metabolic and nutritional consequences of restricting food (Garrow, as cited in Rogers, Edwards, Green, and Jas, 1992). They continue that there has been some investigation into mood changes during various dieting practives, however

the effects of dieting on cognitive performance has been all but completely ignored (Rosen, Loew, & Sims, as cited in Rogers et al, 1992). The authors cite that the Minnesota research study of mini-starvation that involved long-term restriction of food, demonstrated results of lethargy, tiredness, depression and feeling of decreased energy (Keys, Brozek, Henschel, Mickelsen, & Taylor, as cited in Rogers et al). They point out that the participants did complain of numerous changes in their intellectual functioning inclusive of the inability to concentrate, judgement impairment, and poor memory (Keys, Brozek, Henschel, Mickelsen, & Taylor, as cited in Rogers et al). However, the authors point out that the results of a battery of objective tests of performance did not confirm this, and that any observable effects were only marginal (Keys, Brozek, Henchel, Mickelsen, & Taylor, as cited in Rogers et al). The authors bring out that possibly the participants' estimation of their own capacity of intellect was "influenced by expectations arising from the emotional and physical effects of starvation (Rogers et al). Furthermore, the authors summarize a comparison of the Minnesota study involving an extreme example of dieting to regimens that involve avoidance of weight gain, popularly known as "maintenance (Rogers et al). They describe that avoidance of weight gain does not require the participants to undereat, however for some people the effort of restraint or alternating between restraint and breaking a so-called diet could certainly be stressful enough to negatively affect their mood or even cognitive performance (Herman & Polivy, as cited in Rogers et al). Also, they explain that the

successfulness of the dieter's targeted weight loss goals could lead to the improvement of mood, and how they feel about their body and themselves (Garrow, as cited in Rogers et al).

The authors describe that they had begun an examination of some of the aforementioned issues in a study involving the assessment of women undergraduates' dieting behavior regarding their eating, body weight and body shape (Rogers & Green, as cited in Rogers, Edwards, Green, and Jas, 1992). The authors continued with their review citing various work utilizing questionnaire based results. The authors stated that " the previously described results indicate substantial impairment of cognitive performance with dieting (Rogers et al)." They explained that it appeared to be more related to the degree of weight loss than to eating and body-weight concerns (Rogers et al).

Body weight can certainly affect mood and attitude. A case in point is described in a study involving restrained eaters and unrestrained eaters who were weighed either 5 pounds less or 5 pounds heavier than there actual weight or not weighed at all (McFarlane, Polivy, Herman, 1998). Some very interesting mood changes and attitudes emerged for some of these participants. Both the unrestrained and restrained eaters who were weighed and told that they weighed 5 pounds lighter than there actual weight were unaffected by this false information (McFarlane et al, 1998). On the other hand, restrained eaters who were told that they weighed 5 pounds heavier than their actual weight reported decreased self esteem, decreased positive moods, and reported an increase in negative moods compared to the unrestrained eaters in the other 2 conditions (McFarlane et al). Also,

restrained eaters who were informed that they weighed heavier than there actual weight ate meaningfully more food in a subsequent taste test in comparison with each of the other groups (McFarlane et al). The authors of the study reported that the restrained eaters who perceived that they weighed more had lessened self-worth along with a worsening of their mood that caused a relinquishment of their eating restraint and consequently to overindulge in available food (McFarlane et al)

Lean Bodies Approach- Effects of Fat on Mood

There has been interest in dietary fat content and mood as of late. In a recent study in the British Journal of Nutrition, researchers investigated the effects on mood from dietary fat reduction while maintaining constant energy (Wells, Read, Laugharne, & Ahluwalia, 1998). The researchers reported that they examined these effects on ten male and ten female participants (Wells et al, 1998). Each of the participants ate a diet, which contained 41% energy coming from fat for the period of 1 month. The second month 1/2 of the participants changed over to a lower fat diet, which equated to 25% energy from fat while the remaining participants continued to consume the diet with 41% of its energy coming from fat (Wells et al, 1998). The researchers assessed mood changes and blood lipids before, during and at the conclusion of the study (Wells et al). The authors of the study reported that anger-hostility ratings meaningfully increased in the intervention group after the month study on the lower-fat diet, and during that time there was a small amount of decline in anger-hostility in the participants in the control group (Wells et al). The authors reported that tension-anxiety declined in the

participants in the control group eating the higher fat diet, however there was no change in the group eating the low-fat diet (Wells et al). The researchers reported a decline in fasting HDL concentrations following the lower-fat diet and a small increase in the HDL concentrations of the participants eating the medium-fat diet, while there was no significant changes in total serum cholesterol concentrations, LDL or triacylglycerol observations (Wells et al). The researchers concluded that their results suggest that dietary fat content change from 41% to 25% energy may cause adverse mood effects (Wells et al).

The complexity of the metabolic and biochemical pathways involved in the food and mood connection is fascinating. In a review appearing in the July, 1997 issue of Nutrition Reviews , a balanced approach to the subject is encouraged (Kurzer, 1997). The author explains that the association of food consumption relative to mood is very popular among both lay and scientific audiences (Kurzer). However, the scientific support for a lot of the observable associations is still sparse in this area (Kurzer). In other words, one should be cautious to derive absolutes from the present research depth. The author cites that particular interest seems to be in the area of food consumption, cravings and mood involving women and menstrual cycle (Kurzer). Caution is given that this area is in need of further research to either support or disprove the current hypotheses surrounding consumption of food and mood (Kurzer). Furthermore, it is suggested that health professionals inform the public of the complex factors surrounding mood in relation to food (Kurzer).

Lean Bodies Approach- Psychological/Behavioral Aspects of Food Combination and Timing

The psychological aspects of altered meal frequency and snacking could be far reaching. This area of research provides fertile ground for unlocking beneficial aspects regarding everyday coping and quality of life. Many important points surrounding this subject are brought out in a review appearing in the British Journal of Nutrition (Kanarek, 1997). The author describes that over the past two decades much research has been done involving whether or not alterations in "short-term nutritional intake" influences cognitive behavior and mood (Kanarek). The author points out that a portion of this research has been dedicated to the investigation of the effect of meal consumption in relation to performance on mental tasks and subjective feelings of mood (Kanarek). The review reveals that the results of this research indicate that several variables can influence the effects of meal's on cognitive behavior (Kanarek). These variables include the following: timing and nutritional composition of the meal, the status of nutrition, habits and patterns of feeding behavior, beliefs about food, and the nature of the task mentally (Kanarek). The author cites examples such as the effects of eating breakfast and its association with improved cognitive performance later in the morning (Kanarek). Also, the author reports lunch consumption showing impaired performance on mental tasks in mid-afternoon and more negative reports of mood (Kanarek). The author explains that research has given insights regarding intake of meals and cognitive behavior along with mood effects (Kanarek). However, several

factors still remain to be investigated such as age interaction, gender, level of activity, the composition of a meal, personality factors and stress with the effects of meals relative to cognitive behavior (Kanarek). The conclusion of the review points out that additional investigation is needed on what the author refers to as " the time-course of short-term nutrient effects, and the effects of chronic changes in meal intake on behavior (Kanarek)."

Lean Bodies Approach- Emotional Health and Weight Loss Perspectives

The frustration and complexity of obesity is personified in Susan Wooley and Orland Wooley's writings titled "Should Obesity Be Treated At All?" published in Eating and Its Disorders, appearing in Research Publications: Association for Research in Nervous and Mental Disease (Wooley & Wooley, 1984). The authors bring out the negative effects of the traditional treatment of obesity. The effects of dieting on emotional health is magnified throughout this work in a balanced, well written fashion. The authors state that the "question is whether the generally modest benefits of successful obesity treatment clearly outweigh the negative effects of unsuccessful treatment and the general impact on an already weight-obsessed society of our continuing efforts to prevent or eradicate fatness (Wooley and Wooley,1984)." The authors point out that treating obesity over the years has surrounded the notion that the reason for fatness was due to a potential behavior pattern that could be corrected (Wooley & Wooley). Among these patterns was the consumption of large amounts of food or sub-par physical activity, or the combination of both (Wooley & Wooley). The authors explain that various treatment protocols were put into effect attempting to correct excessive eating,

education of proper diet and physical activity, and recent approaches involving the utilization of learning theory techniques (Wooley & Wooley). The authors revealed that the outcome of these efforts have been discouraging (Wooley & Wooley). Furthermore, they reported that only a small minority of individuals show a significant change (Wooley & Wooley). The authors cite research that brings to light that the majority of studies reveal no difference in food consumption of obese and lean infants, children, teenagers and adults (Wooley, Wooley, & Dyrenforth; as cited in Wooley & Wooley). The authors point out that this shows that the majority of obese individuals do not overeat compared to other individuals, or that they do only overeat for a short duration that is difficult to pin down in time-limited research experiments (Wooley & Wooley). The authors summarize that they cannot answer whether or not obesity is caused by a periodization of overeating, however they state that "obesity can certainly be maintained without overeating, even with under-eating (Wooley & Wooley)." They explain that this is incompatible with the idea of an obesity cure through the normalization of eating behavior (Wooley & Wooley).

The researchers acknowledge that through the process of sustained, extreme under-eating, an obese individual will succeed at losing weight, however the evidence points to extreme physiological pressure guiding toward regain (Wooley & Wooley, 1984). This is surrounded around what the authors refer to as "set point " (Wooley & Wooley). Furthermore, they point out that metabolic rate is down-regulated by the restriction of food (Wooley, Wooley, and Dyrenforth, as cited in Wooley & Wooley). Also, they cite that along with the restoring of normal eating required to correct this decreased metabolic rate, so comes regain of fat replenishment and weight (Wooley,

Wooley, and Dyrenforth, as cited in Wooley & Wooley). They describe that this effect seems to be due to the presence of decreased thermogenesis and the altering of hormonal functioning, which sets up an environment of fat storage (Wooley, Wooley, and Dyrenforth, as cited in Wooley & Wooley). In a brief summary, the authors review findings of studies revealing early death increases found at the extremes of underweight and overweight (Keys, as cited in Wooley & Wooley). Also, they reported that the Framingham study data exhibited underweight as more of a dangerous risk than overweight (Sorlie, Gordon, and Kannel; as cited in Wooley & Wooley). The authors cite other studies regarding levels of obesity, however their focal point is centered around what they refer to as " very serious questions about the rational basis for treatment of the great majority of patients who are mildly to moderately obese (Wooley & Wooley)." The authors go as far as taking a bold stance regarding the failings of lasting weight loss with a shared agreement of Hilde Bruch's skepticism regarding whether those who are helped with weight loss are really much better off (Bruch; Bruch; as cited in Wooley & Wooley). The authors point out that many of the so-named treatment successes are actually sentenced to a life of obsession about weight, semi-starvation, and chronic hunger symptomotology (Wooley & Wooley). The writers maintain that these individuals are trapped in what they refer to as a "metabolic rut", exhibiting some individuals consuming as low as 800 calories daily (Vincent; as cited in Wooley & Wooley). According to the authors, these individuals are very close to creating an out right eating disorder (Vincent; as cited in Wooley & Wooley). The authors describe the well known story of an individual's financial investments, time investments and energy investments in various treatments which end up in failure bringing along health risks due to the repetitive fluctuation of weight (U.S. Dept. of Health, Education and

Welfare; as cited in Wooley).

The authors summarize cultural aspects of "fatness (Wooley & Wooley, 1984). One of the most dramatic forms involving cultural aspects of dieting has shown up in the epidemic of eating disorders. The researchers cite work by Thompson and Schwartz involving a sample of college women (Thompson & Schwartz; as cited in Wooley and Wooley, 1984). The sampling of these women revealed that 31 of the 77 women demonstrated anorexic-like behaviors (Thompson & Schwartz; as cited in Wooley and Wooley). Interestingly, almost all of the anorexic-like females and several of those not exhibiting problems reported that they were "always-dieting (Thompson & Schwartz; as cited in Wooley and Wooley).

Wooley and Wooley do an excellent job of describing what happens to people who diet (Wooley and Wooley, 1984). The authors cite the work of Keys and colleagues surrounding conscientious objectors of World War II who were starved (Keys, Brozek, Henschel, Mickelson, and Taylor; as cited in Wooley and Wooley, 1984). In that study it was shown that a starvation period lead to the fact that when food was made available again, gorging took place (Keys et al; Wooley and Wooley, 1984). Wooley and Wooley also refer to work by Polivy and colleagues involving restraint and " a repeated connection between chronic dieting and the tendency to binge (Polivy, Herman, Olmsted, and Jazwinski; as cited in Wooley and Wooley)". The authors refer back to Thompson and Schwartz regarding their findings that "of the 40% of college women who showed anorexic-liked behavior without actually being anorexic, half reported binge-eating (Thompson and Schwartz; as cited in Wooley and Wooley). Wooley and Wooley go on to say that "of

course, eating binges which bring diets to an abrupt end are so characteristic of overweight patients that we have tended to see them as part of the psychopathology of obesity rather than as a natural consequence of voluntary weight loss (Wooley and Wooley)."

The authors describe that the attempt to maintain weight loss while at the same time facing an appetite that is overwhelming could appear to set up a condition of high risk for developing an eating disorder that is clinical (Wooley and Wooley, 1984). Interestingly, the authors report that anorexia n ervousa always starts as a weight loss diet (Wooley and Wooley, 1984). Furthermore, they point out that bulimia starts as a diet as well (Wooley and Wooley). Also, the researchers describe that in the work done by Thompson and Schwartz, those participants among the college women that were discovered to have anorexic-like characteristics, at least half said that they were vomiting (Thompson and Schwartz, Wooley and Wooley). Reportedly, Johnson and colleagues revealed that half of their sample of bulimic participants displayed suicidal ideation in their history (Johnson, Stuckey, Lewis, and Schwartz, as cited in Wooley and Wooley,1984). Furthermore, they reported that ninty per cent said their feelings about themselves and their thoughts about themselves were " totally influenced by eating difficulties (Johnson et al; as cited in Wooley and Wooley)."

The authors point out the obvious. They report that it should be kept in mind that victims of the aforementioned disorders are not drawn from an even basis in society, but are mainly female (Wooley and Wooley, 1984). Reportedly, in a 1975 report of the American Psychological Association Task Force on Sex Bias and Sex-Role Stereotyping in Psychotherapeutic Practice

it is stated that " psychologists should recognize the reality, variety, and implications of sex-discriminatory practices in society and should facilitate client examination of options in dealing with such practices (American Psychological Association task Force; as cited in Wooley and Wooley, 1984)." The authors point out that when this group released a text that examined the effects of sexism involved in the development and manner of treatment of different psychological based disorders (especially depression and agoraphobia) the eating disorder portion was included at the last minute (Wooley and Wooley). The point that the authors are trying to make is that it is taken for granted that mainly females worry about their weight (Wooley and Wooley). They continue that it is young women's lives being devastated by disorders such as anorexia, nervosa and bulimia (Wooley and Wooley).

The authors conclude their review by attempting to offer a balance in the treatment of obesity. They suggest that "weight change may, in some cases, be a worthwhile and attainable goal, but it cannot be the major goal of treatment and its appropriateness and feasibility can only become apparent as other problems are corrected (Wooley and Wooley, 1984)." They go on to exhort that when these problems are corrected, the client will view their weight with less importance, and reach their own conclusions (Wooley and Wooley).

Research Methodology – a real world contextual design

Every researcher must look upon research methodology with an eye of appropriateness. From the onset, it was clear that a real world approach was a natural fit for this current research. This approach was implemented to provide the most impact on lifestyle change in the context of the real-life environments in which people lived and worked instead of a laboratory environment. This section of research methodology deals with why this direction was chosen and how the framework of the study was constructed.

The research methodology was chosen according to various factors. One of these factors emerged out of the need to investigate the reasons behind the success of the Lean Bodies program. Another important factor involved the interest of applying research methods to various hypotheses surrounding the Lean Bodies program. Furthermore, the various facets of the Lean Bodies program were "rooted" in nutritional/biochemical pathways, physiology and psychology of change. The literature has established that long term changes involve more than the mere focus on diet. The research had to be broad enough to cover the sciences employed in the program. Also, the need to provide reliable evidence of application in a "real world" setting was paramount to the researcher. This is because a number of the studies reported in the literature have fallen short of application for complex

environments revolving around people living their everyday lives. The literature review has established a number of key areas for further study. The examination of additional studies that contain key areas (to be discussed below) regarding concerns surrounding methodology are highlighted for their comparative purpose. These studies illuminate the need of real world investigation.

Other research methodologies could have been chosen. However, due to the need to investigate each of the hypotheses separately and have the ability to look at them as a "whole" in relation to the Lean Bodies program, there was a requirement to employ inter-disciplinary approaches. Other possible research methodologies were not "best fits" for this design. The approach employed is primarily qualitative. It follows the change for individuals over their program period. The emphasis is on individual progress, however the participants were separated into different experimental groups. The groups were separated into different programs (details of separation follows) This allowed for tracking of individuals managing different types of change. Therefore a "qualitative" approach to research was utilized that provided comparisons, but within complex contexts. Control issues applied and the establishment of a detailed research protocol. The detail contained in the protocol allows future researchers to replicate the study. Purposely, the qualitative elements of the methodology are so designed for future replication. Approaching the complexity of the research in this way allows

for criteria from both qualitative and quantitative research methodologies to apply. The application of these issues involved in the research is discussed below.

Qualitative and quantitative research provide excellent avenues for investigation. In the initial phase of choosing an area of research, a researcher must be sensitive to detail. Probing questions must be asked, in order for the investigative process to move forward. What is to be researched? What is the profile for potential research participants? What are the research hypotheses to be tested? What setting is the research to take place in? What are the limits of the research in the chosen setting? What is the duration of the research? What does the physical plant offer to the investigative process? What type of financial commitment is required to see the research through to completion? In each hypothesis area, what is the most appropriate research methodology? How will the participants be grouped? How will the data be collected? These are just a few of the questions a researcher must address in order to begin the research process. In this process, the "forming" of the research methodology will begin to emerge. This will only happen if the researcher does not try to force a research methodology into play, but "allow it to emerge." The investigator must be patient, intuitive and tasteful in choosing the appropriate research methodology. If this process is rushed or forced at any juncture, the study will not survive.

In his book, Handbook of Qualitative Research Methods, John T.E. Richardson offers balanced advice regarding qualitative research. He not only discusses its merits, but views the practicality of the approach (Richardson, 1996). The author's discussion of quantitative research is provocative. Elements of traditional research methodologies are dissected. Quantitative methods are assessed for their obvious strengths, along with their limits. Qualitative methods are equally assessed for their unique strengths and limitations.

In the introduction of this book, it is pointed out that growth of the qualitative method goes back to the 1960's (Richardson, 1996). This information is intriguing in that one can extrapolate that during this growth the qualitative/quantitative "debate" was ongoing. Investigative change does not come easy in the field of science. In this researcher's opinion, it seems obvious that this change must have come with a "cost" for some. Proponents of the qualitative approach courageously challenged tradition. It would seem reasonable to surmise that they probably had to withstand ridicule and criticism from their peers. Nevertheless, they must have continued to courageously point out various "short comings" contained in traditional quantitative research methods. Furthermore, it would be easy to believe that they must have become "labeled" by their "traditionalists" peers. It would also seem probable that their argument for qualitative research thrust them into a certain environment of isolation. However, their careful attention to proper scientific methodology, along with persistence,

consistency and boldness has provided the stability to transport qualitative research methodology to its present respected position in science today. The author summarized findings from laboratory studies that support the point that scientific practice is significantly more creative than depicted, and contains various contingencies that are not usually represented in the so-called objective philosophy surrounding science (Richardson, 1996). The author describes that researchers who adopt a view that tends to be more open, interpretative and constructionist go with the "bent" of qualitative research (Richardson)."

In summary, the author purports that psychologists who choose to involve themselves in qualitative research areas, face complex decision-making and various choices that involve the dilemma of representation (Richardson,1996). This goes without saying that in any area of science, qualitative methodology should be approached with appropriateness toward each specific investigative process. This will assuredly provide the best environment for qualitative research methodology.

For this research three areas are of interest:

1. Study content and relevance to the major themes explored.
2. Adopted Methodology and appropriateness for this research.
3. Study implications for this research.

Making decisions regarding appropriateness is far from simple. Some of these difficulties can be seen through the consideration of other studies by researchers as specifically defined as important in literature review. These studies are discussed for their design and comparative issues relevant to this study and its methodology. Studies conducted by previous researchers carrying relevance to matters in this research have been chosen to probe into issues in content and/or methodology. The following "Literature Discussion Reviews" are separated into "Research Discussion" sections. There are two (2) "Research Discussion" reviews per hypothesis of the Non-Shift Study and Hitachi Study. Each "Research Discussion" is a review of either a research study, research paper or review article specific to one (1) of the six (6) hypotheses of the Non-Shift Study or Hitachi Study. These papers were selected according to their comparative similarities with each specific hypothesis involved in the Non-Shift Study and Hitachi Study. Each "Research Discussion" review provides an arena of candid comparative analysis.

Literature Discussion Review

Content - There is no greater improvement in lean mass gain and body fat loss in the Participants of Experimental Group 1 Lean Bodies, compared to the Participants of the other Groups.

Research Discussion # 1

Researchers investigated the effects of energy restriction alone and energy restriction combined with endurance exercise on lean tissue, skeletal muscle, and adipose tissue in 24 obese women (Ross, Pedwell, and Rissanen, 1995). The women were divided into two groups: a diet only group and a diet and exercise group. Body composition analysis using magnetic resonance imaging was utilized for the measurement of lean tissue, skeletal muscle and adipose tissue for each group. The diet only group was placed on a diet that created an estimated daily deficit of 1000 calories (Ross et al, 1995). According to the researchers, the principal finding of this research study is that the energy restriction and exercise combination resulted in a greater reduction of magnetic resonance imaging-measured adipose tissue and preservation of magnetic resonance imaging-measured lean tissue in comparison to the energy restriction alone (Ross et al, 1995). This, added the researchers, in combination with the observation that peak VO2 was improved significantly within the diet and exercise group, provides good evidence that supports the combination of endurance exercise and moderate energy restriction as an effective means of treating obesity (Ross et al, 1995).

Methodology - According to the researchers, "food diaries were recorded daily for the duration of the eighteen week study, and were

analyzed weekly to ensure that proper nutrition was maintained (Ross, Pedwell and Rissanen,1995)." Also, the researchers said that "analysis of the diet records indicated that the mean energy deficit created by the reduction in energy intake was 5.1 +/- 1.2 MJ (1222 +/- 293 kcal/d) for the diet only group and 5.5 +/- 1.1 MJ (1325 +/-253 kcal) for the diet and exercise group (P> 0.05) (Ross et al.)." This study was excellent.4 Disappointment lies in the lack of information regarding the food diaries. There is no information regarding whether these food diaries were analyzed by a computer program. The researchers explains in detail the other assessment procedures such as magnetic resonance imaging, technique used in body weight measurement, energy cost of exercise etc. Missing is descriptive information regarding what the researchers meant by the terminology "complete dietary intake records." How were food quantity amounts derived by the participants? How was this raw data analyzed for each separate participant for each week? It is difficult to assess the accuracy standard of energy through-put involved in the study. Daily inherent food records require trips to the grocery store to look up food items that are not included in even the latest computer food processing programs. The breaking down of recipes into individual ingredients is a substantial task in itself. The reliability of the energy through-put is a vital part of this study. With the aforementioned questions unanswered, how is one to ascertain the reliability of the inherent food diary records?

Implications for this current study - Future research in this area should provide tight guidelines for inherent food records from the participants. As mentioned earlier, a popular method for gathering this information is "sample days" approach. This approach is fine within its limits. It is difficult to derive a long-term trend by choosing sample days during the week and a sample day/or days on the weekend, especially if these samples are recorded pre and post study only. Even if this is carried out for consecutive weeks during a study period, it only provides limited trend analyses. The study critiqued above does allude to a daily diet tracking of its participants for several weeks. The guidelines for this tracking are sketchy at best. Conclusions are derived by the researchers that take into account energy through-put as part of their findings that leads to their conclusions. The sketchy guidelines for the diet tracking analyses raise questions about the validity of their findings in this area. The other areas of the research are strong. Inherent diet tracking seems to consistently be the weak link in these types of research studies. There is a great need for "real world" research that would provide confidence in daily/long-term inherent diet track protocol. This future model should provide tight refinement for analyses and long-term daily diet tracking methodology. A sound computer program containing an expansive database is a must for a high level of confidence reliability.

Research Discussion # 2

Content - Researchers set out to investigate the effects of a full body strength training program on changes in total and regional body composition, especially intra-abdominal adipose tissue in older women (Treuth, Hunter, Kekes-Szabo, Weinsier, Goran and Berland,1995). The study was comprised of 14 older women who strength trained 3 times a week for 16 weeks. Strength was measured by one-repetition maximum tests. Total body composition was measured by hydrodensitometry. Regional body composition was measured by computed tomography. There was no significant change in body weight, total body composition, total body percent fat, fat mass, or fat-free mass (Treuth et al,1995). The researchers reported that there was a significant decrease in intra-abdominal adipose tissue, with no significant change in the abdominal subcutaneous adipose tissue. The researchers cited that total abdominal fat and total area of the abdomen also showed reductions. Thigh subcutaneous adipose tissue lowered by 5.8% and muscle cross-sectional area in the thigh was up by 9.7% (Treuth et al). The researchers reported that the intra-abdominal-to-subcutaneous abdominal adipose tissue ratio was significantly lowered after training (Treuth et al). The researchers concluded that significant reductions in intra-abdominal adipose tissue and the increase of strength were realized after strength training in healthy older females (Treuth et al). The decrease of intra-abdominal adipose tissue was also joined by a drop in thigh subcutaneous adipose tissue and an increase in thigh muscle (Treuth et al). Therefore, the researchers specified that strength training may be a useful

intervention for body composition improvement and distribution of fat in the older population (Treuth et al).

Methodology - The researchers explained that for monitoring dietary intake, they had the participants complete 3 day dietary food records, including one weekend day, before the study and after the study (Treuth, Hunter, Kekes-Szabo, Weinsier, Goran and Berland, 1995). Also, there was no instruction on diet composition changes.

Implications - Future research is needed involving the incorporation of more sophisticated approaches for tracking food consumption data in a "real world" setting. More emphasis should be placed on attitudes/ beliefs surrounding food as well. Education is needed to cause a change in this area for long term success. Future studies should involve both the biochemical/metabolic components and the psychological components combined in a "same study" format. This provides a long-term outlook for lifestyle change.

Literature Discussion Review

Content - There is no greater improvement in the blood lipid profile in the Participants of Experimental Group 1 Lean Bodies, compared to Participants of the other Groups.

Research Discussion # 1

Researchers at Laval University report the effects of prolonged low-intensity aerobic exercise that caused no significant increase in maximal oxygen uptake but a 353MJ calorie deficit over a 100 day duration period and a significant drop of body fat only by prolonged aerobic exercise training as daily energy consumption was kept constant throughout the duration of the program (Depres, Tremblay, Moorian, Lupien, Theriault, Nadeau, and Bouchard, 1989). The study involved 5 healthy young men who were moderately overweight. The participants were admitted to the metabolic ward 14 days before the beginning of the exercise training program for the purpose of evaluation of their daily energy needs (Depres et al,1989). The participants exercised on bicycle ergometers for two 53 -minute sessions for a period of 100 days, 6 days per week with one day of rest per week. The researchers reported that along with a loss of body weight (from 86.7 +/- 20.0 to 78.7 =/- 17 kg, $P<0.01$) and in fat mass (from 17.0 +/- 9.7 to 10.4 +/- 7.4 kg, $P< 0.01$), the exercise program caused several changes in plasma lipoprotein levels (Depres et al.). Plasma total cholesterol level dropped significantly after 25 days of exercise training ($P< 0.05$) and remained significantly lowered at the end of the exercise training research program ($P< 0.05$) (Depres et al). The researchers explained that this decrease in total plasma cholesterol was joined by decreases in plasma apoprotein B, LDLcholesterol and LDLapo B levels ($P<0.05$). The researchers reported that

there were trends for decreases in plasma triglyceride and VLDL components that were significant solely for VLDL triglycerides ($P< 0.05$). Plasma HDL cholesterol levels increased significantly solely at the end of the training program ($P< 0.01$) (Depres et al). The authors of the study pointed out that this increase in plasma HDL cholesterol was not joined by an increase in plasma apo A-1 levels suggesting that training caused an increase in HDL cholesterol content instead of an increase in HDL particle number (Depres et al). Ratios of HDL cholesterol/cholesterol ($P<0.01$) and apo A-1 /apo B ($P<) 0.05$) were significantly increased by training, suggesting a lowered risk of heart disease. The researchers pointed out that these results reveal that a decrease in fat mass solely caused by aerobic exercise training has substantial beneficial effects on plasma lipoprotein levels (Depres et al).

Methodology - This study was a progressive and fascinating experiment. Many factors made it intriguing to review. The constant energy intake of the participants was a real plus from a metabolic standpoint. To see the significantly lowered risks of cardiovascular disease become a reality without the stereotypical low calorie diet accompanied by increased exercise activity, is a breath of fresh air. High control levels were introduced and monitoring of the participants was possible through admission to the ward. Obviously, this provides ideal conditions of research for a controlled experiment.

Implications - As excellent as this study is, future research is desperately needed in a "real world" setting. The study critiqued above is not "real world". It gives us a glance into a "vacuum" only. People can not stop everything and live in a controlled ward setting, in order to lower their risk of cardiovascular disease. However, it reminds us of the value of attempting to control conditions in taking on any program, or on the other hand to accurately record the conditions and deviations that happen so that other researchers are benefited in replication of the study.

Research Discussion # 2

Content - For years aerobic exercise has predominantly been on center stage as the focus of research studies involving exercise and cardiovascular health. Today, weight-training is like a "smash hit" song on the "hit parade." Science has just scratched the glass of strength training's physiological potential.

The literature has clearly defined that weight training is a powerful tool for lowering the risk of cardiovascular disease. Pioneering researchers investigated the effects of weight training on lipid and lipoprotein levels following a 16 week study involving previously sedentary men and women (Goldberg, Elliot, Schutz, and Kloster, 1984). The researchers reported that the women showed a 9.5% decrease of cholesterol, a drop of 17.9% in low-

density-lipoprotein cholesterol and 28.3 % decrease of triglycerides (Goldberg et al, 1984). According to the researchers the ratios of total cholesterol-high density lipoprotein cholesterol and low density lipoprotein cholesterol-high density lipoprotein cholesterol were decreased respectively 14.3% and 20.3% (Goldberg et al). Among the men, low density lipoprotein cholesterol decreased 16.2%, while the ratios of total cholesterol-high density lipoprotein cholesterol and low-density lipoprotein cholesterol-high density lipoprotein cholesterol were decreased respectively 21.6% and 28.9% (Goldberg et al). The authors of the study concluded that strength training appears to produce favorable changes in lipid and lipoprotein levels in men and women, who were previously sedentary (Goldberg et al). This study is one of many studies that has helped to bring to light the dimension of strength training and cardiovascular health.

Methodology – The study is a very effective demonstration of the role of strength training, however it has no provision of comparison involving nutritional changes.

Implications - Future research is needed to provide a "real world" approach that would encompass a "total package" of strength training, aerobic exercise, nutritional training and psychology of change wrapped up into one methodology of research. This "total package" design would come under a "one (1) study" comprehensive protocol, providing the necessary

ingredients to result in total lifestyle change. This may provide the best opportunity for permanent fat loss.

Literature Discussion Review

Content - There is no greater improvement in morale/job contentment in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups.

Research Discussion # 1

Gathering data for the purpose of discovering overall attitudes surrounding "job in general" issues can give great insight into the successful running of any organization. Many scales are available today to investigators for the purpose of looking into the various facets of job satisfaction. Also, many general scales are used to estimate a respondent's general overall feelings about his or her job (Ironson, Brannick, Smith, Gibson, and Paul, 1989).

Methodology - A research review article titled "Construction of a Job in General Scale: A Comparison of Global, Composite, and Specific Measures" was designed for the purpose of describing the construction of a Job in General (JIG) scale to accompany the facet scales of the Job Descriptive Index (Ironson et al,1989). According to the researchers, facet scales are

utilized to differentiate different aspects of job satisfaction (Ironson et al). According to the authors of this work, many researchers have summed the scores on five sub-scales of the Job Descriptive Index, but this procedure has its problems. The researchers point out that the JDI scales were not designed to be summed. These scales were built to measure five distinctively different areas (Ironson et al). The Job In General was constructed to have the following characteristics: multiple items to give an estimate of internal consistency, although the stability of testing over time does not require multiple items, it is meaningful solely when the situation stays constant (Schneider & Dachier, as cited in Ironson et al); reading ease and response, use in working populations; content with minimal overlap with measures of supposedly different variables; the measure of the global satisfaction, for example, should not describe characteristics of job or ask about the intention to leave; demonstrated convergent validity; and Job Descriptive Index compatibility , because it was primarily intended to be used following the completion of the facet scale of the JDI (Ironson et al). The authors concluded with a look toward the future stating "that in future research, opportunities should be seized to track the long-term effects of interventions and of changing economic, organizational, and social conditions (Ironson et al)." They explained that repeated measures give a tool that is powerful for quality control of procedures that affect individuals. Also, they said that the aforementioned longitudinal studies should include specific and global measures (Ironson et al). The researchers concluded

their paper with excellent practical advice in stating that "in any research, measures should be chosen with appropriate specificity in mind (Ironson et al)."

Implications - In our fast paced society, including longer working hours and less personal time, future research is needed to provide a model for nutritional/biochemical, physiological and psychological changes in the work place. Ideally, this should be under the auspices of one "real world" research study. Out of this type of research, on the job programs could be measurably assessed in many areas of job satisfaction stemming from these elements of change.

Research Discussion # 2

Content - Smith and Barton, (1994) propose in their paper a framework which investigates the complicated relationships between personal control and shift-work (Smith, Barton, 1994). For example in this paper "Shift-work and Personal Control: Towards a Conceptual Framework", the authors point out various elements of possible control, both perceived and actual. They propose that the application of these potential control areas could improve some of the problems of the nightshift worker. Discussion of some of these potential areas of control follows. One area of shift system controllability is the worker's personal influence over the hours he or she works (Smith, Barton). The authors' definition of locus of control theory is helpful in

understanding the "bent" of some individuals. The authors point out that individuals with an internal locus of control think that reinforcements in life events are contingent upon their own individual behaviors (Smith, Barton). External locus of control reason that outcomes are contingent upon things outside of themselves (Smith, Barton). High internal locus on control is an attribute for the nightshift worker. The authors cite an example in a sample of over 600 shift-workers. High internality was related to fewer problems with sleep, less use of sleeping pills and alcohol as an sleep aid; lower disruption affecting family and social life; better job satisfaction, better subjective mental and physical health; and higher levels of alertness, specifically on the night shift (Smith, Barton). An interesting suggestion that the authors offer is that individuals who are physiologically and psychologically suited better to night work may demonstrate better adaptation of circadian rhythms (Smith, Barton). The authors cite that internals would be predicted to better perform on a job for minimally two reasons (Spencer, as cited in Smith, Barton). First, internals have more expectancy that their own effort will end up in good performance and ultimately reward (Lawler, as cited in Smith, Barton). The authors explain, assuming internals are motivated to perform well in situations with more complex tasks, they tend to seek more relevant information and perform on a more effective level than externals (Smith, Barton).

Smith, Barton (1994) cite that there is now evidence that shift-work results in a disruption to biological and social rhythms, and that this can aggravate existing health problems (Harrington;see also Scott & Ladou; see also Waterhouse et al, as cited in Smith, Barton). Being able to control work hours through more flexibility has demonstrated to moderate stress (Smith, Barton). In a sample of 1082 nurses and midwives, physical health, psychological health, chronic fatigue, and disturbances of sleep were found to be worse in the nurses who were working in situations which did not allow opportunity for actual control in comparison to those nurses that were working in flexible systems involving the ability to influence work hours (Smith, Barton). According to the authors "individuals with a high internal shift-work-specific health and sleep LOC, who value these aspects of their lives, would be expected to suffer fewer shift-related problems in these areas (Smith, Barton)."

Implications - Future research is needed to stimulate ways to produce "built-in" life-style change programs for those individuals involved in night-shift work. Especially needed is research that paves the way for programs, which are more assessable for those individuals who exhibit a "bent" toward "high internality". Comprehensive "in the workplace" education and application opportunities incorporating nutritional/biochemical, physiological and psychology of change areas contained in one (1) overall " study would lay realistic ground work for improved life-long adaptation to night-shift work without the many health "pit-falls" of present day.

Literature Discussion Review

Content - There is no greater improvement in patterns of food attitudes/beliefs in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups.

Research Discussion # 1

Researchers at Wageningen Agricultural University in the Netherlands set out to assess family resemblance in food habits in three generations of family members maternally related (Stafleu, Van Staveren, De Graaf, Burema and Hautvast, 1996). Ninety-seven adult women, along with their mothers and grandmothers were asked about their knowledge of nutrition, attitudes and intake of fat. Knowledge of nutrition and attitudes were determined by a self-administered questionnaire. Fat intake was assessed by means of a food frequency questionnaire (Stafleu et al, 1996). According to the researchers, family resemblance in food habit could be a reason to focus nutrition education within the unit of the family (Stafleu et al). They added that grandparents might play a role in transfer of food habits, so they decided to perform a three- generation study (Stafleu et al). A self-administered questionnaire was sent to the women, and an appointment was made for an interview at the participant's home. The interviews were conducted by six

dieticians, a nutritionist and a student in human nutrition. Each was trained in conducting the food frequency questionnaire by the fist author (Stafleu et al). The participants were asked about knowledge of nutrition, attitudes and intake of fat. Nutrition knowledge and attitudes were determined by a self-administered questionnaire. A food frequency questionnaire was utilized to assess intake of fat (Stafleu et al). Food attitude statements were referred to as liking and good/bad. Answers were given on a 5 point Likert scale with verbally labeled answering categories, and these were coded from 5 (which shows a positive attitude towards consuming the food) to 1 (which shows a negative attitude towards consuming the food) Stafleu et al).

The researcher reported their results as follows: the average percentage of energy from fat was 39% for the younger generation, 40% for their mothers and grandmothers. The researchers reported that the generations differed in their knowledge of nutrition ($P<0.0001$). The grandmothers had lower nutrition knowledge than the others (Stafleu, Van Steveren, De Graaf, Burema, and Hautvast,1996). Nutrition knowledge score correlations were 0.30 between the younger and middle generations, 0.35 between the middle and older generations, and 0.14 between the younger generation and their grandmothers (Stafleu et al, 1996). Regarding attitude toward high-fat foods and low fat alternatives the figures were respectively 0.27, 0.22, and 0.17, while for the energy percentage of fat consumption were respectively 0.19, -0.02 and 0.12. The researchers explained that within the generations the

correlation between attitudes and knowledge of nutrition or energy percentage from fat were higher in the middle generation than in the other generations (Stafleu et al). The researchers concluded that from their study it can be concluded that mothers and daughters do resemble each other in knowledge of nutrition and attitudes (Stafleu et al). They added, that "when somebody becomes older, important people other than the mother will serve as a model for nutrition behavior, e.g. husband, other household members, parents-in-law, or friends. (Stafleu et al)." They continued that correlations in this study should be evaluated in this perspective (Stafleu et al). The researchers feel that their study implies that a family-based approach might be an effective way to reduce fat intake (Stafleu et al).

Implications - This is an excellent research study that paints a realistic picture of the level of nutritional knowledge of individuals. This represents the obvious starting point to assess the need for education. However, much future research is needed that would encompass a “real world” approach involving re-education and application extending over a period of several weeks allowing for a provision of change. This should be measured regarding the psychology of change effectiveness from a baseline beginning to a point of measurable change/improvement producing life style application.

Research Discussion # 2

Content - French investigators sought to assess the eating habits and some of the food related behaviors, beliefs and knowledge in young educated French adults (Monneuse, Bellisle, and Koppert, 1997). A questionnaire was administered to 660 male and female students in university classes. The questionnaire was divided into three major sections. The first section contained five sections: 1-substance use, 2- eating habits and diet, 3- positive health practices, 4- driving behavior, 5- preventive health (Monneuse et al, 1997). The second section was made up of beliefs regarding behavior and health. These were assessed involving 10 points category scales (Monneuse et al). The third section encompassed health knowledge assessments surrounding the relevance of factors like foods, alcohol consumption, smoking, stress, exercise and being overweight in regards to major diseases such as cardiovascular disease, various cancers and mental illness.

The researchers reported results in the area of "eating habits and health behaviors" as most of the students having two and three meals each day, having breakfast each day, no snack or just one snack per day, and consuming meat, fruit and coffee almost each day (Monneuse, Bellisle, and Koppart ,1997). The females differed from the men significantly in many behaviors. The males reported having a higher average number of snacks each day compared to the females, and consuming more meat more frequently, adding salt more frequently, drinking alcohol more often,

exercising more often and using bicycles or walking less to the University every day (Monneuse et al, 1997). The researchers pointed out that females reported more healthy behavior over the males in terms of fruit intake, efforts to eat more fiber and avoiding cholesterol and fat (Monneuse et al).

The researchers reported that in regards to the participant's self-perception of body size and dieting, more males (65%) than females (56%) thought that they were "right." A slight amount more of men thought of themselves as under-weight (19%) than overweight (16%) (Monneuse, Bellisle, and Koppart,1997). In regards to the females 38% considered themselves to be overweight (Monneuse et al, 1997). In comparison of the three levels of perceived weight, significant differences emerged. Students who perceived themselves as overweight had fewer snacks per day compared to those that answered "underweight". Also, they did not add salt to their meals so often, and they made more efforts to consume more fiber and to try to avoid cholesterol and fat, and they were attempting to lose weight and were dieting more often (Monneuse et al). The percentages of males and females that were attempting to lose weight were 9% and 35% respectively, and were significantly different (Monneuse et al). When the students were accordingly compared to this variable of "trying to lose weight" or not, significant differences emerged for the average number of snacks each day, respectively (0.61) compared to (0.8), and number of drinks among regular drinkers (2.28 and 3.30 per day) (Monneuse et al). Those that answered that

they were trying to lose weight added salt less often (21% vs. 13%). A conscience effort to eat more fiber scored (46% and 26%), and avoidance of fat and cholesterol more often (59% compared to 26%) (Monneuse et al). In the category of beliefs concerning eating and some health practices, the following emerged: In all cases women showed higher ratings compared to men. Specifically, women displayed more importance in sleep time (8.5), weight control (7.7), ate more fruit (7.5), and various eating practices (6.7-5.7) (Monneuse et al). Beliefs regarding the importance of health measures were compared between students who perceived themselves as "overweight" and other students who did not. Four areas yielded different ratings: containing weight within normal limits, eating fiber, avoidance of too much sugar and avoidance of animal fat were perceived less important in the self-perceived "overweight" (Monneuse et al). In the area of "knowledge of factors related to illness", the students were aware of a relationship between nutrition and cardiovascular disease, blood pressure and diabetes (Monneuse et al). Almost all participants were aware that intake of animal fat and being overweight were related to cardiovascular disease. Consuming salt, animal fat and being overweight in relation to hypertension, were identified by a significant proportion of the sample (61%, 64% and 61%). The consumption of salt and animal fat were perceived to be related to the two cardiovascular diseases and also diabetes (Monneuse et al). According to the researchers, alcohol was a relevant factor in four out of seven

disorders: both cardiovascular diseases (56%), and mental illness (47%), and diabetes (49%).

An interesting observation emerged from the meal patterns of the students. It seems that some 84% of French students have breakfast every day (Monneuse, Bellisle, and Koppart, 1997). This is astounding. In America, breakfast is observably becoming less and less frequent. Because of this, many individuals "calorie load" at dinner. Their body can not use all of the dinner meal as fuel, so the conversion factor into fat is a common reality.

Implications - Much more research is needed in the future involving an education approach that results in lifestyle change. Excellent research, such as the above study has provided a "reality check" of the facts of surrounding nutrition and lifestyle change. However, there is a lack of research providing hands on "real world" protocol. The initiation of this approach within a set period of time coupled with a method for testing and evaluation of progress is needed. This type of research could spur a "ground swell" of "results driven" programs based upon measurable change/improvement.

Literature Discussion Review

Content - There is no greater improvement in constant to increased energy through-put in the Participants of Experimental Group 1 Lean Bodies, compared to the Participants of the other Groups.

Research Discussion # 1

When it comes to the subject of obesity, the lines of traditional thinking have been challenged in recent times. Traditionally, it has been thought that obesity is caused when energy intake exceeds energy output. This has been challenged by several descriptive studies of human beings demonstrating that obese people actually do not consume more energy than their non-obese counterparts (Miller, Lindeman, Wallace, Niederpruem; see also Miller; see also Dreon, Frey, Ellsworth, Willims, Terry, and Wood; see also Romieu, Willett, Stampfer, Colditz, Sampson, Rosner, Hennekens and Speizer; see also Tembley, Plourde, Despres, and Bouchard; see also Slattery, McDonald, Bild, Cann, Hilner, Jacobs, and Liu, see also Gazzaniga, Burns; as cited in Miller, Niederpruem, Wallace, and Lindeman, 1994).

Researchers conducted a study to investigate the relationships involving specific components of dietary fat and carbohydrate in regards to body fatness in both lean and obese adults (Miller, Niederpruem, Wallace, and Lindeman, 1994). Prerequisite criteria for entry into the study was based on adiposity. Lean was defined for males as 15% body fat and obese as 25%.

Lean for females was defined as 20% and obese as 35%. Each participant, following an overnight fast was given a body composition via Hydrostatic weighing (Miller et al,1994).

Methodology - Participants were taught how to estimate portions of food using plastic food models. Intake of food was recalled for the 24 hours before testing, and a food diary was utilized for participants to record all food and beverage intake over an additional weekday and one (1) weekend day. A food frequency questionnaire was utilized to measure food and beverage intake (Miller, Niederpruem, Wallace, and LIndeman,1994). According to the researchers, a computer software program was used to analyze the data. The participants were 23 lean men (11.1 +/- 2.9% body fat), 23 obese (29.2 +/- 3.8% body fat) men, 17 lean women (16.7 +/- 3.3% body fat), and 15 obese women (42.7 +/- 3.9% body fat) (Miller et al, 1994).

The researchers compared the groups for dietary variables utilizing a multivariate analysis of variance. The researchers reported that total energy intake and energy intake per lean body mass revealed to be similar between the lean and the obese participants (Miller, Neiderpruem, Wallace, and Lindeman, 1994). When the energy intake was shown relative to body mass the obese participants were discovered to have less intake than the lean participants (Miller et al,1994). It was found that the obese men and women obtained a larger percentage of energy from fat and less from carbohydrate

in comparison to the lean participants (Miller et al). The researchers reported that group comparisons among specific components of dietary fat revealed when expressed as a percentage of total daily energy consumption, the obese men and women took in significantly more monounsaturated fat than the lean men and women (Miller et al).

The researchers reported that obese men and obese women took in a significantly greater percentage of total sugar in the form of added sugar in comparison to the lean men and women (Miller, Neiderpruem, Wallace, and Lindeman,1994). The researchers continued that when fiber was expressed as total grams of fiber taken in, lean men and lean women consumed significantly more fiber than the obese participants (Miller et al, 1994). The researchers explained that the most significant finding to report from their study was "that diet composition rather than energy consumption was a characteristic of obesity for both men and women (Miller et al)." The researchers added, that "specifically" no differences were observed in total energy intake or energy intake relative to lean body mass between lean and obese participants (Miller et al)."

Implications - This research study undoubtedly has sparked many research ideas for the future. It has "charted" new waters for future studies investigating energy intake. Future research should be staged in a "real world" approach. This should involve real people in real life situations on a

daily basis dealing with their dietary composition, physical activity, patterns surrounding their attitudes/belief about food and how their lives are impacted in a total comprehensive study containing all of these elements. This future research should carry with it an underlying "results driven" protocol. Most importantly, energy intake data should come from inherent dietary records kept by the participants on a daily basis for several consecutive weeks. "Tight" nutritional analyses of this data could provide researchers with valuable information to be utilized in many ways. Additional research could "piggyback" off of this dietary data to be used in numerous applications.

Research Discussion # 2

Content - Seven pairs of identical twins participated and completed a negative energy balance program in which they exercised on cycle ergometers twice daily, nine out of ten days for a duration of 93 days, while adhering to a constant daily energy and nutrient intake (Bouchard, Tremblay, Despres, Theriault, Nadeau, Lupien, Moorjanit, Prudhomme, and Fournier, 1994). The participants' total energy deficit induced by exercise over and above resting metabolic rate came to 354 MJ (SEM=4) (85 +/- 1 Mkcal) and was estimated at 244 MJ (SEM=9.7) (58 +/- Mkcal) above the energy cost of maintaining weight. (Bouchard et al, 1994). The partcipant's weight was measured pre-breakfast. The body mass index was calculated. Body density was measured by underwater weighing, and fat mass and lean mass were calculated. Skinfold thickness was measured, as well as the waist and

hip circumferences. Computerized tomography was utilized before and after the negative energy balance protocol period (Bouchard et al). The researchers reported that the average weight loss for the men in the study was 5.0 +/- 0.6 kg. This was entirely body fat loss. This amounted to approximately 78% of the approximated exercise-induced energy deficit. The researchers pointed out that fat-free mass was unchanged. (Bouchard et al). Reportedly, participants dropped an average of 4.8% body fat and the fat mass to fat free lean mass ratio dropped. All inclusive, the body mass and body composition changes were, reportedly, very significant (Bouchard et al.). The changes of subcutaneous fat amount and distribution, per skinfolds and circumferences, were generally significant. The researchers stated that there were significant similarities within-pairs in response for the culmination of 10 skinfolds, the skinfolds of the limb, and the trunk to limb ratio (solely at 0.06 level), and waist girth (Bouchard et al). The investigators explained that these results seem to support that exercise-induced negative energy balance is associated with a larger fat mobilization from the trunk and abdominal region in males (Bouchard et al). They pointed out that the effect was not strong. The drop of subcutaneous fat was impressive as exhibited by the loss in the sum of the 10 skinfolds, an average loss of approximately 26%. The average fat cell size of the abdominal and femoral areas decreased as well, however the ratio of the two fat cell diameters stayed unchanged (Bouchard et al). The researchers reported that subcutaneous and deep CT fat sites dropped significantly. Specifically, abdominal visceral fat surface area

dropped an average of 36%. Also, the abdominal to femoral CT fat ratio decreased, which the researchers explained would seem to support the idea that fat was mobilized preferentially from the abdominal region. Reportedly, a significant intra-pair resemblance was seen for total fat loss in each of the three CT areas (Bouchard et al). Resting heart rate and diastolic blood pressure dropped and maximal oxygen uptake increased with the program (Bouchard et al).

In summary, the researchers reported that "the main purpose of the study was to establish whether there were individual differences in response to negative energy balance solely produced by endurance exercise and to demonstrate whether these differences in response were greater between genotypes than for a given genotype (Bouchard, Tremblay, Despres, Theriault, Nadeau, Lupien, Moorjani, Prudhomme, and Fournier, 1994)." The researchers concluded that negative energy balance caused by almost 2 hours daily of exercise resulted in significant loss of body fat with no loss of muscle; individual differences of changes in body mass, fat mass, subcutaneous fat amount, distribution of subcutaneous fat, and abdominal visceral fat were large; participants with the same genotype at all loci were often more alike in their response to the prescribed program than participants with different genotypes, in particular regarding body mass, body fat and changes in body energy; abdominal visceral fat lower significantly, however a strong genotype effect was seen for the amount of mobilized

visceral fat, and high and low lipid oxidizers during sub-maximal exercise were observed in response to the protocol notwithstanding the fact that all participants experienced the same exercises and nutrition conditions for approximately three months (Bouchard, Tremblay, Despres, Theriault, Nadeau, Lupien, Moorjani, Prudhomme, and Fournier, 1994).

Methodology - This research study was an excellent piece of work. This study is one that will be cited for years to come.

Implications - This study sets precedence for future studies. Future work should involve the flexibility of skinfold caliper measurements for assessing body composition. Gone are the days of reporting generalized overall "weight loss" from low calorie approaches. The possible loss of body fat and gain of lean tissue resulting from dietary composition manipulation along with strength training and aerobic exercise in the setting of a "real world" approach study is begging to be undertaken. These types of future studies will provide an arena of feasibility for the average individual's dream of lifelong fat loss.

Literature Discussion Review

Content - There is no greater improvement in blood pressure in the Participants in Experimental Group 1 Lean Bodies than the Participants of the other Groups.

Research Discussion # 1

The following study involves Phase I of the Trials of Hypertension Prevention. This study was designed to discover the feasibility of nonpharmacologic interventions in lowering or possibly preventing the increase in diastolic pressure (Stevens, Corrigan, Obarzanek, Bernauer, and others, 1993). Participants were between the ages of 30 to 54 years old. They had an average diastolic pressure of 80 to 89 mm Hg upon entrance to the study (Stevens et al, 1993). The participants were between 115% and 165% of their desirable body weight. They were randomized into either a weight loss intervention, a usual-control condition, or one of the other life-style intervention conditions (Stevens et al). The weight loss intervention lasted 18 months and consisted of 14 weekly group meetings. These were followed by monthly meetings. The intervention participants received training in behavioral self-management, engaged in a moderate reduction energy intake protocol, along with an increase in physical activity (Stevens et al). The researcher reported that at the end of 18 months, 45% of the men and 26% of the women in the intervention group achieved their weight loss goal of 4.5 kg. in comparison to12% and 18% of the control men and women (Stevens et al). The average weight loss at 6 months, 12 months and 18 months was as follows: men @ 6.5 kg, 5.6 kg, and 4.7 kg; women @ 3.7 kg, 2.7 kg, and 1.6 kg (Stevens et al).

The researchers explained that weight was associated with a drop in diastolic pressure and systolic pressure. The diastolic pressure in the participants in

the intervention group was greater than those in the control group by 2.5 mm Hg at 6 months, 2.0 mm Hg at 12 months, 2.4 mm Hg at 18 months, and 2.3 mm Hg at termination. Also, the corresponding reductions in systolic pressure were 3.8 mm Hg, 2.3 mm Hg, and 2.9 mm Hg (Stevens, Corrigan, Obarzanek, Bernauer, and others, 1993). Reportedly, the average change in diastolic blood pressure for intervention participants in comparison to the controls at the termination of the program was -2.8 +/- 0.6 mm Hg for men and -1.1+/- 0.9 mm Hg for women. Systolic pressure corresponding changes were -3.1 +/- 0.7 mm Hg for men and -2.0 +/-1.3 mm Hg for women (Stevens et al, 1993). The researchers concluded that the results of this study demonstrated that weight loss reduces blood pressure during an 18-month follow -up period. Also, they cited that it was shown to be an effective non-pharmacological intervention for lowering blood pressure in overweight adults with high-normal blood pressure (Stevens et al).

Methodology - On the surface, the results of this study appear to be good. However, the researchers referred to moderate reduction of energy intake, coupled with increased energy output. These two factors at the same time could easily add up to a low calorie diet. In addition, the researchers asked the participants to keep food diaries during the 14 weeks of intervention. These included a description of the food, an estimate of the amount eaten, and an estimate of its calorie amount. Then the food diaries were reviewed by the staff nutritionist and returned to the participant with

brief written comments. There was no analysis or calculations via a computer program to "really see" the energy intake of the participants. This additional factor put together with the drop of calories along with the increase of energy output through exercise sends "red flags" as to the actual energy intake that very possibly resulted in muscle loss, glycogen stores and water. There was no body composition analysis whatsoever, to find out if the participants were losing lean body mass or body fat. The factors surrounding metabolism in this study are poorly controlled.

Implications- Future research should incorporate an educational approach within the study aimed at nutritional/biochemical pathways incorporating an "eating program" that provides adequate energy intake, physiology/exercise components incorporating strength training and aerobic exercise and psychology of change modification surrounding patterns of belief about foods that results in comprehensive lifestyle change for long-term prevention of hypertension. The blood pressure normalizing effects should be a by-product of the entire educational, applicational and biochemical/metabolic changes. This should produce an entirely different type of pro-active protocol that can be followed for life, not just a result of a temporary "vacuum" approach of low calorie dieting.

Research Discussion # 2

Content - For years, too much sodium has been cited as a contributor to hypertension. Researchers conducted a study to find out if sodium-resistant hypertensive individuals are more insulin resistant and whether restriction of dietary sodium improves insulin sensitivity in older hypertensives (Denyel, Hogikyan, Brown, Glickman, and Supiano, 1998). To determine the insulin sensitivity index, a frequently sampled intravenous glucose tolerance test was administered after one week each of low and high sodium diets in 21 older hypertensives (Denyel et al, 1998). The participants in the study were grouped on the difference in mean arterial blood pressure between diets (sodium sensitive: > or = 5-mmHg increase in mean arterial blood pressure on the high sodium diet (n=14); sodium resistant: < 5-mmHg increase in mean arterial blood pressure on the high sodium diet (n=7) (Denyel et al). The researchers reported that there was no dietary sodium effect on fasting plasma insulin or sensitivity index (Denyel et al). The researchers ran an analysis of variance, which revealed a significant group effect, and the sodium sensitive participants exhibiting lower fasting plasma insulins on the low and high sodium diets in comparison to sodium resistant participants (Denyel et al). In similarity was a significant group effect with sensitivity index, with sodium sensitive participants showing significantly higher sensitivity index on the low and high sodium diets in comparison to sodium resistant participants (Denyel et al). The investigators concluded that sodium resistant participants displayed more of a degree of insulin resistance than sodium sensitive participants (Denyel et al). Also, that restriction of

dietary sodium falls short to improve insulin sensitivity without regard to sodium sensitivity status (Denyel et al).

Implications - This study is a preview of the "good things to come" regarding hypertension research. These researchers understood that nutrition is a powerful weapon against high blood pressure. There is much more to nutrition intervention with hypertension than merely "watching the sodium intake." Optimal insulin levels are critical for many physiological functions.

Future research must branch out into other areas of possible causes of hypertension in relation to diet. The composition of the diet should be balanced with the proper ratio of proteins and carbohydrates to insure proper hormonal balance. The research should be able to track this information and observe the effects on blood pressure. Also, the dietary composition of the nutritional protocol should provide an ideal ratio of potassium to sodium resulting in favorable intracellular and extracellular electrolyte balance. This research should be comprehensive in its involvement of strength training and aerobic exercise protocol as part of an overall "real world" approach. The "all encompassing" future research should be designed to meet the busy schedule of the general population. Emphasis should be placed on realistic, well-rounded research providing a complete program of preventive care involving nutrition/biochemical improvements, physiological/exercise

application and psychology of change resulting in each of these elements being contained in one method.

Real World Approach – alternative research protocols needed

In order for change to take place, realistic application must be obtained through situations dealing with individuals in their everyday lives.

This current research study will endeavor to offer a "real world" approach by exploring key hypotheses in two settings. The first study is referred to as the "Hitachi Study." The second (2nd) study is referred to as the "Non-Shift Study."

In the case of both groups the research was to be carried out within real world environments with individuals participating in different programs. Progress of the individuals could be tracked. Furthermore, information could be obtained on the perplexities experienced by those individuals in complying with the requirements of the program. By utilizing a specified protocol to carry out the research the practical limits of real world research were able to be explored and adjustments recommended to benefit future researchers.

Since each of the experimental programs had been determined through the research literature as beneficial, health benefits could be expected by the participants from their involvement.

The Participants were encouraged to not decrease calories, but to maintain constant energy through-put to increased energy through-put. The resulting lean mass gain and body fat loss exhibited by several of the Participants in the Non-Shift Study and Hitachi Study provides added health benefits.

However the research review above brings out concerns about the conduct of such research. These had to be addressed in this current study. In the Non-Shift Study and the Hitachi Study, Participants were to be asked to record all food consumed daily for the duration of the 8 week Study period. The Participants in Experimental Group 1 Lean Bodies, Experimental Group 1(NR) Reality and Experimental Group 2 Nutrition in the Non-Shift Study; and the Participants in Experimental Group 1 Lean Bodies and Experimental Group 2 Nutrition in the Hitachi Study, were taught the Lean Bodies eating program. The proper nutrition program joined with strength training is a powerful combination for body composition change. However, the involved complexity of accurately generating daily records has been noted. Most studies use a sample days method to decrease the significant collection demands of daily records. Similarly insuring accuracy of the daily records is a difficult matter, which can be in part glossed over in many studies. The aim for this current research was to emphasize complete daily records, thus overcoming problems that have occurred in other studies. The approach

used to attain this must be established and accurately monitored. Creating such a process and making certain that it was carried out was a large undertaking for this research endeavor.

The next "Literature Discussion Review" section deals with the production of blood lipid profiles in experimental groups outside of laboratory or ward environments. A full explanation was necessary to ensure that participants knew that giving blood would not be detrimental to them. The practicalities of obtaining blood samples within the context of work hours also had to be overcome. In the Non-Shift Study and Hitachi Study an "all encompassing" approach was undertaken in a "real life" protocol style. A total nutritional/biochemical education aimed at lifestyle change was put into action geared toward building metabolism. Strength training was incorporated as well as aerobic exercise. Also included was the psychology of change aimed at altering patterns of food attitudes/beliefs. This approach yields every opportunity for lifelong improved lipid profiles.

Previous research has pointed to the findings that the ideal exercise program utilizes both anaerobic and aerobic exercise. Both types of exercise had to be incorporated in the Non-Shift and Hitachi Studies. Also, the practicality had to be put in place to make it possible for the participants to perform such training within their allotted work schedule.

In the area of morale/job contentment the use of job attitude scales was examined. This is useful to this current research. However, the pre-existing impact of patterns for shift workers may affect the results. A degree of caution is necessary in examining this feature for both the Non-Shift and Hitachi Study. In regards to the Hitachi Study, it was identified that there may have been an overall poor job attitude granted the limitations of the shift patterns. It became obvious that there was too high of expectations of what the Lean Bodies program could do for the participants in the Hitachi Study regarding their overall job satisfaction. This research expectation had to be managed. The few Hitachi Participants who seemed contented with their jobs fit nicely into the category of high internality. The learning opportunity surrounding locus of control involving internal and external bents was considered in this area.

Food attitude/beliefs were previously identified as significant but also perplexing to interpret. A simple interview procedure that could be graded to identify change would be needed. Through the use of Comparative Food Interviews the Non-Shift Study and Hitachi Study could prove helpful in discerning the Participants' attitudes and knowledge of nutrition. A coded and categorized approach would have to be incorporated for assessment of the results. It is clear that Stafleu, Van Steveren, De Graaf, Burema and Hautvast, (1996) are "right on track" with their summation that nutrition

knowledge comes from within the home. Likewise, changes for better nutrition must extend from the home, as well.

The premise of the Lean Bodies eating program is not to decrease review metabolic rate by adhering to a low calorie diet. Instead, choices of foods and proper combination of foods are critical. In other words, change the "composition of the diet," do not drop the calories. The "hole in the bucket" analogy of "calories in-calories-out" has failed people for too long. The "dieter did not fail, the diet failed the dieter."

The previously cited research study by Bouchard and associates was an excellent piece of work. This study draws close to the issues that the Lean Bodies program is about. The Non-Shift Study and the Hitachi Study Participants were to be taught to strive in building their metabolism through a calorie generous eating program matched to their exercise program. They were also taught to build muscle, which is the body's major metabolically active tissue. The study by Bouchard et al, 1994, revealed significant results. However, this was accomplished without changing the composition of the diet. If the researchers had changed the composition of the participants' constant energy intake, their already exciting outcome might have moved to a new level of significance. In the Non-Shift Study and the Hitachi Study, the protocol of changing the dietary composition while striving for constant to

increased energy through-put was incorporated. Hopefully, this pushes forward the issues considered by the Bouchard study.

The section of the "Literature Discussion Review" that looked at improvement in blood pressure raised "gaps" or "shortfalls" for further needed research in this area. Many factors can be attributed to changes in blood pressure. Therefore, there was a need for careful assessment of a scope of possible perplexing variables for our Non-Shift Study and Hitachi Study Participants. There was the need for careful assessment regarding "dietary analyses." Thus, the energy through-put was able to be tracked accurately. Body Composition Analyses were incorporated utilizing Skinfold caliper assessments for the Participants in both the Non-Shift and the Hitachi Studies. This area of evaluation allowed for findings regarding whether or not the Participants were losing lean body mass or body fat. This reduced the possible errors surrounding the metabolic factors of the Non-Shift Study and Hitachi Study. The eating program effects on body composition of the Participants had to be taken into account in regards to blood pressure assessments. These tighter, more specific guidelines of assessment and evaluation bring an enhanced degree of reliability to the outcome.

The understanding that nutrition is a powerful weapon against high blood pressure is significant. There is much more to nutrition intervention associated with hypertension than merely "watching the sodium intake."

Optimal insulin levels are critical for many physiological functions. In the Non-Shift Study and Hitachi Study, the Participants on the Lean Bodies eating program were controlling the insulin and glucagon axis through their food selection, combination and frequency. Furthermore, the Lean Bodies eating program consists of an optimal ratio of potassium to sodium. This is not only vital for normal blood pressure, but comprehensive health of the entire cardiovascular system.

A real world study is not easy to accomplish. However, such studies add to the body of knowledge since producing change takes place in such a setting not in the lab.

Real World Approach - Research Application Overview

Hitachi Study

The Hitachi Research Study grew out of the interest of Debbie Lantz. Mrs. Lantz was Hitachi's Human Resource Specialist and holds a Master's degree in Exercise Physiology. The great need of a lifestyle change in many of the night shift workers posed a challenge, because of their unique work schedule and job pressures so ever present. Morale problems, emotional swings, sleep deprivation, low energy levels and productivity set the stage for chronic

fatigue, sub-par health and future degenerative diseases. The foresight of Mrs. Lantz helped to identify the need of a change of course for these Hitachi employees. The project could realistically provide the tools to educate them in a healthy lifestyle change. Also, the corporation would be able to use the study to provide a clear direction for a wellness program.

Hitachi Semiconductor (America) Inc. facility in Irving, Texas is the company's first full process semiconductor assembly facility and test facility outside of Japan. At the physical plant in Irving, workers are developing and producing semiconductors, memory chips, microconductors and various other components in a sterile environment.

The Participants in this Study are night shift workers involved in a compressed work schedule. The stress of production, quality and quantity of product is ever present with the workers. Schedules are erratic and non-conducive to a healthy lifestyle. This researcher had several meetings with Debbie Lantz to formulate the framework of the project and scheduling of Participants.

A complete research protocol was established to reveal the issues raised above. This incorporates the hypotheses of interest and dealings with the practical issues of performing a real world approach. Complete details are appended. A summary is provided here.

Participants and procedure

It was decided to hold recruitment meetings with one-hundred-twenty night shift employees to form a pool for the random selection process. There were a total of four recruitment meetings that lasted approximately thirty minutes each. Mrs. Lantz used the first fifteen minutes of the meeting to communicate the Corporation's interest in the project. She also explained what would be expected of each Participant and the scheduling of the various components of the project. This researcher used the remainder of the meeting to explain the tremendous potential that each of them had for a higher quality of health, if they were willing to make a lifestyle change.

The source of the statistical tables of random numbers was taken from Table 33 of Fisher and Yates, Statistical Tables for Biological, Agricultural and Medical Research, published by Oliver and Boyd Ltd., Edinburgh. Mrs. Lantz performed the random selection using the aforesaid statistical tables of random numbers. As mentioned earlier, our random selection pool contained volunteers from "A shift" and "C shift" assembly line workers. These Hitachi employees worked from 12:00 midnight to 12:00 noon on a compressed work week schedule. The Participants were randomly selected for the following Groups:

Experimental Group 1 Lean Bodies (15 initial Participants):

This Group was taught the Lean Bodies Nutrition program and participated in the prescribed strength training and aerobic exercise program.

Experimental Group 2 Nutrition (14 initial Participants):
This Group was taught the Lean Bodies Nutrition program, but did not participate in the prescribed strength training and aerobic exercise program.

Experimental Group 3 Exercise (16 initial Participants):
This Group participated in the prescribed strength training and aerobic exercise program, but was not taught the Lean Bodies Nutrition program. However, some of the Participants in this Group did ask general questions regarding nutrition. We answered their questions, but did not initiate information about the "Lean Bodies" nutrition program. For example, a Participant was complaining of fatigue during his exercise class. We discussed with him about his need to eat to have the energy to exercise, helping him to remember that he is coming off of a twelve hour work shift and expecting his body to perform.

Experimental Group 4 Control (14 initial Participants):
This Group served as a control for the study. These Participants were not taught the Lean Bodies Nutrition program, nor did they participate in the prescribed strength training and aerobic exercise program. However, they

were offered to take the Lean Bodies Course once the research process was completed.

The Study involves nutritional and biochemical components to establish the relationship between loss of body fat and gain of lean mass following dietary composition and exercise with constant to increased energy through-put, and the psychology of change of patterns of attitudes/beliefs which support non-constructive dieting and the restructuring of "food" attitudes/beliefs that takes place in a controlled "Real World" approach Study during a dietary composition (food) and exercise education program.

The Study encompassed teaching the nutritional components of the Lean Bodies eating program to Experimental Group 1 Lean Bodies and Experimental Group 2 Nutrition once a week. The exercise portion of the study amounted to conducting exercise classes for the Participants in Experimental Group1 Lean Bodies and Experimental Group 3 Exercise, two days per week each.

The Study involved collecting data from the four Groups participating in the various components of the Lean Bodies eating and exercise program. From the nutritional portion, Participants kept a weekly food diary that was collected each week. From the exercise portion, Participants received instruction for both strength training and aerobic exercise during each

exercise session. Exercise was documented for each individual involved. Each training session lasted approximately sixty minutes and met twice a week on consecutive days. The exercises, sets, repetitions and weight amounts were recorded, as well as the aerobic training.

The schedule for each Group was as follows:

Experimental Group 1 Lean Bodies met each Thursday at 6:00 a.m. for nutritional training and various aspects of the Lean Bodies program approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. Each class time lasted approximately between forty-five and sixty minutes. See pages 74-78 of Research Protocol for detail specifics. The Group was scheduled to meet for exercise classes at 12:15 p.m. on Thursday and Friday each week. At these times, Participants engaged in weight training and aerobic exercise. These sessions lasted for approximately sixty minutes each. See pages 78-89 of Research Protocol for detail specifics.

Experimental Group 2 Nutrition was scheduled to meet each Monday at 6:00 a.m. for nutritional training and various aspects of the Lean Bodies program approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. Each class time lasted approximately between forty-five and sixty minutes. This Group did not participate in the exercise classes. See pages 11-62 of Research Protocol for detail specifics.

Experimental Group 3 Exercise was scheduled to meet for exercise classes at 12:15 p.m. on Monday and Tuesday each week. At these times, Participants engaged in weight training and aerobic exercise. These sessions lasted for approximately sixty minutes each. See pages 65-74 of Research Protocol for detail specifics. This Group did not participate in the nutritional training and emotional and psychological aspects about food.

Experimental Group 4 Control was scheduled to meet each Thursday at 7:00 a.m. for a breakfast meeting. Each week this Group served as a control only. They did not participate in any portion of the nutritional training, emotional or psychological aspects about food or exercise. Lean Bodies Inc. provided breakfast each week for the Control Group. See pages 89-91 of Research Protocol for detail specifics.

A number of hypotheses were formed. Although the main aim if the research was to follow the patterns for Participants taking part in different programs, the traditional manner of defining such hypotheses was utilized. It is thought that this forced consideration of appropriate controls for the programs and the generation of a tightly defined research protocol. The hypotheses will be explored but not tested for significance statistically. The concern of this study is the trends and what can be learned from them for the design and

development toward future research. Qualitative patterns are recognized and their significance discussed.

Hypothesis

Can we establish the relationship of improved lean mass to bodyfat ratio (% of change) following diet and exercise modification by manipulation of types of foods with constant energy through- put, or increased energy through-put without reduction of energy through-put.

Null Hypothesis

There is no relationship of improved lean mass to bodyfat ratio (% of change) following:

diet and exercise modification by manipulation of types of foods

with constant energy through- put, or increased energy through-put without reduction of energy through-put

Descriptive Class Summary and Design

The class schedules were arranged to accommodate the shift schedules. The first (1st) Group was scheduled to meet was Experimental Group 2 Nutrition. They met every Monday morning at 6:00 a.m. for the duration of the study. The first meeting was a time of teaching them how to record their

dietary intake onto their diet track sheets. Week 2 Nutritional Components Class involved me teaching the Lean Bodies eating program as follows:

I explained the five basic principles of the program. I also explained that any eating program should build the metabolism. I pointed out that all traditional diets are essentially the same. They are all based on the premise of dropping calories to lose weight. I explained that an individual will definitely lose weight this way and shrink. However, this method is counter- productive for many reasons. The dieter loses muscle, water and glycogen. Also, this method is a form of starvation and the body down-regulates the metabolism. When an individual goes on a hypocaloric diet, the body perceives starvation and hordes fat for energy and down regulates metabolism as a defense against famine. As mentioned earlier, losing weight via hypocaloric dieting induces weight loss. However, much of the loss is lean mass, water and glycogen. Muscle is the major metabolically active tissue in the body, and a direct indicator of metabolism. I explained that a metabolism fast enough to burn fat is the answer to the long term success of a healthy body composition.

The five components of the Lean Bodies Program were described to the class as follows:

Gradually increasing calories from the proper foods. Do not decrease calories, the body perceives starvation and down regulates metabolism and hoards fat. Gradually build a metabolism with the foods that the body uses to stimulate the metabolism.

Spread the calories out throughout the day. Every time a meal is consumed the metabolism speeds up. You can only use a certain amount of energy from each meal. On the Lean Bodies program, the participant eats five times per day; three major meals per day and two mini meals. For convenience, a mini-meal can be a mock meal, utilizing a supplement in the form of a slow-release energy bar or metabolic optimizer powdered drink consisting of a form of slow-release carbohydrates and a small amount of protein in the formula.

Choose metabolic activating foods. Certain foods affect the metabolism by their chemical make-up alone, protein is one of these foods. According to Guyton's Textbook of Medical Physiology, a high protein meal can raise the metabolism as high as thirty percent.

Exercise: both aerobic and strength training (I omitted this for Experimental Group 2 Nutrition because they were not involved in the exercise portion of the study.) However, with Experimental Group 1 Lean Bodies, I explained the importance of aerobic exercise and strength training.

Attitudes/beliefs toward food as fuel principle: This involves the principle that food is fuel and the Participant hopefully embraces this concept for long term success.

Next, I discussed the advantage of limiting certain foods for the duration of the study. However, I explained to the Participants that we would be re-introducing these foods later on a maintenance basis. I directed them in their class workbooks to pages 64 and 65, which contains the Lean Bodies eating program condensed into two pages. I covered this with the assistance of an overhead projector as follows:

refined carbohydrates
saturated fats
processed/refined bread products, processed/refined pastas,
processed/refined bagels and noodles
sweet fruits and fruit juices (water down juices 50/50)
dairy products (limit to eight ounces per day for duration of the study).
I explained the reasons for limiting the aforementioned list of foods during the study. The metabolic pathways of each of these foods were taught to the Group.

Next, I taught the "foods to eat" on the program. I began with lean proteins. Next, I discussed starchy carbohydrates. After the starchy carbohydrates, I taught lean fibrous vegetables. Last, I taught the group about essential fatty acids. I suggested a dosage of 2-3 teaspoons per day (Safflower Oil) to guard against EFA deficiency.

A significant component of the Lean Bodies program is in the combining of foods as follows:
One protein, one or two starchy carbohydrates and one lean fibrous vegetable (although breakfast does not have to contain a fibrous vegetable because typically whole grains have plenty of fiber).

The concept of a mini-meal was taught to the class. I explained to the Participants that a mini-meal is used in between meals to fuel the body and keep the metabolism regulated-up. A mini-meal is a small amount of protein (one or two ounces) and approximately one cup cooked (or equal to) of a starchy carbohydrate.

Next, the concept of a mock meal was introduced to the class. I explained that supplements in the form of a mock meal are convenient for those individuals on the go. A mock-meal can be a slow release carbohydrate derived form maltodextrin with a small amount of protein. Two, one ounce

scoops of this supplement powder is equivalent to one mock-meal. Also, a mock-meal can be a Performance Bar. This is a unique supplemental sport/energy bar. Parrillo Performance supplied this supplement at no cost for the Research Study.

I taught the females that in the first week of the program, their minimum calorie range would not be lower than 1500. I explained to them that they would be gradually increasing their calories in the subsequent weeks. For the male participants, I suggested that their calorie range should not be lower than 2000-2200 in the first week and would be gradually increasing in the coming weeks. I discussed the idea that they would be speeding up their metabolism from various components, thus teaching their bodies to process food more efficiently for energy. Each week of the study, I encouraged them to increase their starchy carbohydrates in their meal plans. I continually reminded them that the starchy carbohydrates were high in calories. I gave examples of the most caloric dense foods from the starchy carbohydrate list such as potatoes, sweet potatoes, brown rice, beans and whole grains.

Eating out at restaurants is a way of life for just about everybody. Incorporating the Lean Bodies eating program into this lifestyle is not only convenient, but also creative. As a teaching tool I used "a day in the life approach" of being on the road and having to eat out every meal.

In the next class session for Experimental Group 2 Nutrition, I found the need to spend much of the time reviewing the Participants' previous week's diet track sheets with them. In the regular Lean Bodies classes at our clinic, I usually spend much of this particular class time "trouble shooting" the eating program. It was evident that I would need to be more flexible with these Participants than my typical classes at our clinic.

Kathy Coker taught a cooking class to the Participants. She taught a condensed version of the normal cooking class that was typical for our Lean Bodies classes at our clinic in Dallas. The reason for this was that I needed some of the class time to go over the diet track sheets individually with the participants.

The next week's class for Experimental Group 2 Nutrition at Hitachi, was in line to be about fats, especially the Essential Fatty Acids. However, as mentioned earlier there was the need to deviate from the usual Lean Bodies class syllabus with the Hitachi research Participants. The necessity of gathering diet track sheets took precedence over covering all of the material in the workbook. The material was covered as best that could be, given the uniqueness of the situation. This researcher covered this topic with the Participants as much as the situation would allow. In our usual Lean Bodies classes we cover the following points regarding Fats. Some of these this the Researcher was able to cover with the Hitachi Participants as the situation

permitted during the Study period. As mentioned earlier, the Hitachi Participants for the most part, were comparatively disadvantaged. The Non-Shift Study Participants in our later Study, were able to follow the Lean Bodies course syllabus more closely.

The next week's topic was fats. A complete discussion on the types of fats, including essential fatty acids followed. Visual aids were utilized with a creative teaching approach.

Ordinarily, this next week's class is the "water and fiber" class. However, due to the need to have as accurate and complete dietary data (diet track sheets) as possible, we modified this for the Hitachi Participants. This teaching adaptation was an ongoing challenge. I can not emphasize enough the disadvantages that this Group had for a life style change over the Non-Shift Study participants (later Study). This Researcher was able to get the "water and fiber" information across to Experimental Group 2 Nutrition during the Study process, just adapted as best as possible. Discussed was the importance of drinking water. Many factors were discussed surrounding water. A few examples are proper hydration, water cleanliness, bottled waters, filtered waters etc. The point was made that no other beverage can replace water. Water is the universal solvent.

Next, came a history on fiber. Much of this information came from lecture notes from the American Council of Applied Clinical Nutrition. A history of ancient times, when man ground his own grain using two flat stones. This method yielded a course, dense, nutritious and digestible food. The discussion carried all the way up to the present times' use of highly refined/processed bread and bread products, and the problems associated.

We are up to week 7 now. Our usual class discussion at this point (at our Lean Bodies clinic) is the topic of stress and diet. Also, the effects of glucose tolerance are covered, especially in the case of hypoglycemia. Eating on the Lean Bodies program is very advantageous in these areas. Lastly, in this class we cover the topic of "where do we go from here?" This deals with setting boundaries for deviating within the Lean Bodies eating program. This researcher covered some of the material with the Hitachi Participants (Experimental Group 2 Lean Bodies Nutrition) as the situation would allow.

In the normal class syllabus of the "Lean Bodies Workbook" there is information about stress and immunity. In our usual classes at our clinic, this researcher typically discusses the relationship between stress and health. The fascinating information about immune health in relationship to disease can be a little too technical to explain to the class. So, a simplified method was utilized for discussing this ongoing battle in the human body for the class.

Week 8 was a continuation of helping the Participants stay motivated and focused on their changing lifestyle. Continuing to clarify diet track sheets each week with all Participants in this study was on-going. This researcher typically spent a good portion of class time going over food data that had been turned in previously for clarifications.

The class schedules were arranged to accommodate the shift schedules. We met with this group each Monday and Tuesday at 12:15 p.m. following the end of their shift. Our first class with Experimental Group 3 Lean Bodies Exercise was a time of teaching them how to record their dietary intake. The following weekly schedule was adhered to in regards to the weight training protocol: Day one: thighs, back and mid-section, Day two: chest, shoulders and arms. Aerobic conditioning was at either the beginning of the exercise time or following the strength training at the end. This exercise protocol was adhered to throughout the study duration.

Regarding Experimental Group 1 Lean Bodies, this Group was scheduled to meet every Thursday morning at 6:00 a.m. for their nutritional components class for the duration of the study. This Group was also scheduled to meet every Thursday and Friday afternoon at 12:15 p.m. for their exercise components class.

Week 1 nutritional components class was comprised of teaching these Participants how to record their food intake onto their diet track sheets. Week 2 included workbooks being handed out and the Lean Bodies eating program taught as follows:

Explanation of the basic principles of the program

Foods to limit

Lean proteins

Starchy carbohydrates

Lean fibrous vegetables

Essential fatty acids

Building a meal

Mini- meal

Mock-mock

Caloric needs

Eating on the go

Week 3 Nutritional components class involved trouble shooting. I used my typical question-answer style of teaching method for this group, as well. Week 4, the class session involved the cooking class as described earlier. It included the following:

Be prepared

Breakfast ideas

Traveling for one day or planning for a day at the office

Recipes

Week 5 Nutritional components class was similar as mentioned earlier (protocol for Experimental Group 2 Nutrition) in the necessary need to deviate from the usual Lean Bodies class syllabus. The necessity of gathering diet tracks took precedence over covering all of the material in the workbook. The material was covered as best as could be, given the uniqueness of the situation. I covered this topic with the Participants as much as the situation would allow. Collecting and clarifying new and previous week's diet track sheets took priority.

Week 6 Nutritional components class consisted of similar explanation of class summary and design for Experimental Group 2 Nutrition. Week 7's Nutritional components class was taught in a similar manner as that for Experimental Group 2 Nutrition. For week 8's Nutritional components class, see protocol of class summary and design for Experimental Group 2 Nutrition.

The exercise components class summary for Experimental Group 1 Lean Bodies was the usual format. We met with this Group for exercise components class each Thursday and Friday at 12:15 p.m. following the end of their shift. Their exercise protocol was divided as followed:

Day 1- thighs, back and mid-section

Day 2- chest, shoulders and arms

Aerobic conditioning was either at the beginning of the exercise time or following the strength training at the end. This schedule was maintained throughout the duration of the study.

The descriptive class summary and design for Experimental Group 4 Control was as follows:

This Group was scheduled to meet Thursday morning at 7:00 a.m.. I provided breakfast to this Group each week during this time. The breakfast consisted of bagels, muffins and orange juice. After a few weeks they started making suggestions for other breakfast ideas.

The first meeting on Week 1 consisted of me teaching these Participants, acting as controls, how to record their dietary intake onto their diet track sheets. Week 2 was comprised of a discussion by myself regarding clarification of the information they had recorded, as they enjoyed the breakfast I provided them. Week 3 was involved in discussion regarding their diet track sheets. They enjoyed the provided breakfast. Week 4's class time was surrounding their diet track sheets' clarifications. They consumed

the breakfast I provided them. This same protocol and schedule continued throughout the duration of the Study.

Testing/Measurement Assessment

Hitachi Research Study Participants were scheduled for their initial testing/assessment on February 6, 1995 and February 9, 1995. The Participants were asked to fast for at least twelve hours prior to the scheduled initial testing/assessment time. This was for purpose of obtaining a fasting blood sample. The testing/assessment time was scheduled for their lunch period (starting between approximately 6:00 a.m. and 7:00 a.m. depending on each Participants' work schedule). During this time the following initial testing/assessment were performed:

Blood Chemistry Analysis (included Lipid profile, also included urinalysis)

Blood Pressure

Weight

Body Fat Analysis

Comparative Food Attitude Interviews (audio taped)

Testing/assessment performed at other times were:

Caltrac Monitor (energy output)(decided later to not include)

Job Descriptive Index

Diet Track Sheets

Testing/Assessments Procedure Description

Blood Chemistry Analysis- The University Medical Group administered this analysis in conjunction with SmithKline Beecham Clinical Laboratories. The Medical Director for SmithKline Beecham Clinical Laboratories is William L. Crofford, M.D.. The Lab tests performed were the following: Chem 24 C, HDL-Cholesterol, LDL- Cholesterol, CBC, Platelet CT, RDW and Differential and Urinalysis, Macroscopic. Blood Chemistry analysis /Urinalysis was a pre and post study week and the eighth to ninth week of the study. testing/assessments procedure.

Blood Pressure- blood pressure readings were initially recorded for the purpose of comparison with post study readings. Blood pressure was a pre and posts Study testing/assessments procedure.

Body Fat Analysis - Independent health professionals proficient with skinfold calipers administered this procedure. Body Fat Analysis was a pre and post Study testing/assessments procedure.

Comparative Food Attitude Interviews- Participants from each group were interviewed regarding their food beliefs. This was administered in a question/answer style dialogue and recorded for further evaluation.

The Job Descriptive Index (JDI) and the Job In General Index (JIG)-

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The utilization of the Job In General index allowed an investigation of any changes of overall work related attitudes. This was administered with each group during the third week and eighth to ninth week of the study.

Diet Track Sheets- the Participants used diet track sheets for the purpose of recording their food intake. The first week, the Participants were asked to record their normal daily dietary intake. This provided a bench mark for a norm prior to any nutritional changes that the Study would produce. These sheets proved to be useful in looking at "nutritional trends" of the Participants' diets.

The Food Processor Plus- this is the source for food calculations for the Participants' diet track sheet data for the duration of the study. The Food Processor Plus programs are used in USDA's Human Research Labs, hospitals, colleges and universities, medical research centers, government agencies, corporation/business wellness programs; and by food manufacturers, food service organizations, fitness centers, authors of cookbooks, health professionals, and private individuals. (the aforementioned information was taken from the user's manual of The Food Processor Plus).

Real World Approach- Research Application Overview

Non-Shift Study

Once the Hitachi Night-Shift Workers Study was underway, a Non-Shift Workers comparison was sought, particularly those in "white collar" jobs. The Lean Bodies clinic is situated in a ground level office/retail center. The retail center adjoins the office tower. The decision was made to seek volunteers from the locality for the most part, see protocol for specific volunteer details. Surrounding this complex is a vast array of business offices. The populace in this area is a primarily white collar business professional. The clinic is comprised of a classroom, personal training center, retail products area, body composition office, business offices and a warehouse/shipping area. Notices were placed seeking volunteers for the research.

Staffing

The clinic is staffed by myself, Mr. Wes Cade and at the time of the study Mr. Dwayne Wilson. Mr. Cade's job description entails consulting with clients, administering ultra-sound analysis and skin-fold analysis. He spends a large portion of his time consulting with clients by phone and in person. He counsels with them about their nutrition and exercise program. He is a

professional trainer in our personal training center. Mr. Wilson was our office manager at the time of the study. He was a professional trainer in our personal training center, as well.

The Participants

The Participants in this Study are for the most part Non-Shift office workers.

Schedule

The Non-Shift Study began May 12, 1995 and continued through July 20, 1995. An initial orientation meeting was held for volunteers at 5:30 p.m. Monday May 8th. This was a meeting to explain more about the study and what was expected. This researcher also communicated that the Random Selection would take place on the next day (May 9th).

Friday, May 12th - 7:00 a.m. all Participants came for pre testing/measure assessment after fasting for 12 hours. Each Participant was tested as follows: Blood Chemistry with CBC and UA, Skin-fold Caliper Body Composition Analysis, Blood Pressure, and Comparative Food Attitude Interviews (audio taped). The Job Descriptive Index and the Job In General Index were administered during the course of the study, similar to the Hitachi night shift workers study.

Random Selection

The source of the statistical tables of random numbers was taken from Table 33 of Fisher and Yates, Statistical Tables for Biological, Agricultural and Medical Research, published by Oliver and Boyd Ltd., Edinburgh. Myself, Mr. Cade and Mr. Wilson performed the random selection using the aforesaid statistical tables of random numbers.

The Participants were randomly selected for the following Groups:

Experimental Group 1 Lean Bodies (22 initial Participants)
Experimental Group 2 Nutrition (20 initial Participants)
*Experimental Group 1(NR) Reality:
*This Group was nonrandomized (NR). These were Participants who we thought could benefit from the structure of the Study. We decided to include them with their results identifiably recorded. These Participants were placed into the same class meetings and training times as Experimental Group 1 Lean Bodies. They could serve as a Self-Motivated Group (5 participants).

Group Descriptions

Experimental Group 1 Lean Bodies:
This Group was taught the Lean Bodies nutrition program and participated in the prescribed strength training and aerobic exercise program.

Experimental Group 1(NR) Reality: This Group was taught the Lean Bodies nutrition program and participated in the prescribed strength training and aerobic exercise program. This Group met with Experimental Group 1 Lean

Bodies. However they were not randomly selected as part of that Group.

Experimental Group 2 Nutrition:
This Group was taught the Lean Bodies nutrition program, but did not participate in the prescribed strength training and aerobic exercise program.

The Study involved Nutritional and Biochemical Components to establish the relationship between loss of body fat and gain of lean mass following dietary composition and exercise with constant to increased energy through-put, and the psychology of change surrounding patterns of attitudes/beliefs which support non-constructive dieting and the restructuring of "food" attitudes/beliefs that takes place in a controlled "Real World" Study during a dietary composition (food) and exercise education program.

The Study encompassed teaching the nutritional components of the Lean Bodies program to Experimental Group 1 Lean Bodies, Experimental Group 1(NR) Reality and Experimental Group 2 Nutrition. The exercise portion of the Study amounted to conducting exercise training periods for the Participants in Experimental Group 1 Lean Bodies and Experimental Group 1(NR) Reality two days per week each.
The schedule for each Group was as follows:

Experimental Group 1 Lean Bodies met each Thursday at 5:00 p.m. (approximately 1 hour) for nutritional training and various aspects of the Lean Bodies approach to lifestyle change (Experimental Group 1(NR) Reality also met with Experimental Group 1 Lean Bodies at this time). See pages 109-

119 of Research Protocol for detail specifics. Emotional and psychological aspects about food were discussed during this time. Each exercise training session lasted varied lengths of time, depending on how many Participants were training at each period. See pages 120-127 of Research Protocol for detail specifics.

Experimental Group 1(NR) Reality : This Group met each Thursday at 5:00 p.m. (along with Experimental Group 1 Lean Bodies, class time was approximately 1 hour for nutritional training and various aspects of the Lean Bodies approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. See pages 127 of Research Protocol for detail specifics. Each exercise training session lasted varied lengths of time, depending on how many Participants were training at each period. See pages 120-127 of Research Protocol for detail specifics (same as Experimental Group 1 Lean Bodies).

Experimental Group 2 Nutrition met each Friday at 11:30 a.m. (approximately 1 hour) for nutritional training and various aspects of the Lean Bodies approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. See pages 129-138 of Research Protocol for detail
specifics. This Group did not participant in the exercise classes.

Hypothesis

Can we establish the relationship of improved lean mass to bodyfat ratio (%

of change) following diet and exercise modification by manipulation of types of foods with constant energy through-put, or increased energy through-put without reduction of energy through-put.

Null Hypothesis

There is no relationship of improved lean mass to bodyfat ratio (% of change) following:

1. diet and exercise modification by manipulation of types of foods
2. with constant energy through-put, or increased energy through-put without reduction of energy through-put.

Descriptive Class Summary and Design

Nutritional Components Class: (See previous general description of the Hitachi Study for more detail of the following descriptors).

Experimental Group 1 Lean Bodies

Week 1- Diet Track Sheets introduced

Week 2- Foods to limit, foods to eat, essential fatty acids, building a meal, mini-meal, mock-meal, caloric needs, eating on the go.

Week 3- Trouble shooting

Week 4- Let's eat cooking class

Week 5- Fats

Week 6- Note: See week 6 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift Workers study for descriptive summary of this class. This researcher taught this class very close to what is taught in the Lean Bodies Classes in my clinic in Dallas. I taught regarding water and fiber.

Week 7- Mr. Cade taught this class. The time was used to answer questions surrounding exercise physiology on a layman level of practical application and theory.

Week 8- See Nutritional Components Class for Experimental Group 2 Nutrition under descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night- Shift Study.

Week 9- Time utilized collecting final week's diet track sheets before post testing/assessment the following week.

Exercise Components Class Summary

Experimental Group 1 Lean Bodies

Exercise Components Class:

Experimental Group 1 Lean Bodies (Experimental Group 1(NR) also met with Experimental Group 1 Lean Bodies):

Supervised Training per schedule discussed earlier in Research Protocol (pg. 118-126).

Aerobic conditioning: Prior to weight training or after weight training.

Week 1 through Study duration: all sets and repetitions recorded (see Protocol for detail).

Descriptive Class Summary and Design

Experimental Group 1(NR) Reality

Nutritional Components Class:

Experimental Group 1(NR) Reality

Week 1 through 9-See Experimental Group 1 Lean Bodies

Exercise Components Class Summary

Experimental Group 1(NR) Reality

Exercise components Class Summary:

Experimental Group 1(NR) Reality

Week 1 through 9- See Experimental Group 1 Lean Bodies

Descriptive Class Summary and Design

Experimental Group 2 Nutrition

Nutritional Components Class:

Experimental Group 2 Nutrition

Week 1 through 9- See Experimental Group 1 Lean Bodies

This Group (Experimental Group 2 Nutrition) did not participate in exercise components.

Descriptive Class Summary and Design

Testing/Measurement Assessment (Part B)

Non-Shift Study

Non-Shift Study Participants were scheduled for their initial testing/assessment on May 12, 1995 and their post testing/assessment on July 21, 1995. The Participants were asked to fast for at least twelve hours prior to the scheduled initial testing/assessment time. This was for the purpose of obtaining a fasting blood sample. The testing/assessment time was scheduled for 7:00 a.m.. During this time the following initial testing/assessments were performed:

Blood Chemistry Analysis (including urinalysis

Blood pressure

Body Fat Analysis

Testing/assessment performed at other times were:

Caltrac Monitor (decided not to include)

Job Descriptive Index and Job In General Index

Comparative Food Attitude Interviews (audio taped)

Testing/Assessment Procedure Description

Blood Chemistry Analysis- Good Health Services administered this analysis in conjunction with Damon/Metwest a Corning Clinical Laboratory. The Medical Coordinator for Good Health Services is Mary L. Welp, M.D.. the Lab Tests performed were the following: Basic Chem, Coronary risk, CBC

and UA as requested (this is the same laboratory test as Hitachi Night-Shift study, just titled differently).

Blood pressure- Pre and Post readings

Bodyfat analysis- Independent health professionals skilled in skinfold technique were secured to administer this test pre and post.

Comparative Food Interviews- This was administered in a question-answer style pre and post.

The Job Descriptive Index and The Job In General Index-

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This was administered in the third week of the study and eighth to ninth week of the study.

Diet Track Sheets- These records were utilized from the first week through the duration of the Study for the purpose of looking for nutritional trends.

Numerous examples of the need for "real world" qualitative research methodology surrounding the six (6) hypotheses involved in the Non-Shift and Hitachi Studies are evidenced in the "Comparative Literature Discussion Reviews" section of this thesis. As previously discussed in the "Real World" section of this thesis, the need for "real world" research involving each of these hypotheses has been met through two (2) research studies conducted

by this researcher in "real world" settings, employing qualitative methods. They are referred to as the Hitachi Study and the Non-Shift Study. At this juncture, it is appropriate to provide a "highlighted overview" of the "Comparative Literature Discussion Reviews" section and the "Real World" section as an argument for qualitative methodology. This is not redundancy, instead it provides synergistic reasoning within this section of the thesis. Highlights from the "Comparative Literature Discussion Reviews" section (which involved the short falls of other research selected according to its comparative similarities surrounding each specific hypothesis involved in the Non-Shift Study and Hitachi Study) are "echoed" in the "Real World" section with "remedies" provided by the "real world" Hitachi and Non-Shift Studies involving qualitative methods. The comprehension of the reader is better served by transporting the "key points text" of those sections ("Comparative Literature Discussion Reviews" and "Real World") involving the six (6) hypotheses into this section providing a clearer picture for discussion purposes.

Lean Mass Gain and Body Fat Loss

In the area of lean mass gain and body fat loss in the Participants of Experimental Group 1 Lean Bodies, compared to the Participants of the other Groups, research is critiqued from a qualitative consideration. For example, other research is considered in regards to its sketchy guidelines for diet

tracking analyses (Ross, Pedwell, and Rissanen, 1995). This led this researcher to question the validity of certain findings therein because of a qualitative concern in this area (Ross et al, 1995). There is a need for "real world" research that would provide confidence in daily/long-term inherent diet track protocol. This model should provide tighter refinement for analyses and long-term daily diet tracking methodology. Also, a sound computer program containing an expansive database is a must for a high level of confidence reliability. There is the probability that not every Participant is going to provide quality consistent food records. However, quality analysis of the daily eating trends of those Participants that do provide quality food data should produce a higher level of confidence reliability for those Participants in connection with their lean mass gain and body fat loss outcomes. The Non-Shift Study and Hitachi Study Participants were encouraged to not decrease calories, but to maintain constant energy through-put to increased energy through-put. The lean mass gain and bodyfat loss results displayed by several of the Participants in the Studies provided added health benefits. The qualitative method approach of research provided sound outcomes in this critical area of investigation.

Other research is reviewed in this area of lean mass gain and body fat loss that exhibited the usefulness of strength training in regards to improved body composition (Treuth, Hunter, Kekes-Szabo, Weinsier, Goran and Berland, 1995). The research critique discussed the positive change this type of

exercise produced (Treuth et al, 1995). However, if the researchers had also emphasized instruction surrounding dietary composition improvements, their Participants may have realized even greater results (Treuth et al, 1995). "Real World" qualitative investigation involving education surrounding both biochemical/metabolic components and the psychological components combined in a "same study" format should produce a longer-term outlook for Participants in regards to lifestyle change. The Non-Shift Study and the Hitachi Study Participants were asked to record all food consumed daily for the duration of their 8 week Study period. The Participants in Experimental Group 1 Lean Bodies, Experimental Group 1 (NR) Reality and Experimental Group 2 Nutrition in the Non-Shift Study; and the Participants in Experimental Group 1 Lean Bodies and Experimental Group 2 Nutrition in the Hitachi Study, were taught the Lean Bodies eating program. The proper nutrition program along with strength training is a powerful combination for bringing about change in body composition.

Blood Lipid Profile

In the area of no greater improvement in the blood lipid profile in the Participants of Experimental Group 1 Lean Bodies, compared to Participants of the other Groups, research is considered from a qualitative concern. Research was reviewed of results involving a lab study at Laval University (Depres, Tremblay, Moorian, Lupien, Theriault, Nadeau, and Bouchard, 1989). The researchers pointed out the results of their research revealed

that a decrease in fat mass solely caused by aerobic exercise training has substantial beneficial effects on plasma lipoprotein levels (Depres et al, 1989). As previously discussed, this research was excellent (Depres et al). However, research is needed in a "real world" setting. Studies like this aforementioned research only give us a glance into a "vacuum." Individuals can not put their lives on hold and live in a "vacuum" in order to lower their risk of cardiovascular disease. Research in this area begs for qualitative investigative methodology. In the Non-Shift Study and Hitachi Study an "all encompassing" approach was undertaken in a "real life" protocol style. A total nutritional/biochemical education aimed at lifestyle change was put into action geared toward building metabolism. Strength training was incorporated as well as aerobic exercise. Also included was the psychology of change aimed at altering patterns of food attitudes/beliefs. This approach yields every opportunity for lifelong improved lipid profiles.

Again, in the area of no greater improvement in the blood lipid profile the Participants of the Experimental Group Lean Bodies, compared to the Participants of the other Groups, research is discussed in the vein of qualitative standing. The authors of a study that investigated the effects of weight training on lipid and lipoprotein levels concluded that strength training appeared to produce favorable changes in lipid and lipoprotein levels in men and women, who were previously sedentary (Goldberg,Elliot, Schutz, and Kloster, 1984). However, once again, research is needed that provides "real

world" investigation with a qualitative bent. This should encompass a "total package" of strength training, aerobic exercise, nutritional training and psychology of change wrapped up into one methodology of research. This "total" design should be under a comprehensive one-(1) study protocol. This offers the necessary ingredients of design that could result in total lifestyle change. This qualitative design adds much to offering the opportunity for permanent fat loss. It is obvious that an ideal exercise program incorporates both anaerobic and aerobic exercise. Both types of exercise were utilized in the Non-Shift Study and the Hitachi Study.

Morale/Job Contentment

In the area of no greater improvement in morale/job contentment in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups, research review is critiqued from a qualitative bent. In a research review article titled "Construction of a Job in General Scale: A Comparison of Global, Composite, and Specific Measures (Ironson, Brannick, Smith, Gibson, and Paul, 1989)," the researchers concluded their paper with excellent practical advice in stating that "in any research, measures should be chosen with appropriate specificity in mind (Ironson et al)." In the arena of qualitative methodology, this type of investigation should be contained in a "real world" approach. This model should employ nutritional/biochemical, physiological and psychological changes in the work place. Emerging out of this research might come "on the job" programs that

could be assessed in numerous areas of job satisfaction stemming from these elements of change. This is especially helpful for the "pit falls" that night shift workers encounter. The picture painted by the "Job In General" indexes for the Non-Shift Study and the Hitachi Study displays the contrast of the overall job in general satisfaction ratings of the Participants. As mentioned in the discussion section of the results/findings section, the Hitachi Study Participants exhibited a poor overall attitude toward their job in general. The Lean Bodies program appeared to help somewhat, however the depth of job dissatisfaction issued a great challenge for intervention steps. On the other hand, the Non-Shift Study was primarily made up of Participants who were more content with their jobs.

In a paper written by Smith and Barton, (1994) discussion surrounds issues involving complicated relationships between personal control and shift-work (Smith, Barton, 1994). Especially interesting is the authors' description of the "locus of control" theory and the light it sheds on individual behavior patterns (Smith, Barton). Comprehensive "workplace" education and application opportunities including nutritional/biochemical, physiological and psychology of change areas contained in one overall study should offer a realistic framework for improved long-term adaptability to night-shift work. Potentially, this could assist in avoiding many of the health "pit-falls" surrounding night-shift work today.

The Non-Shift Study and the Hitachi Study provided interesting factors surrounding the internal and external "bents" of their Participants. It was obvious that the expectations were too high for what the Lean Bodies program could produce for the Hitachi Participants. However, it is noteworthy that the few Hitachi Participants who appeared to be content with their jobs corresponded nicely with traits of high internality.

Patterns of Food Attitudes/Beliefs

In the area of no greater improvement in patterns of food attitudes/beliefs in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups, research is critiqued in the vein of quality methodology. Analysis of the research at Wageningen Agricultural University in the Netherlands reveals the assessment of family resemblance in food habits involving three generations of family members related maternally (Stafleu, Van Staveren, De Graaf, Burema and Hautvst, 1996). The researchers concluded from their experimental study that mothers and daughters do resemble each other in knowledge of nutrition and attitudes (Stafleu et al). Furthermore, the researchers feel that their study suggests that a family-based approach might be an effective way to reduce fat intake (Stafleu et al). This excellent research study offers a realistic picture of the level of nutritional knowledge of the Participants, however investigation is needed that offers a "real world" approach providing re-education along with

application extending over a period of several weeks allowing for a provision of change. The psychology of change should be measured from a "baseline beginning" to a point of measurable change/improvement producing life style application. The qualitative research process utilized in the Non-Shift Study and Hitachi Study Comparative Food Interviews provides very helpful tools in discerning the Participants' attitudes toward and knowledge of nutrition. Based upon the interviews and categorically coded results of the Non-Shift and Hitachi Study Comparative Food Interviews, it is clear that Stafleu, Van Steveren, De Graaf, Burema and Hautvast, (1996) are on track with their summation that nutrition knowledge comes from the home environment. Moreover, changes for better nutrition must extend from within the home, as well.

Again, in the area of no greater improvement in patterns of food attitudes/beliefs in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups, research is considered from a qualitative approach. French researchers conducted an investigation to assess the eating habits and some of the food related behaviors, beliefs and knowledge in young educated French adults (Monneuse, Bellisle, and Koppert, 1997). The researchers reported numerous fascinating findings, however an interesting observation emerged from the meal patterns of the students (Monneuse et al, 1997). They reported that around 84% of French students have breakfast every day (Monneuse et al). In America, breakfast

has become less and less frequent. Along with this trend comes trouble. Many people overload with calories at dinner. Their body can not utilize all of the dinner calories, so the conversion factor into fat is a common situation. More research is needed incorporating an education approach that would potentially result in lifestyle change. The aforementioned research provides an excellent "reality check" of the facts surrounding nutrition and lifestyle change. Although, there seems to be a lack of research that provides a "real world" hands on protocol. The needed model should offer an approach providing a set period of time coupled with a method for testing and evaluation of progress. This type of qualitative research structure should assist in providing interest in "results driven" programs based upon measurable change/improvement. The attitudes/beliefs surrounding food dramatically changed for many of the Participants that applied the principles of the Lean Bodies eating program. Perusal of the Results/Findings section of this thesis clearly demonstrates this improved change.

Constant to Increased Energy Through-put

In the area of no greater improvement in constant to increased energy through-put in the Participants of Experimental Group 1 Lean Bodies, compared to the Participants of the other Groups, research is considered from a qualitative approach. Research was reviewed that investigated the relationships involving specific components of dietary fat and carbohydrate in regards to body fatness in both lean and obese adults (Miller, Niederpruem,

Wallace, and Lindeman, 1994). These researchers described that the most significant finding to report from their study was "that diet composition rather than energy consumption was a characteristic of obesity for both men and women (Miller et al, 1994)." The researchers added, that "specifically" no differences were observed in total energy intake or energy intake relative to lean body mass between lean and obese participants (Miller et al)." This is important research in that it has sparked interest for future research surrounding energy intake. An approach for more research in this area should be set in a "real world" environment. It should involve Participants in "real life" situations on a daily basis dealing with their dietary composition, physical activity and patterns surrounding their attitudes/belief about food contained in a total comprehensive study. Energy intake data should come from daily inherent food records recorded by the Participants for several consecutive weeks. Quality nutritional analyses of this dietary data could be valuable for other researchers in various ways. The proposition of the Lean Bodies eating program is not to decrease metabolic rate by adhering to a low calorie diet. Rather, the choice of foods and suitable combination of foods are emphasized. Most importantly, the emphasis is on changing the "composition of the diet," not dropping calories to drop weight. The "hole in the bucket" analogy of "calories in-calories-out" has failed for too long. A person following the Lean Bodies program described building the metabolism in the following way: " If you are going to build muscle you go to the gym and work the muscle, you use it and it gets stronger". He went on to explain that

"a metabolism builds the same way, gradually increasing the calories from the right foods in the right combinations." Just as progressive strength training exercise (weight training) incorporates using and challenging the muscle, there are similarities for building the metabolism. Challenging the muscle with the right amount of weight at the right times, along with the proper repetitions and gradual increase of resistance by increasing the amount of weight used by the participant, causes the body to response by building new lean muscle tissue. This is the process by which the exerciser gets stronger. The process of building one's metabolism follows a similar pattern of physiological change.

Once more, in the area of no greater improvement in constant to increased energy through-put in the Participants of Experimental Group 1 Lean Bodies, compared to the Participants of the other Groups research is reviewed involving seven pairs of identical twins who participated in a negative energy balance program that included cycle ergometer exercise twice daily while adhering to a constant daily energy and nutrient intake (Bouchard, Tremblay, Despes,Theriault, Nadeau, Lupien, Moorjanit, Prudhomme, and Fournier, 1994). In synopsis, the researchers reported that "the main purpose of the study was to establish whether there were individual differences in response to negative energy balance solely produced by endurance exercise and to demonstrate whether these differences in response were greater between genotypes than for a given genotype (Bouchard, Tremblay, Despres,

Theriault, Nadeau, Lupien, Moorjani, Prudhomme, and Fournier, 1994)." In their conclusions, the researchers deduced that negative energy balance caused by almost 2 hours daily of exercise resulted in significant loss of body fat with no loss of muscle; individual differences of changes in body mass (Bouchard et al, 1994). The researchers went on to explain specific findings surrounding the outcome of the individual participants' body composition changes in the study Bouchard et al). They went on to describe similarities of response to the prescribed program involving participants with the same genotype at all loci compared to participants with different genotypes (Bouchard et al). This excellent study will be cited for years to come. It has laid much groundwork for future research involving the flexibility of skin-fold caliper measurements for body composition assessments. It puts generalized overall "weight loss" from low calorie approaches in the dark ages. The undertaking of "real world" research involving dietary composition manipulation along with strength training and aerobic exercise is needed. Qualitative "real world" research provides an arena of feasibility for lifestyle change yielding life long fat loss. This kind of research is what the Lean Bodies program is about. The Non-Shift Study and the Hitachi Study Participants were taught to build their metabolism through a calorie generous eating program not a "diet", that was suited to their exercise program. Furthermore, they were instructed in how to build muscle, which is the most metabolically active tissue in the body. The study conducted by Bouchard et al, exhibited significant physiological results. However, had the researchers

changed their participants' constant energy intake diet "composition", their "already exciting" results would have taken on a new level of significance. The Non-Shift and Hitachi Studies' protocol incorporated a change in dietary composition while striving for constant to increased energy through-put.

Blood Pressure

In the area of no greater improvement in blood pressure in the Participants in Experimental Group 1 Lean Bodies than the Participants of the other Groups, research is critiqued from a qualitative point of view surrounding the feasibility of nonpharmacologic interventions in lowering or possibly the prevention of an increase in diastolic pressure (Stevens, Corrigan, Obarzanek, Bernauer, and others, 1993). The participants were randomized into either a weight loss intervention, a usual-control condition, or one of the other life-style intervention condition (Stevens et al, 1993). The weight loss intervention was for 18 months and contained 14 weeks of group meetings. These were followed up by monthly meetings (Stevens et al). The intervention participants received training in behavioral self-management and took part in a moderate reduction energy intake protocol with an increase in physical activity (Stevens et al). They reported that weight loss was associated a drop in diastolic pressure and systolic pressure (Stevens et al). The diastolic pressures in the intervention group were greater that those in the control group. Also, there were corresponding drops in systolic pressure (Stevens et al). The researchers went on to describe the positive

comparisons of average change in diastolic blood pressure for the intervention participants in comparison to the controls for both women and men (Stevens et al). In conclusion, the investigators reported that the study results demonstrated that weight loss reduces blood pressure during an 18-month follow-up period (Stevens et al). They also explained that it was shown to be an effective non-pharmacological intervention for lowering blood pressure in overweight adults with high-normal blood pressure (Stevens et al). The researchers referred to a moderate reduction of energy intake, coupled with increased energy output. Both of these factors could easily equate to a "low calorie" diet. Furthermore, the researchers asked the participants to keep food diaries during the 14 week of intervention. Included in these was a description of their food, an estimate of the amount eaten, and an estimate of its calorie amount. These food diaries were reviewed by a staff nutritionist and returned to the participants. There was no description of analysis or calculations using a computer program to provide an analysis of the energy intake of the participants. This sends "red flags" as to the actual energy intake that would possibly result in muscle loss, glycogen stores and water loss. No body composition testing was performed on the participants to find out if they were losing lean mass or body fat. The possible negative metabolic factors of this study bring concern for the participants. An ideal qualitative research protocol should incorporate an approach of quality education aimed at nutritional/biochemical pathways utilizing an "eating program" that provides adequate energy intake. Also, exercise components

incorporating weight training and aerobic conditioning, and psychology of change modification surrounding patterns of attitudes/beliefs about food should give way to a comprehensive lifestyle change for long-term hypertension prevention. This type of "real world" study should produce contrasting pro-active results that could be followed for life, not merely results of a temporary "vacuum" approach of low calorie dieting. The Non-Shift Study and Hitachi Study Participants were assessed through "dietary analysis." Daily energy intakes were tracked, and Body Composition Analyses were checked with skin-fold calipers in both the Non-Shift and Hitachi Studies. This provided a clear picture of results /findings regarding whether or not the Participants lost lean mass or body fat. Thus, this allowed for a qualitative approach surrounding metabolic factors in each of the Studies. This qualitative style of guidelines and more specific assessment evaluations provides a solid degree of reliability to the research outcome.

Again, in the area of no greater improvement in blood pressure in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups, research is discussed in the vein of qualitative significance. For several years, sodium has been investigated as a major contributor to hypertension. Investigators carried-out research to find out if sodium-resistant hypertensives are more insulin resistant and whether restriction of dietary sodium improves insulin sensitivity in older hypertensives (Denyel, Hogikyan, Brown, Glickman, and Supiano, 1998). In order to determine the

insulin sensitivity index, a frequently sampled intravenous glucose tolerance test was administered after one week each of low and high sodium diets in 21 older hypertensives (Denyel et al, 1998). The researcher reported various findings, however they concluded that sodium resistant participants displayed more of a degree of insulin resistance than sodium sensitive participants (Denyel et al). The researchers also reported that restriction of sodium falls short to improve insulin sensitivity without regard to sodium sensitivity status (Denyel et al). These researchers clearly understood that nutrition is a powerful weapon against high blood pressure. Refreshingly, this is yet another study exhibiting that there is much more to nutrition intervention with hypertension than just "watching the sodium intake." Research must branch out into other "possible cause" areas regarding diet and hypertension. The composition of the diet should be emphasized through the proper balance of protein and carbohydrates to insure proper hormonal balance. The research should be comprehensive in nature set in a "real world" environment involving strength training and aerobic exercise as elements of an overall protocol designed to meet the needs of today's busy schedule of the general population. Undoubtedly, psychology of change would have to be included in the research methodology to provide the necessary tools for life style change for the long-term. In the Non-Shift Study and Hitachi Study, the Participants on the Lean Bodies eating program were controlling their insulin and glucagon axis through their food selection, combination and frequency. An important element to point out regarding hypertension

prevention is that the Lean Bodies eating program consists of an optimal ratio of potassium to sodium. This not only is critical for normal blood pressure, but overall health of the cardiovascular system.

Real World Design

The Non-Shift and Hitachi Study complimented each other. The settings were "real world design." The research methodology begged for a qualitative approach. The Hitachi Study came first of the two studies. It emerged out of the interest of Hitachi's Human Resource Specialist. The need of a lifestyle change for many of the company's night-shift workers posed a great challenge due to the typical problems of the unique work schedule (compressed work week) and job pressures.

See Research Protocol for a complete description of each of these assessment procedures.

Once the day to day research of the Hitachi Study had started a second Non-Shift group was sought. The Participants in this Study were for the most part Non-Shift office workers. See Research Protocol for specific details.

Discussion of Ethics

Ideally, Participants should be offered various benefits from research. The Non-Shift and Hitachi Studies provided effective health benefits to the research Participants. Each program had elements that the literature has established as advantageous to health. The recipients of these health benefits were the research Participants. A careful process for volunteer selection, accurate briefing of them prior to the process, and an openness to respond to all their questions as the study moved forward marked the progress of the research. Each Participant had full rights to withdraw at any time without any negative consequences. As will emerge, the Participants' pattern of withdrawal was of interest. As previously discussed, the Hitachi Study contained four (4) Experimental Groups. These were as follows: Experimental Group 1 Lean Bodies, Experimental Group 2 Nutrition, Experimental Group 3 Exercise and Experimental Group 4 Control. The Participants in each of these Groups, except for the Participants in Experimental Group 4 Control, were affected positively by "known effective elements" of the research. The Participants in this Study, except for those in Experimental Group 4 Control, received possible immediate "positive" elements produced by the research. Examples of these "positive" elements involved nutrition education and emotional/psychological factors along with exercise training for Experimental Group 1 Lean Bodies. Experimental Group 2 Nutrition benefited from the nutrition education and

emotional/psychological factors. Experimental Group 3 Exercise benefited from exercise training.

It is true that Experimental Group 4 Control was unable to receive immediate possible "positive" elements produced by the research. Although, it was believed that as a Control Group they should be entitled to receive positive benefit from their participation. The Lean Bodies nutrition course was offered to Experimental Group 4 Control after their completion of the Hitachi Study. The Participants in Experimental Group 4 Control who chose to "take part in the offer" benefited from the nutrition education and emotional/psychological factors provided to them by the course.

In the Non-Shift Study, the Participants were divided between three (3) Groups. These Groups were as follows: Experimental Group 1 Lean Bodies, Experimental Group 1(NR) Reality (Reality Group was non-randomized) and Experimental Group 2 Nutrition. The Participants in each of these Groups received possible immediate "positive" elements produced by the research. Examples of these elements involved nutrition education and emotional/psychological factors along with exercise training benefits for Experimental Group 1 Lean Bodies and Experimental Group 1(NR) Reality. Experimental Group 2 Nutrition benefited from nutrition education and emotional/psychological factors.

Excerpts from Original Notes-Hitachi

Taking on real world research presents significant challenges. Some remarks from the original notes are offered here to illustrate these issues.

The actual research process brought daily challenges of creativity. The Hitachi Study was much more challenging than the Non-Shift Study. The uniqueness of the inherent problems surrounding night-shift workers was very real. As the Hitachi Research Study progressed, this researcher was consumed with the need for persistence, creativity and willpower. This "real world" Study was difficult. However, every problem stretched the Lean Bodies program to a new level of effectiveness. The following are excerpts from this researcher's original Hitachi Study Research Notes that provide "mental snapshot samplings" of struggles, various problem solving techniques, solutions, Participant sacrifices and Participant victories. The following notes are literal "short quick clips" that were used for "note taking" purposes alone. This explains the unusual style of odd sentence structure and unconventional phrasing. Excerpts from notes regarding various Participants in Experimental Group 1 Lean Bodies are as follows: " no weight loss, but one inch loss waist, energy much better"

" loss one – two inches waist, energy good some days - some days not – sleep better"

"loss one inch waist - a lot more energy"

" strength in gym"

" more energy"

" energy level picking up – can't go 2 ½ hours without – ready to eat"

" sleeping better, loss in pants"

" pants looser"

This researcher watched a video series by Dr. Gary Smalley that described how to utilize "word pictures" as part of communication skills. This technique was put into practice with some of the Hitachi Study Participants as the following excerpt displays:

"Talked with eating only Group about "word pictures" for each of them (activating both right and left side of brain) – This was in order to help them really focus on why they are doing this program - This also helps them to set goals. I went over their diet track sheets 1 on 1. Some of the individuals were "fueling backwards" (none or little food at the start of their day and just before bedtime consuming a large meal) with more starchy carbs. We changed that to begin eating 1st thing up - on arising – consume bulk of starchy carbs until last meal cut back or cut out carbs at last meal for less lipogenesis."

Dietary food records were a constant focal point of quality and quantity control. The following excerpts display a descriptive sample of the challenge: "Hand sheets back – check against originals... weeks previous – collecting, late sheets, running down sheets, handing back for clarifications, finding foods (specific foods) manpower – me teaching – would have been best if I could have had them all turned in each week where I could use their information (delineated properly) & inputted and handed back – however – collecting was a rigorous exercise on its own – then getting back with them at the next earliest meeting for clarifications. I get diet track sheets from a few Participants on time ...many Participants bring them in on later days. Sometimes they say a couple of days later – this ends up being days late. I push as hard as possible. I go out of my way to make arrangements to get the sheets.

The notation goes on to explain that I went to the gate to meet them various times reminding them to get their food records to me. "I was told by guard...I couldn't have home phone numbers they would be asleep anyway. Debbie (Human Resource Specialist) told me I could ask the individuals for home phone number."

Decided to hand back data/inputted sheets back to them after running through the computer (each person was several man hours of searching specific foods and logging & inputting... getting clarifications, calling specific restaurants, talking with the kitchen – getting as specific as possible. Again

dealing with the limited exposure of time with Participants – I have decided to hand back sheets & ask them to take them home & go over for final accuracy. Time in class must be spent in constantly reiterating the program – encouraging them to keep starchy carbs high to keep calories increasing. Some Participants would forget their sheets (left at home) I would arrange to pick them up at various times at work etc. I found that many eat the same foods and quantities on a daily basis."

"Keeping them awake during class is important enough." The preceding "note samples" relay the frustration of this researcher's expectations for retrieving the dietary food records from the Participants. This researcher learned to adapt to the Participants' schedule and time constraints in order to retrieve the dietary food records and "refine" the data for clarity with the Participants around "their schedule" not the researcher's schedule."

It is notes like the following one that helped this Researcher stay on course: 4-5-95 (date) Note about a Participant in Experimental Group 1 Lean Bodies... "Had physical last week – everything looked good – Blood Pressure down."

The following section from the research notes is the account of a conversation that this researcher had with Debbie Lantz (Human Resource Specialist). It explains my education surrounding the uniqueness of "blue collar" night shift workers and fitting my program to them. It describes an education in humility for this researcher: "I was expecting "too much" in the

1st couple of weeks – "my high expectations" were based on dealing with primarily "white collar workers" in our clinic. I've learned a lot – she (Debbie) told me about how difficult it is just to get them to show up for softball tournaments. I have come to appreciate the effort that these Participants have put into this research. The hours and routine of their jobs is grueling – they are fighting relentless odds to stay in their jobs, please their families, employers, supervisors, and maintain health. The program has shown "great benefits" – much body fat has been lost, fitness levels have soared – and energy levels have increased dramatically. Moral has definitely improved... as we will qualify in testing. Overall health ...nutrition & fitness has dramatically improved for many Participants. "Two side notes in margin of research notes state..." Giving them gifts to come to testing." These "gifts" were "Lean Bodies Logo T-shirts and water bottles offered to those Participants who completed the Study. This was the Human Resource Specialist's suggestion, because she used this technique to get the employees to come to various company events. This insured "sticking it out" to completion for final assessment protocol purposes. Another note on Sunday April 9th states... " I went out to Gate on Sunday – told (names of various Participants listed) to come for testing – bring sheets (diet) most said they had them and were planning to bring them."

A side margin note from another original Hitachi Research notebook reads as follows: "The corporation has now relayed to me that they would like for me to teach our Lean Bodies Classes to other employees at Hitachi."

In notes intended for a research supervisor, the following description of the "real world" environment at Hitachi is relayed while referring to contact/communication limits with Participants in reference to various class meetings shown in a schedule and described as follows: "As you can see they sleep during the day to be able to go to work at night until the next day at noon. On their days off they try to transition back to normal hours, but sleep a lot to try and compensate for their sleep deficit cycle. The early morning class times are unique for a learning environment. Many Participants are straining to stay awake during class. I try to be "extra chipper" to stimulate "them to stay awake and to learn about their new lifestyle change. I have had my challenges!"

A significant learning experience from conducting such research is that a clear-cut protocol is required, but that the researcher should identify and record" over and aboard" efforts required to maintain the process. Future researchers will be unable to replicate findings without such precise recording.

Excerpts from Original Notes- Non-Shift

The Non-Shift Study was an easier Study to conduct for various reasons. The facilities offered more exercise equipment. The Participants maintained

normal working hours. The consistency and cooperation of the Participants was at a higher level than the Hitachi Study. Data collection was easier for the researcher due to the more consistent/normal work schedule of the Participants.

The following are excerpts from this researcher's original Non-Shift Study Research Notes that provide "mental snapshots" of struggles, problem solving techniques and solutions, and Participant struggles and victories. The following notes are literally "quick clips" that served for note taking purposes only. This is why there is an obvious unusual style of sentence structure and unconventional phrasing. Notation samplings regarding a particular Participant in Experimental Group 1 Lean Bodies is as follows: 6-22-95 (date) Participant stated in class that "she takes allergy medication and since being in the Study she has not had to take any of her medication."

Another note about some Participants in Experimental Group 1 Lean Bodies and Experimental Group 1(NR) Reality is as follows: "energy levels increased in all but 3 Participants."

A notation entered on June 26, 1995 about a Participant in Experimental Group 1 Lean Bodies is as follows: "she is feeling so much better since starting this program. She said her depression is better – Her friends said to her – "Gee (Participant's name) – you seem like you've won the lottery!"

A Participant in Experimental Group 1(NR) Reality stated that "she has 200% more stamina and she was "going from early morning to late at night."

6-27-95 (date) Participant from Experimental Group 1(NR) stated: "in this last week ...can go without nap and not tired anymore ...can get more done, starting to be hungry...crunches getting easier."

Notation on same page from another Participant from that same Group (Experimental Group 1(NR) states: "relapse time after working real hard on Saturdays – significantly reduced – not near as tired during the day...sleeping better, dropping inches."

6-26-95 (date) Participant in Experimental Group 1(NR) is described in relation to her temporary struggles during the Study as follows: " said she was not leaning out – she said went up a pant size...we checked her sheets for that week – she was eating beef everyday (normal cuts) not longhorn, more carbs, she had been eating late at night. Her aerobics were at a pace where she was not breathing hard at all. She is on blood pressure medication. Her physician wanted her to not get her heart rate over 120 – on the bike (aerobics) she is not breathing hard at all (she eats while on the bike an energy bar and talks – no hard work at all... 120...she is not breathing hard enough or working hard enough to initiate ...in changes... in kcal burn, fat burned, VO2 Max not going to improve this way. We asked her – I asked her to increase the intensity of her aerobics – to begin breathing hard yet be able to carry on a conversation and she needed to get her aerobics up to 45 minutes in AM & 30 minutes at night – try to work a little harder during the 1st 15 – 20 minutes of the 45 minutes aerobics training in the A.M. 6-27-95

(date): We checked her body fat on 6-27- 95 (date) (calipers) she was down approximately 5 lbs. in body fat.

6-28-95 – She is able to go 45 minutes in AM and 30 minutes night aerobics."

Background on the above Participant: "She was at 25% body fat approximately 1 year ago ...she went through an emotional crisis – she was on anti-depressants – she lost down to 112 lbs. – not eating – she also became sedentary – over the following year she began re-eating and gained to 35% body fat (...check 1st of Study)). She is down approximately 5 lbs. of body fat as of 6-27-95. She is going to discuss with her physician about keeping her heart rate higher – able to work harder now...she had increased poundage in strength training very well. I expect to see good changes for the remainder of Study."

Comparative Overview

The developed research methodology attempted to investigate the changes that took place for individuals taking part in different programs created to deliver health benefits. A thorough testing program involving physiological and psychological assessments was described. The process was outlined and a detailed protocol assembled.

A description of the results follows. However, momentarily some of the significant differences between the issues compelling this research and numerous traditional methods to dieting and weight loss will be discussed.

The following "Comparative Probability Overview" serves as a contrasting comparison overview between the comprehensive long term benefits that have emerged from the Non-Shift Study and Hitachi Study to that of counterproductive traditional "models:"

1. Many traditional programs are "vacuum thinking" not long-term solutions.	> The Non-Shift Study and Hitachi Study provide an "eating program" designed for life.
2. Many traditional programs involve a "dropping calories" approach. This results in a slowing of the metabolic process and significant muscle loss.	> The Non-Shift Study and Hitachi Study provide a calorie adequate eating program that encourages lean mass gain and faster metabolism.
3. Many traditional programs contain unbalanced ratios of Proteins, Carbohydrates and Fats.	> The balance in Protein, Carbohydrates and Fats that are provided in the Non-Shift Study and Hitachi Study put control of the insulin/glucagon axis into the hands of the Participants.

4. Various traditional programs do not utilize a balance of anaerobic and aerobic exercise.	> A combination of strength training and aerobic conditioning are utilized in the Non-Shift Study and Hitachi Study.
5. Many traditional programs are limiting on types of foods.	> The Non-Shift Study and Hitachi Study provide plenty of food variety.
6. Many traditional programs promote a "stay away" from food mentality.	> The Non-Shift Study and Hitachi Study promote "eating." This supports healthy food attitudes/ beliefs surrounding food.
7. Many traditional programs jeopardize overall integrity of health.	> The Non-Shift Study and Hitachi Study supply a plethora of nutrient dense foods that contain important phytochemicals that enhance immune function.
8. Many traditional programs promote "weight loss."	> The Non-Shift Study and Hitachi Study exhibit improved overall body composition involving lean mass gain and body fat loss.
10. Many traditional programs fuel unrealistic "black and white thinking" surrounding foods not on	> The Non-Shift Study and Hitachi Study encourage planned deviations due to a faster

the plan.	Metabolism.
11. Many traditional programs are not designed to cause change in the area of food cravings.	> The Non-Shift Study and Hitachi Study display significant change in food cravings.
12. Many traditional programs are not comprehensively designed to decrease cardiovascular risk factors and increase cardiovascular conditioning.	> The Non-Shift and Hitachi Study comprehensively incorporated nutrition along with strength training and aerobic conditioning.
13. Many traditional programs do not yield increased energy, thus regular exercise adherence is difficult to sustain.	> The Non-Shift and Hitachi Study provide adequate energy through-put which supplies nutrient dense food. This in turn causes improved energy levels. Long term exercise adherence becomes more attainable.
14. Many traditional "drop calories to drop weight" programs feed obsessive unrealistic behavior patterns such as "how little can one eat and how much more can one exercise."	> The Non-Shift Study and Hitachi Study promote "eating." This provides healthy food attitude patterns.

Conclusion

One major aim of research is to assist in uncovering ways to improve "quality of life." Reportedly, what is learned through laboratory experimentation can be exciting. However, replication of laboratory research in the "real world" often times falls short of long term effectiveness. One reason is obvious. Lab studies are designed away from "real world" settings. This is why qualitative research methodology set in "real world" settings is of utmost importance to science. Science should serve people by offering ways to improve their lives. Individuals can best benefit from scientific investigation by the ability to replicate results of research in their own environment. They must be able to apply and maintain in their own environment enough consistency to affect change.

This researcher chose the qualitative research approach due to an intense desire to impact lives. Research reaches its ultimate significance when lives are changed. Many of the Participants in the Non-Shift and Hitachi Study were impacted positively with "real life" changes. Furthermore, these significant changes carry a high probability of replication in the "real world." This is due to the nature of the "real world" qualitative research methodology that was employed. The comprehensive approach and effectiveness displayed in the results of the Non-Shift and Hitachi Studies is encouraging. The interdisciplinary components of nutrition, physiology and psychology of change provided a comprehensive "well rounded" arena of experimentation.

It is this researcher's hope that the significance of the findings in each hypothesis area of this research will encourage other researchers to consider qualitative research methodology in a "real world" setting as a plausible means of investigation.

Foremost, the results for the Groups are followed to examine trends in the data. Secondly, the results for individuals are followed to look closely at changes that came about for them from the result of their participation. Discussion of the findings will be followed by conclusions drawn.

Results/Findings

Hypothesis- Body Fat

There is no greater improvement in lean mass gain and body fat loss in the Participants of Experimental Group 1 Lean Bodies Group, compared to the Participants of the other Groups in the Study.

Objective Assessment

Independent assessment was secured to measure the Participant's body composition. This was administered Pre-Study and Post-Study.

Method

The method of choice was skinfold measurements. This procedure involved

a five (5) site skinfold measurement technique. The instrument utilized for measuring skinfold thickness was a skinfold caliper.

Notes

The first (1st) part of this "Results/Findings" section contains individual Participant data displayed in appropriate Groups as "Favorable Increase In Pounds Of Lean Body Mass (% Of Change)" and "Favorable Decrease In Pounds Of Body Fat (% Of Change)." This data is displayed in tabular form.

The method of calculation for "Lean Body Mass % Of Change In Pounds" is as follows:

Step one (1): Post number (Lean Body Mass pounds) minus Pre number (Lean Body Mass pounds).

Step two (2): This is divided by the Pre number (Lean Body Mass pounds) i.e.: 94.3 pounds of LBM (Lean Body Mass) minus 93 pounds of LBM (Lean Body Mass)= 1.3. 1.3 divided by 93 pounds of LBM (Lean Body Mass)= 1.397.

The method of calculation for "Body Fat % Of Change In Pounds" is as follows:

Step one (1): Pre number (Body Fat pounds) minus Post number (Body Fat pounds).

Step two (2): This is divided by the Pre number (Body Fat pounds) i.e.: 30 pounds of BF (Body Fat) minus 25.7 pounds of BF (Body Fat)= 4.3. 4.3 divided by 30 pounds of BF (Body Fat)= 14.33.

The next part of this "Results/Findings" section contains Group Graphical Formats for each Study displaying "Group Average Overall Body Fat % Pre/Post Results (Overall is based on Body Fat %, not pounds; Results based on % of Change of Body Fat %)."

The last part of this "Results/Findings" section contains Statistical Analysis For Body Fat Change In % Averaged On A Per Group Basis For each Study (Results not based on % Of Change of Body Fat %, rather Average Body Fat Change In % is displayed per Group.

Graphical Notes

The first (1st) part of this Results/Findings section containing the individual Participant tabular form data displayed in each appropriate Group as "Favorable Increase In Lean Body Mass (% of change) and "Favorable decrease In Body Fat (% of change) provides a calculated average for each Group contained in the tabular format. This is separated out for each Group for both the "Favorable Increase In Pounds Of Lean Body Mass (% of change) and "Favorable decrease In Pounds Of Body Fat (% of change)" in each of the Studies (Non-Shift and Hitachi). Furthermore, standard deviation is provided to ensure accuracy of statistical analysis in this section.

The next part of this Results/Findings section contains "Group Average Overall Body Fat % Pre/Post Results for each Study (Overall is based on Body Fat % Not Pounds; Results based on % of Change of Body Fat %)." This Group Graphical Format utilizes standard deviation. To ensure accuracy of statistical analysis within the Group Graphical Formats are

Group Graphical Error Bars which represent standard deviation relative to the mean.

The last part of this Results/Findings section displays Statistical Analysis For Body Fat Change In % Averaged On A Per Group Basis for each Study (Results not based on % Of Change Of Body Fat %, rather Average Body Fat Change In % is displayed per Group.

Results/Findings- Body Fat

Favorable Increase In Pounds of Lean Body Mass (% Of Change)

Experimental Group 1 - Lean Bodies (Non-Shift)

Participant	***Percentage Increase/Decrease***
1-12	1.397
1-15	3.146
1-20	0.417
1-11	-2.576
1-14	5.429
1-2	6.278
1-1	5.761
1-23	4.859
1-10	-0.04
1-22	2.593
1-13	1.983
1-4	9.903
1-21	9.245
1-9	13.159
1-7	6.431
Average:	4.532333
Standard Deviation:	4.182688

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 1 - Lean Bodies (Non-Shift)

Participant	***Percentage Increase/Decrease***
1-12	14.33
1-15	20.865
1-20	15.04
1-11	17.611
1-14	25.15
1-2	22.862
1-1	40.206
1-23	21.384
1-10	18.4
1-22	6.806
1-13	9.893
1-4	23.906
1-21	39.637
1-9	19.076
1-7	25.239
Average:	21.36033
Standard Deviation:	9.213044

Favorable Increase In Pounds of Lean Body Mass (% Of Change)

Experimental Group 1 - (Non-Randomized) Reality (Non-Shift)

Participant	***Percentage Increase/Decrease***
1-5	2.05
1-3	3.461
1-18	4.041
1-6	16.699
1-17	9.304
Average:	7.111
Standard Deviation:	6.022875

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 1 - (Non-Randomized) Reality (Non-Shift)

Participant	***Percentage Increase/Decrease***
1-5	22.77
1-3	10.643
1-18	19.444
1-6	27.33
1-17	43.167
Average:	24.6708
Standard Deviation:	12.00929

Favorable Increase In Pounds Of Lean Body Mass (% Of Change)

Experimental Group 2 - Nutrition (Non-Shift)

Participant	***Percentage Increase/Decrease***
2-2	3.133
2-6	5.35
2-9	3.552
2-4	9.845
2-3	12.913
2-7	5.726
2-11	1.118
2-10	8.592
2-8	5.496
Average:	6.191667
Standard Deviation:	3.670139

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 2 - Nutrition (Non-Shift)

Participant	***Percentage Increase/Decrease***
2-2	9.315
2-6	24.234
2-9	22.746
2-4	11.08
2-3	19.641
2-7	12.935
2-11	19.295
2-10	22.257
2-8	18.203
Average:	17.74511
Standard Deviation:	5.38871

Favorable Increase In Pounds Of Lean Body Mass (% Of Change)

Experimental Group 1 - Lean Bodies (Hitachi)

Participant	***Percentage Increase/Decrease***
1-4	2.432
1-1	1.808
1-9	6.359
1-12	9.302
1-3	0.528
1-10	2.289
1-8	5.305
1-5	8.043
1-7	7.951
Average:	4.890778
Standard Deviation:	3.210136

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 1 - Lean Bodies (Hitachi)

Participant	***Percentage Increase/Decrease***
1-4	15.789
1-1	16.402
1-9	19.59
1-12	18.83
1-3	8.307
1-10	21.026
1-8	23.809
1-5	27.077
1-7	28.23
Average:	19.89556
Standard Deviation:	6.146352

Favorable Increase In Pounds Of Lean Body Mass (% Of Change)

Experimental Group 2 - Nutrition (Hitachi)

Participant	***Percentage Increase/Decrease***
2-6	6.148
2-4	7.736
2-3	1.876
2-5	5.195
Average:	5.23875
Standard Deviation:	2.474739

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 2 - Nutrition (Hitachi)

Participant	***Percentage Increase/Decrease***
2-6	18.309
2-4	15.481
2-3	24.066
2-5	27.99
Average:	21.4615
Standard Deviation:	5.630553

Favorable Increase In Pounds Of Lean Body Mass (% Of Change)

Experimental Group 3 - Exercise (Hitachi)

Participant	***Percentage Increase/Decrease***
3-8	8.365
3-5	-1.936
3-6	9.713
Average:	5.380667
Standard Deviation:	6.372165

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 3 - Exercise (Hitachi)

Participant	***Percentage Increase/Decrease***
3-8	6.08
3-5	7.48
3-6	26.973
Average:	13.511
Standard Deviation:	11.67943

Favorable Increase In Pounds Of Lean Body Mass (% Of Change)

Experimental Group 4 - Control (Hitachi)

Participant	***Percentage Increase/Decrease***
4-6	-1.391
4-5	4.424
4-8	-0.277
4-1	1.516
4-7	1.406
Average:	1.1356
Standard Deviation:	2.20287

Favorable Decrease In Pounds Of Body Fat (% Of Change)

Experimental Group 4 - Control Group (Hitachi)

Participant	***Percentage Increase/Decrease***
4-6	1.807
4-5	5.205
4-8	8.794
4-1	0.156
4-7	19.806
Average:	7.1536
Standard Deviation:	7.812229

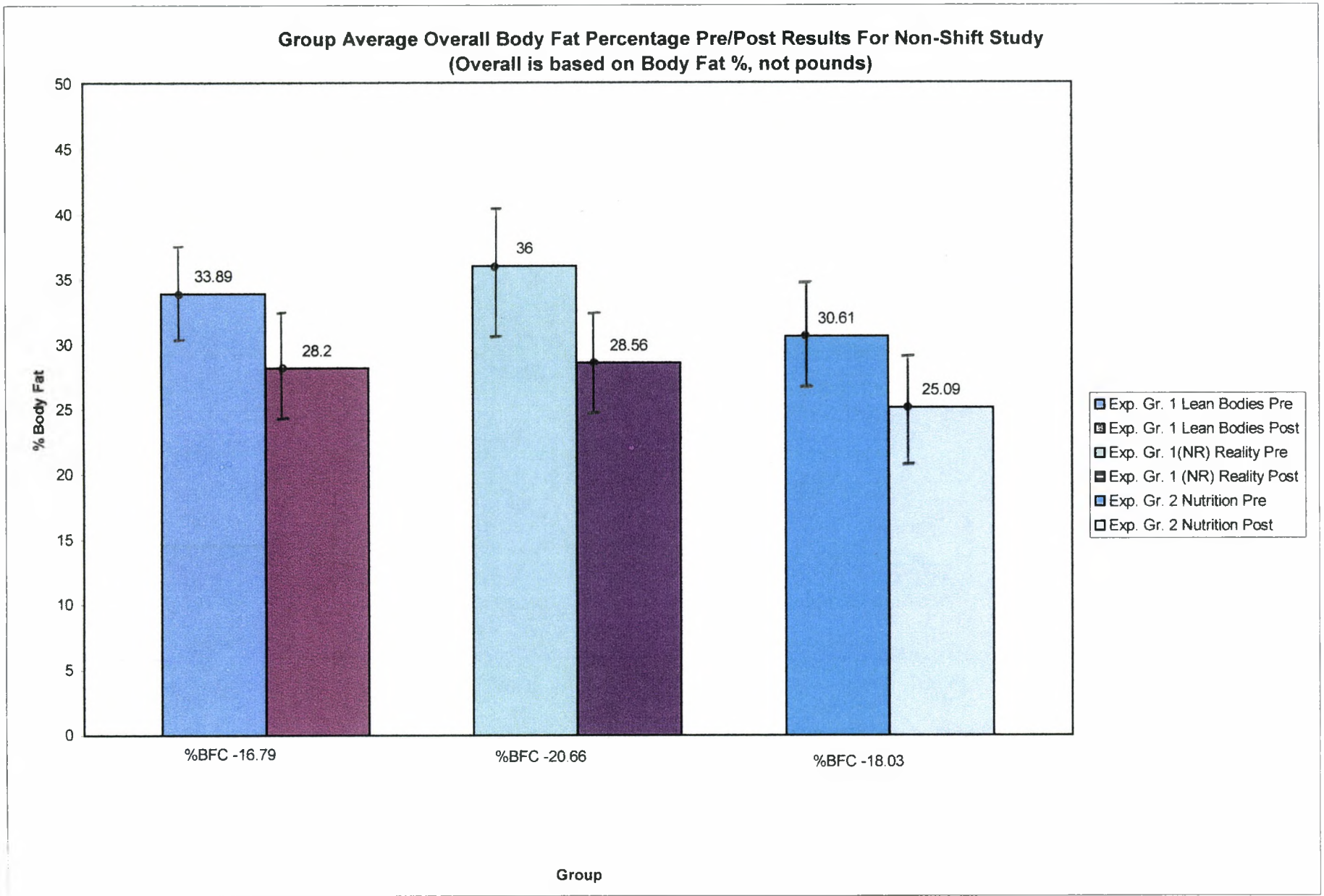
Graphical Group Average Overall Body Fat % Non-Shift Study

Graphical

Group Average Overall Body Fat Percentage Pre/Post Results For Non-Shift Study

(Overall is based on Body Fat %, not pounds)

(Results based on % of Body Fat Change)


Group Average Overall Body Fat Percentage Pre/Post Results For Non-Shift Study
(Overall is based on Body Fat %, not pounds)
% Body Fat
50
45
40
35
30
25
20
15
10
5
0
33.89
28.2
36
28.56
30.61
25.09
%BFC -16.79
%BFC -20.66
%BFC -18.03
Group
Exp. Gr. 1 Lean Bodies Pre
Exp. Gr. 1 Lean Bodies Post
Exp. Gr. 1(NR) Reality Pre
Exp. Gr. 1 (NR) Reality Post
Exp. Gr. 2 Nutrition Pre
Exp. Gr. 2 Nutrition Post

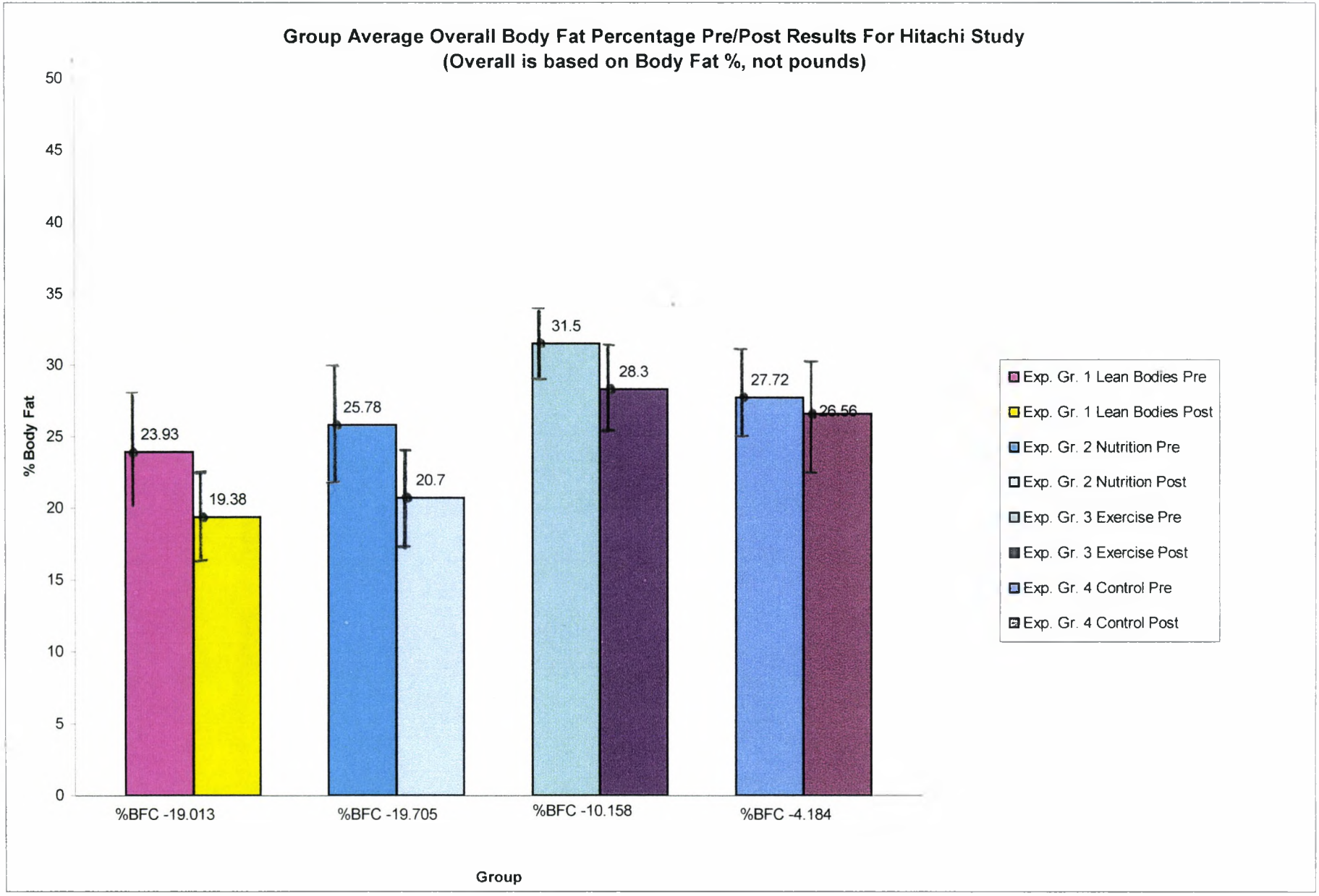
Graphical Group Average Overall Body Fat % Hitachi Study

Graphical

Group Average Overall Body Fat Percentage Pre/Post Results For Hitachi Study

(Overall is based on Body Fat %, not pounds)

(Results based on % of Body Fat Change)


Group Average Overall Body Fat Percentage Pre/Post Results For Hitachi Study
(Overall is based on Body Fat %, not pounds)
% Body Fat
50
45
40
35
30
25
20
15
10
5
0
23.93
19.38
25.78
20.7
31.5
28.3
27.72
26.56
%BFC -19.013
%BFC -19.705
%BFC -10.158
%BFC -4.184
Group
Exp. Gr. 1 Lean Bodies Pre
Exp. Gr. 1 Lean Bodies Post
Exp. Gr. 2 Nutrition Pre
Exp. Gr. 2 Nutrition Post
Exp. Gr. 3 Exercise Pre
Exp. Gr. 3 Exercise Post
Exp. Gr. 4 Control Pre
Exp. Gr. 4 Control Post

Analysis For Body Fat Change in % Avg. per Grp. Non-Shift Study

Analysis For Body Fat Change In Percentage Averaged On A Per Group basis For Non-Shift Study

(Results not based on % Of Change Of Body Fat %, rather Average Body Fat Change In Percentage is displayed per Group)

Non-Shift Study
Overall Body Fat Change In Percentage

Group	Pre-Body Fat	Post-Body Fat	Change In Body Fat		
Exp.Grp.1					
Lean Bodies	24.4	21.4	-3	Mean	-5.52667
	27.9	22.9	-5	Std.Deviation	2.818172
	33.9	30.3	-3.6		
	29.1	25.8	-3.3		
	32.9	25.8	-7.1		
	28.9	22.8	-6.1		
	28.5	18.4	-10.1		
	21.9	17.4	-4.5		
	13.5	11.7	-1.8		
	21.6	20	-1.6		
	48.2	45.1	-3.1		
	32.1	24.6	-7.5		
	25.7	16.1	-9.6		
	47.5	39.3	-8.2		
	43.1	34.7	-8.4		
Exp.Grp.1(NR)	42	35.4	-6.6	Mean	-7.44
Reality	35.8	32.5	-3.3	Std.Deviation	3.550775
	27.3	22.2	-5.1		
	48.4	36.9	-11.5		
	26.5	15.8	-10.7		
Exp.Grp.2					
Nutrition	25.2	22.8	-2.4	Mean	-5.68889
	27.6	21.5	-6.1	Std.Deviation	1.887091
	29.6	23.9	-5.7		
	37.3	32.5	-4.8		
	48.6	40.2	-8.4		
	30.7	26.7	-4		
	36.7	29.6	-7.1		
	40.3	32.6	-7.7		
	29	24	-5		

Analysis For Body Fat Change in % Avg. Per Grp. Hitachi Study

Analysis For Body Fat Change In Percentage Averaged On A Per Group Basis For Hitachi Study

(Results not based on % Of Change Of Body Fat %, rather Average Body Fat Change In Percentage is displayed per Group)

Hitachi Study
Overall Body Fat Change in Percentage

Group	Pre-Body Fat	Post-Body Fat	Change in Body Fat		
Exp.Grp.1					
Lean Bodies	21.4	18.3	-3.1	Mean	-4.55556
	14	11.8	-2.2	Std.Deviation	2.295164
	20	15.9	-4.1		
	41.5	34.5	-7		
	19.7	18.3	-1.4		
	27.2	22.4	-4.8		
	14.3	10.8	-3.5		
	27	20	-7		
	30.3	22.4	-7.9		
Exp.Grp.2					
Nutrition	18.7	15	-3.7	Mean	-4.875
	41.5	35.8	-5.7	Std.Deviation	1.040433
	20.1	15.8	-4.3		
	22	16.2	-5.8		
Exp. Grp.3					
Exercise	35.9	33.3	-2.6	Mean	-3.2
	39.1	37.7	-1.4	Std.Deviation	2.163331
	19.5	13.9	-5.6		
Exp. Grp.4					
Control	33.9	33.8	-0.1	Mean	-1.16
	36.7	34.5	-2.2	Std.Deviation	1.199166
	22.1	20.6	-1.5		
	33.7	34	0.3		
	12.2	9.9	-2.3		

Hypothesis- Blood Lipids

There is no greater improvement in the blood lipid profile in the Participants of Experimental Group 1 Lean Bodies, compared to Participants of the other Groups.

Objective Assessment

An independent professional laboratory was secured to collect blood samples from the Participants enrolled in the Study.

Method

The Lab tests performed were the following: Chem 24, HDL-Cholesterol, LDL-Cholesterol, Total Cholesterol, CBC, Platelet CT, RDW and Differential and Urinalysis, Macroscopic. Blood Chemistry Analysis/Urinalysis was a pre and post study testing/assessments procedure. Pre and Post testing was performed under fasting conditions.

Notes

The first (1st) part of this "Results/Findings" section contains tabular individual Participant Lipid Profile data (T.Chl., LDL., HDL. and Ratio) displayed in appropriate Groups Pre/Post for each Study (Non-Shift Study and Hitachi Study). The "Improvement/Change" "points" of T. CHL. and Ratio from Pre to Post are displayed for each individual Participant in this same tabular data chart (for each Study). The next part of this Results/Findings section contains the "Group Average Percentage of Change" for each Group's T.Chl., LDL. and HDL. This data is separated into appropriate Groups Pre/Post for each Study (Non-Shift Study and Hitachi Study). The last part of this "Results/Findings" section displays tabular individual Participant "Lipid Profile Results" of T. Chl. Pre to Post. This is summarized into the average "points" of decrease or increase (change) per Group of T.Chl. statistically averaged.

Graphical Notes

The graphical "Group Average Percentage of Change" charts(which have been explained earlier in this "notes" section) utilize standard deviation. To ensure accuracy of statistical analysis within the Group graphical formats, Group graphical "error bars" have been utilized to represent standard deviation relative to the mean. As explained earlier in this "notes" section, the last part of this "Results/Findings section contains tabular individual Participant "Lipid Profile Results" of T. Chl. Pre to Post.

Results/Findings- Blood Lipids

Non-shift Office Study
Lipid Profile Results

Experimental Group 1 Lean Bodies

	Pre				Post				Improvement/Change	
Part.	T.Chl.	Ldl.	Hdl.	Ratio	T. Chl.	Ldl.	Hdl.	Ratio	T. Chl.	Ratio
1-21	181	99	68	2.7	182	121	49	3.7	+1	+1
1-12	172	102	54	3.2	134	71	49	2.7	-38	-.5
1-23	172	113	44	3.9	158	72	68	2.3	-14	-1.6
1-2	259	180	50	5.2	187	111	39	4.8	-72	-.4
1-14	163	84	61	2.7	138	52	72	1.9	-25	-.8
1-19	221	133	48	4.6	165	98	44	3.8	-56	-.8
1-4	237	142	82	2.9	225	153	61	3.7	-12	+.8
1-22	269	191	47	5.7	191	89	78	2.4	-78	-3.3
1-20	290	179	86	3.4	247	162	51	4.8	-43	+1.4
1-7	226	146	47	4.8	181	114	39	4.6	-45	-.2
1-15	170	93	60	2.8	151	57	68	2.2	-19	-.6
1-11	178	119	42	4.2	122	85	25	4.9	-56	+.7
1-10	159	107	45	3.5	144	93	45	3.2	-15	-.3
1-1	196	108	74	2.6	151	89	45	3.4	-45	+.8
1-13	198	136	43	4.6	145	71	49	3.0	-53	-1.6

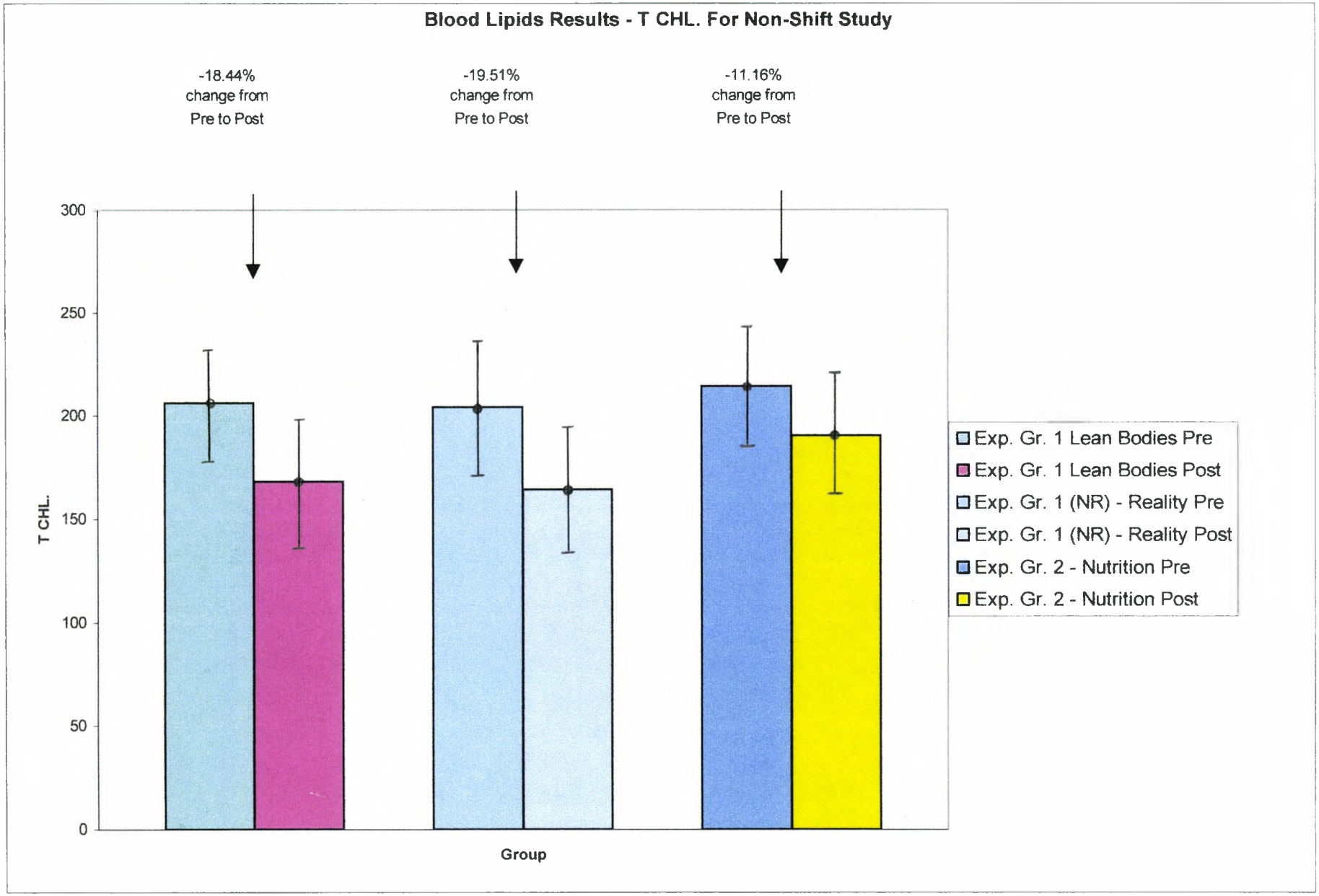
Experimental Group 1(NR) Realty Group

	Pre				Post				Improvement/Change	
Part.	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ratio
1-3	223	154	45	5.0	205	145	40	5.1	-18	+.1
1-18	167	96	35	4.8	150	91	29	5.2	-17	+.4
1-5	273	180	28	9.8	186	120	34	5.5	-87	-4.3
1-17	158	106	40	4.0	116	67	41	2.8	-42	-1.2
1-6	199	135	31	6.4	164	92	51	3.2	-35	-3.2

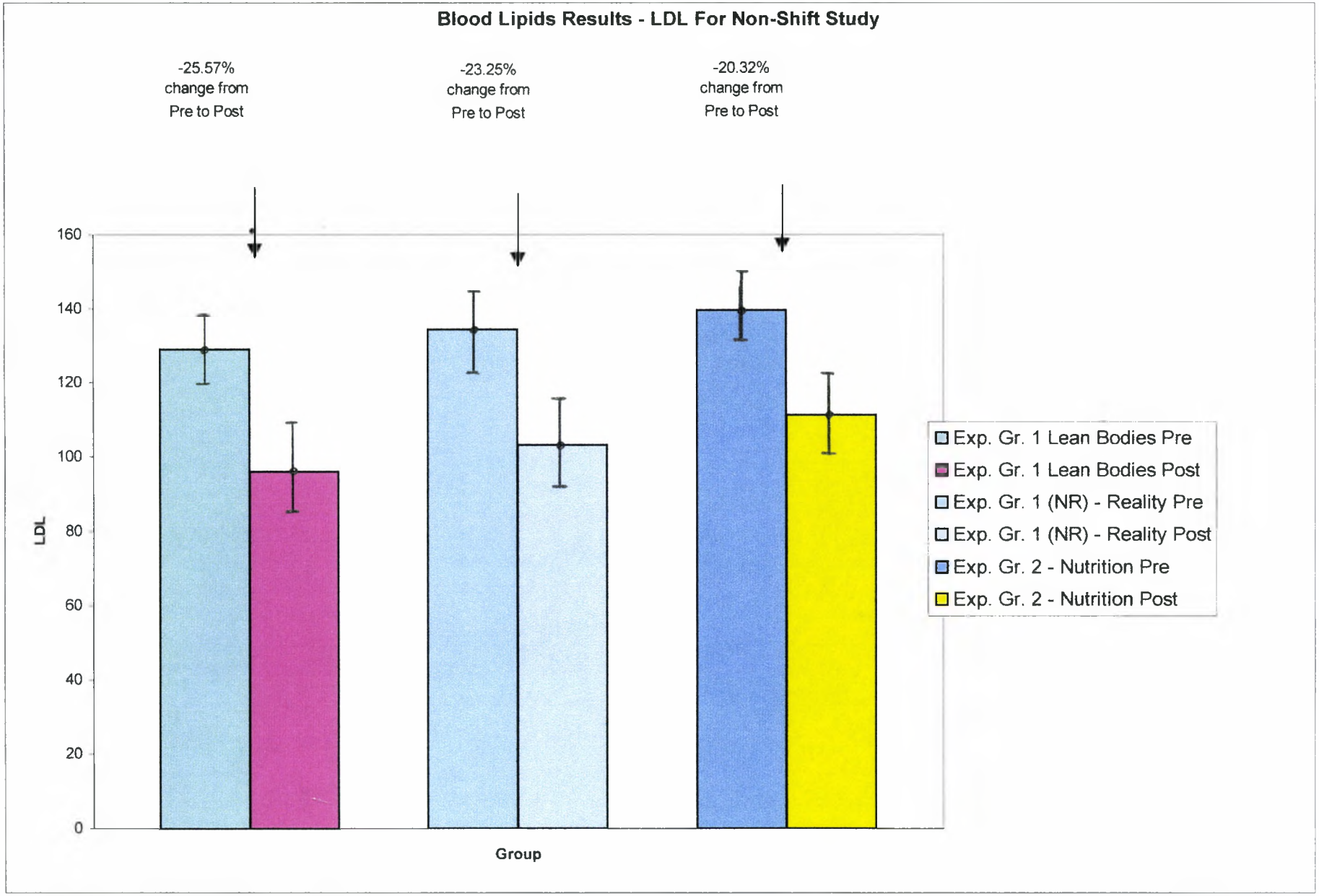
Experimental Group 2 Nutrition Group

	Pre				Post				Improvement/Change	
Part.	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ratio
2-7	232	161	58	4.0	226	152	58	3.9	-6	-.1
2-3	205	139	26	7.9	188	59	76	2.5	-17	-5.4
2-4	219	140	58	3.8	163	94	47	3.5	-56	-.3
2-8	288	200	59	4.9	214	148	47	4.6	-74	-.3
2-11	272	197	50	5.4	248	174	45	5.5	-24	+.1
2-10	250	153	76	3.3	255	153	67	3.8	+5	+.5
2-6	142	80	52	2.7	134	76	49	2.7	-8	same
2-2	190	109	72	2.6	175	93	70	2.5	-15	-.1
2-9	129	76	32	4.0	109	51	37	2.9	-20	-1.1

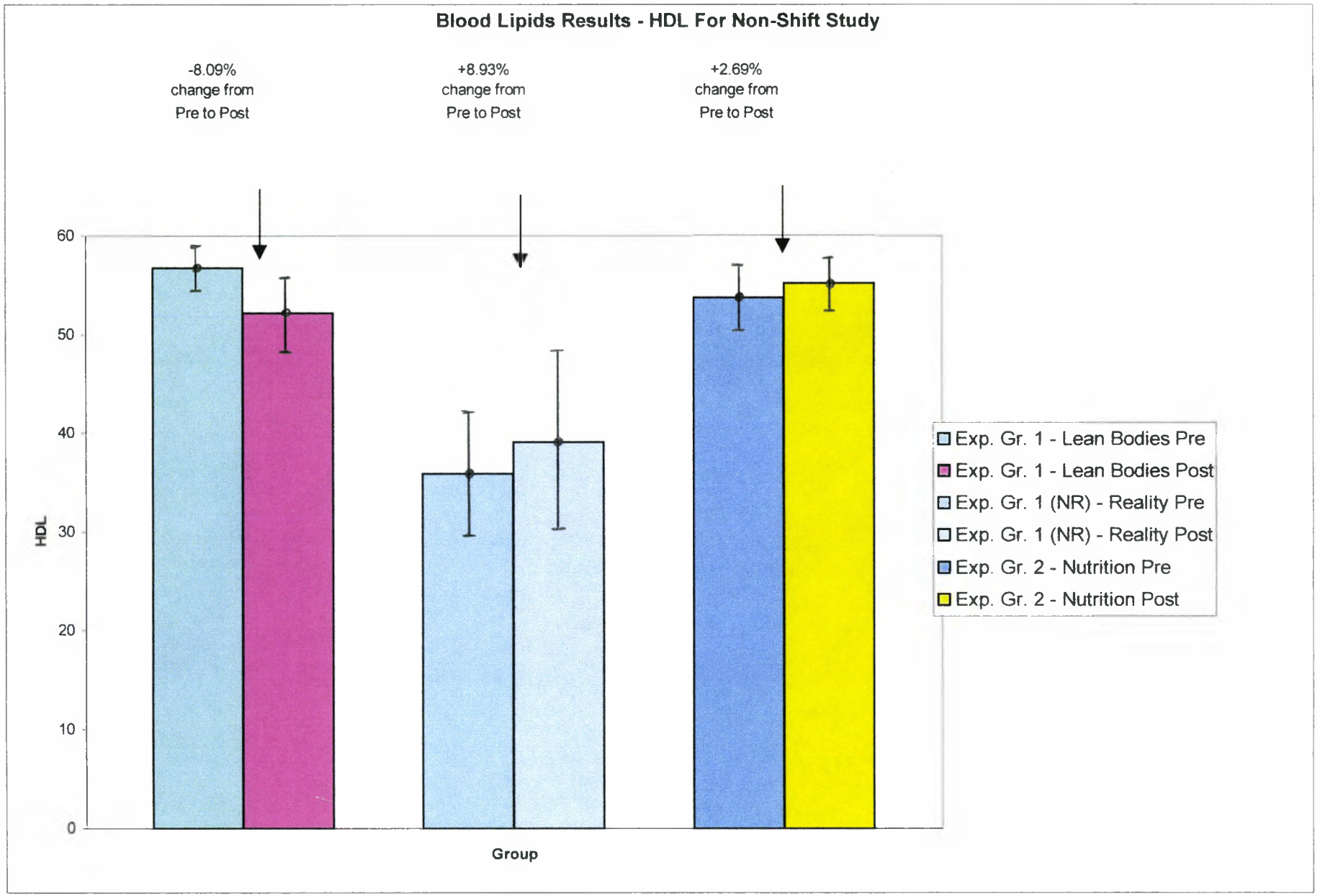
Sheet1 Chart 1



Sheet1 Chart 1



Sheet1 Chart 1



Analysis for Change in Total Cholesterol (Non-Shift)

Non-Shift Study
Lipid Profile Results

Group	Pre-T.CHL.	Post-T.CHL.	Change In-T.CHL.		
Exp. Grp. 1					
Lean Bodies	181	182	1	Mean	-38
	172	134	-38	Standard Deviation	23.27476
	172	158	-14		
	259	187	-72		
	163	138	-25		
	221	165	-56		
	237	225	-12		
	269	191	-78		
	290	247	-43		
	226	181	-45		
	170	151	-19		
	178	122	-56		
	159	144	-15		
	196	151	-45		
	198	145	-53		
Exp. Grp.1(NR)					
Reality	223	205	-18	Mean	-39.8
	167	150	-17	Standard Deviation	28.50789
	273	186	-87		
	158	116	-42		
	199	164	-35		
Exp. Grp. 2					
Nutrition	232	226	-6	Mean	-23.8889
	205	188	-17	Standard Deviation	25.2262
	219	163	-56		
	288	214	-74		
	272	248	-24		
	250	255	5		
	142	134	-8		
	190	175	-15		
	129	109	-20		

Hitachi Study
Lipid Profile Results

Experimental Group 1 Lean Bodies

	Pre				Post				Improvement/Change	
Part.	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ratio
1-10	166	98	33	5.030	99	51	27	3.667	-67	-1.363
1-12	174	69	89	1.955	156	65	75	2.08	-18	+.125
1-1	200	134	47	4.255	153	99	44	3.477	-47	-.778
1-4	244	181	43	5.674	228	174	36	6.333	-16	+.659
1-8	159	99	41	3.878	167	103	39	4.282	+8	+.404
1-3	228	135	43	5.302	204	130	42	4.857	-24	-.445
1-9	177	122	47	3.765	159	107	44	3.613	-18	-.152
1-5	203	140	35	5.8	202	144	37	5.459	-1	-.341
1-7	169	106	43	3.930	133	74	37	3.594	-36	-.336

Experimental Group 2 Nutrition

Part.	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ratio
2-5	187	128	30	6.233	184	116	29	6.344	-3	+.111
2-3	146	70	57	2.561	151	86	54	2.796	+5	+.235
2-6	206	111	43	4.790	211	114	45	4.688	+5	-.102
2-4	121	57	52	2.326	106	48	43	2.465	-15	+.139
2-7	183	116	39	4.692	190	122	35	5.428	+7	+.739

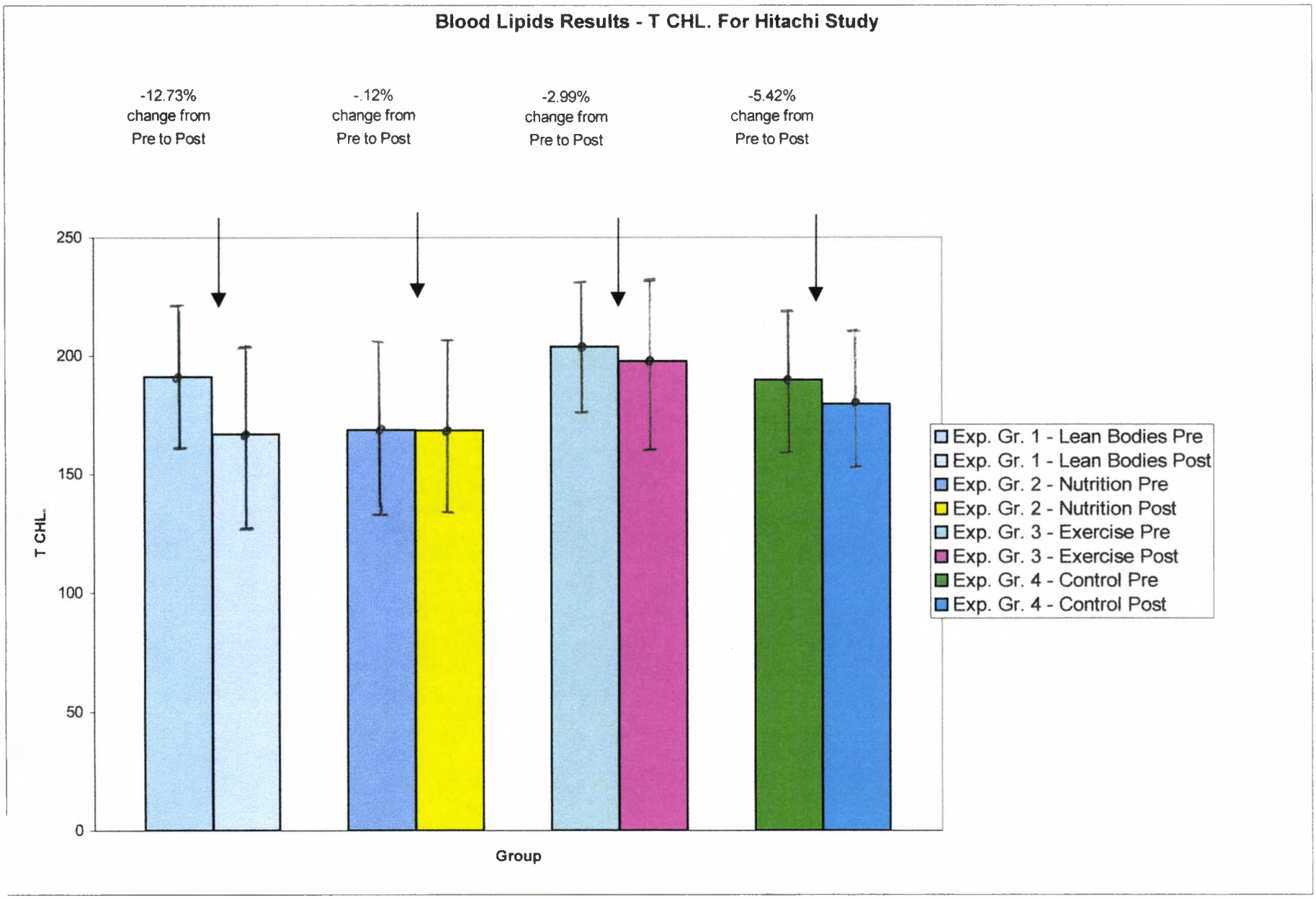
Experimental Group 3 Exercise

Part.	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ratio
3-5	192	104	70	2.742	Nonsuitable specimen N/A					
3-6	233	180	43	5.418	220	153	53	4.150	-13	-1.268
3-2	217	121	46	4.717	209	131	45	4.644	-8	-.073
3-8	173	112	52	3.326	164	106	50	3.28	-9	-.046

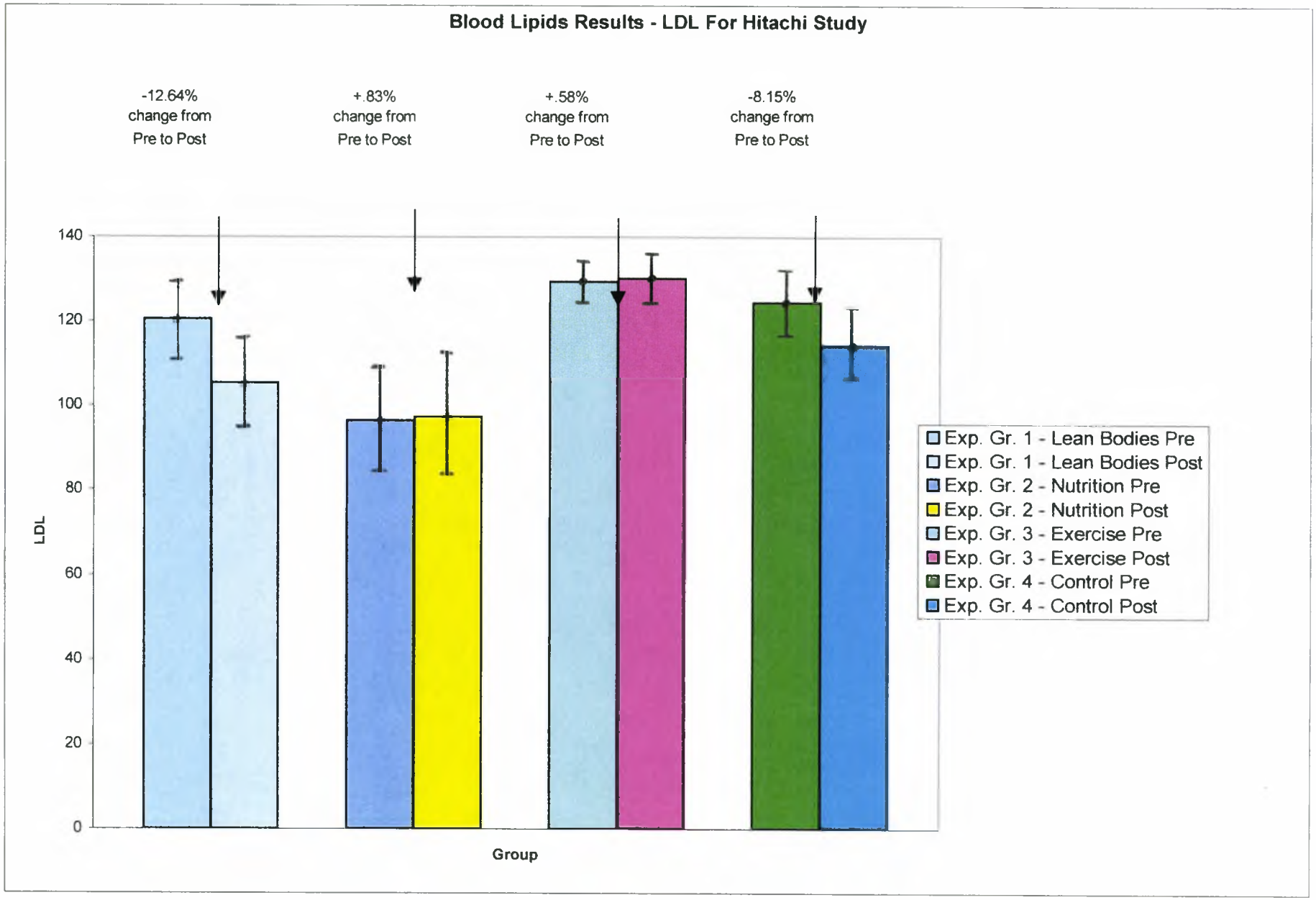
Experimental Group 4 Control

Part.	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ldl.	Hdl.	Ratio	T.Chl.	Ratio
4-7	136	86	36	3.777	120	66	38	3.157	-16	-.62
4-8	192	139	39	4.922	178	127	36	4.944	-14	+.022
4-9	213	138	57	3.736	188	112	55	3.418	-25	-.318
4-1	205	154	38	5.394	196	145	33	5.939	-9	+.545
4-6	244	145	40	6.1	199	120	36	5.527	-45	-.573
4-10	116	70	37	3.135	110	59	37	2.972	-6	-.163
4-5	222	139	36	6.167	265	171	38	6.973	+43	+.806

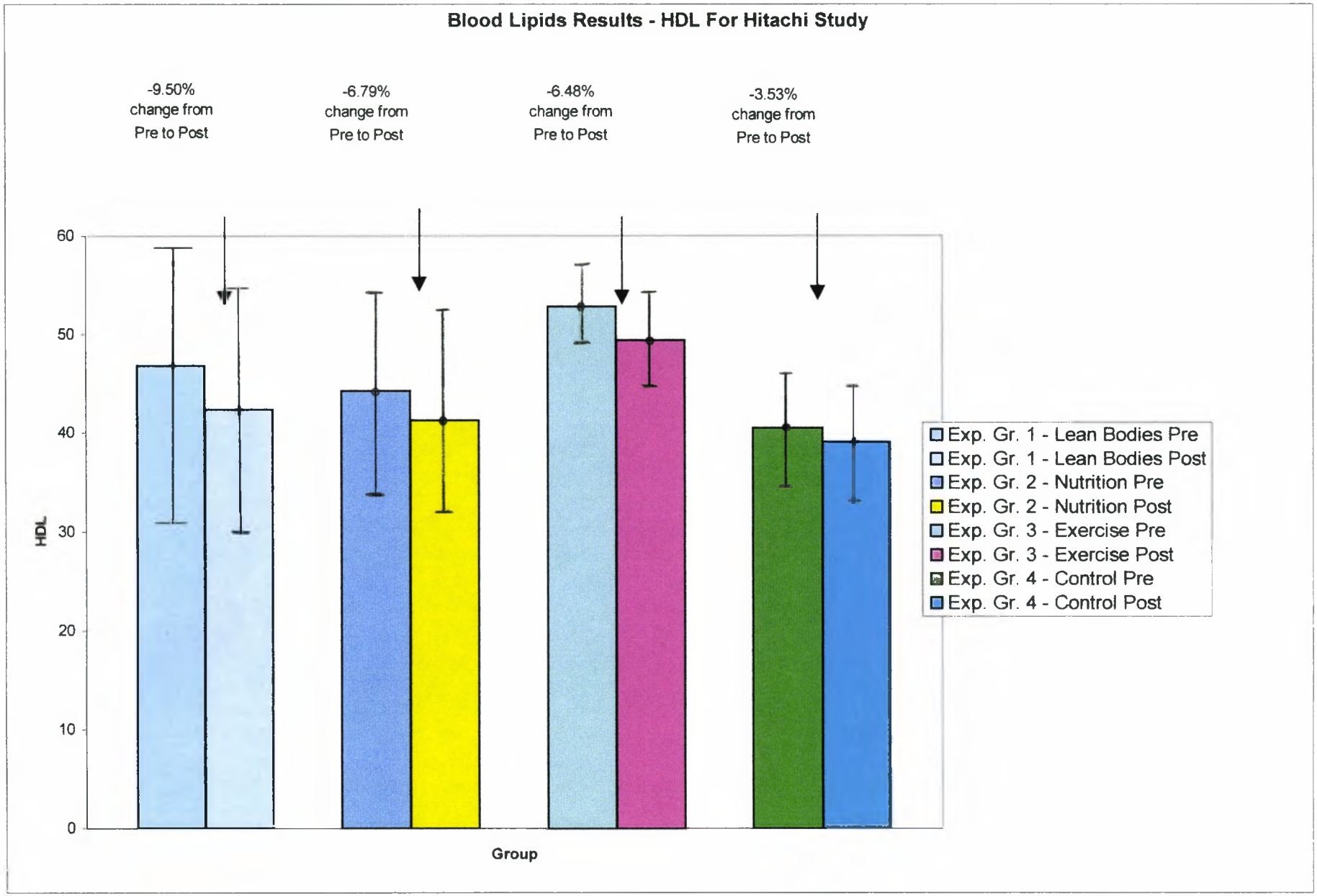
Sheet1 Chart 1



Sheet1 Chart 1



Sheet1 Chart 1



Analysis for Change in Total Cholesterol (Hitachi)

Hitachi Study
Lipid Profile Results

Group	Pre-T.CHL.	Post-T.CHL.	Change In-T.CHL.		
Exp. Grp. 1					
Lean Bodies	166	99	-67	Mean	-24.3333
	174	156	-18	Standard Deviation	22.94014
	200	153	-47		
	244	228	-16		
	159	167	8		
	228	204	-24		
	177	159	-18		
	203	202	-1		
	169	133	-36		
Exp. Grp. 2					
Nutrition	187	184	-3	Mean	-0.2
	146	151	5	Standard Deviation	9.121403
	206	211	5		
	121	106	-15		
	183	190	7		
Exp. Grp. 3					
Exercise	233	220	-13	Mean	-10
	217	209	-8	Standard Deviation	26.45751
	173	164	-9		
Exp. Grp. 4					
Control	136	120	-16	Mean	-10.2857
	192	178	-14	Standard Deviation	26.85588
	213	188	-25		
	205	196	-9		
	244	199	-45		
	116	110	-6		
	222	265	43		

Hypothesis- Energy Through-put

There is no greater improvement in constant to increased energy through-put in the Participants of Experimental Group 1 Lean Bodies, compared to the Participants on the other Groups in the Study.

Objective Assessment

Data collection of food intake was implemented during the Study period.

Method

The Participants were asked to keep a Food Diary of everything consumed for the duration of the Study. They were provided with printed Diet Track sheets (Food Diaries) to record their food intake in writing. The Participants were taught how to approximate weight and volume. An "example technique" was used to reinforce estimated accuracy. For example, the Participants were taught that "Wendy's" (a national/well known fast food restaurant chain) regularly serves an eight (8) to ten ((10) ounce potato. It is assumed that a large part of the population has eaten at "Wendy's" and is familiar with their baked potato. In their next trip to the grocery store, the Participants were encouraged to place various size potatoes on the scale to

get a visual connection of weight and size. See this section in "Research Protocol" for more detail.

The Participants were asked to record their "normal/usual" food intake for the first (1st) week of the Study. The remaining seven (7) weeks of the Study were compared to the first (1st) week. This allowed for a "trend" of eating to emerge for those Groups following the "Lean Bodies" nutrition program, as well as those Groups who were not taught the program.

It is important to point out that the "depth" of the method for tracking, analyzation and data reporting involved in the "daily diet records" is unique. In fact, upon review of the literature, this researcher came across only one (1) study which eluded to "daily diet tracking" covering an extended period of weeks. However, the description of the "depth" of analyzation was "sketchy" at best. This is not to say that there are no studies which exhibit the aforementioned "depth of analyzation." There very well may be some studies that this researcher is not aware of. However, upon review of the literature, one will typically find a "sample days" approach for extracting food consumption data. This was not the case for the Non-Shift or Hitachi Study. In this area of the research, a much deeper level of clarity, refinement and analyzation was employed by the researcher. See the "discussion section" following the "results/findings" section for a clear description of this method.

Notes

The data is summarized into "Calories By Week By Group" Graphs in the final part of this "Results/Findings" section. The Participants' data of each study (Non-Shift and Hitachi Study) represents a weekly average of energy through-put. The first (1st) week of the "Calories By Week By Group" graph for the Non Shift study and the "Calories By Week By Group" graph for the Hitachi study represents the energy through-put of the participants' normal eating pattern pre-study. Weeks two (2) and forward provide a weekly average of energy through-put during the study period in which the Lean Bodies eating program was implemented with the appropriate Groups.

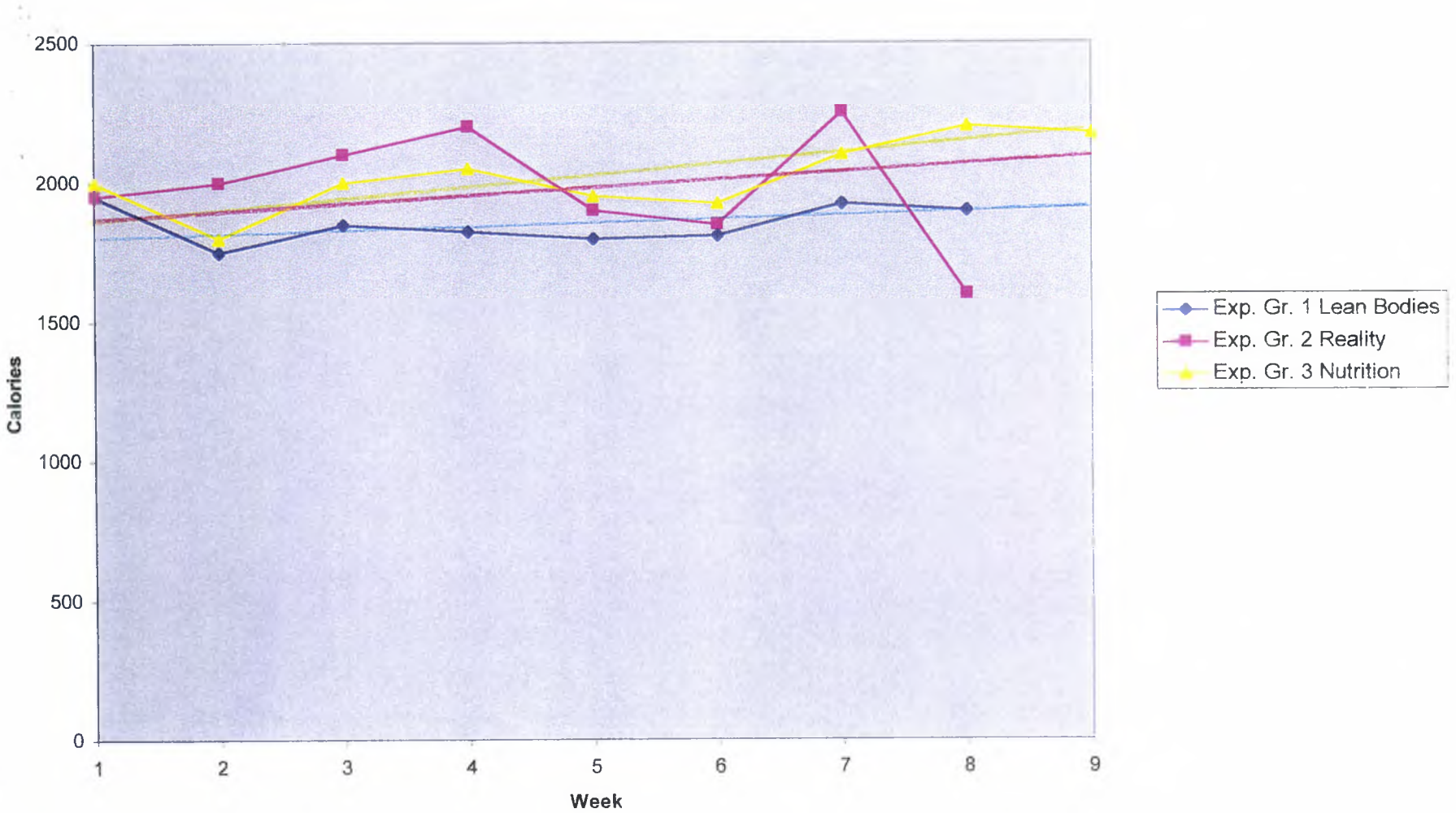
Graphical Notes

The "Calories By Week By Group Graph" for both the Non-Shift Study and Hitachi Study displays average weekly plotted trends of energy through-put based on a Group format. The linear regression analysis shows a relationship of energy through-put displayed in a "best fit" linear approach trend analysis. This is a limited projection trend. This trend does have its limits, however the weekly Group "calorie plotting" displayed in the graphs, coupled with the limited projection trend provides a trend of energy through-put based on a Group basis. The energy through-put data provided represents several months of work utilizing "Food Processor Plus" computer software and database. The discussion section that follows the

"Results/Findings" section provides a clear picture of the outcome of the energy through-put trends that emerged within each Group involved in each Study (Non-Shift and Hitachi). The results discussed are based on the actual weekly plotting of each Group's average weekly energy through-put. The linear regression analysis is displayed in the "Calories By Week By Group" graph for the Non-Shift study and the "Calories By Week By Group" graph for the Hitachi study as a "same color" solid line representing a "best fit" linear approach trend analysis.

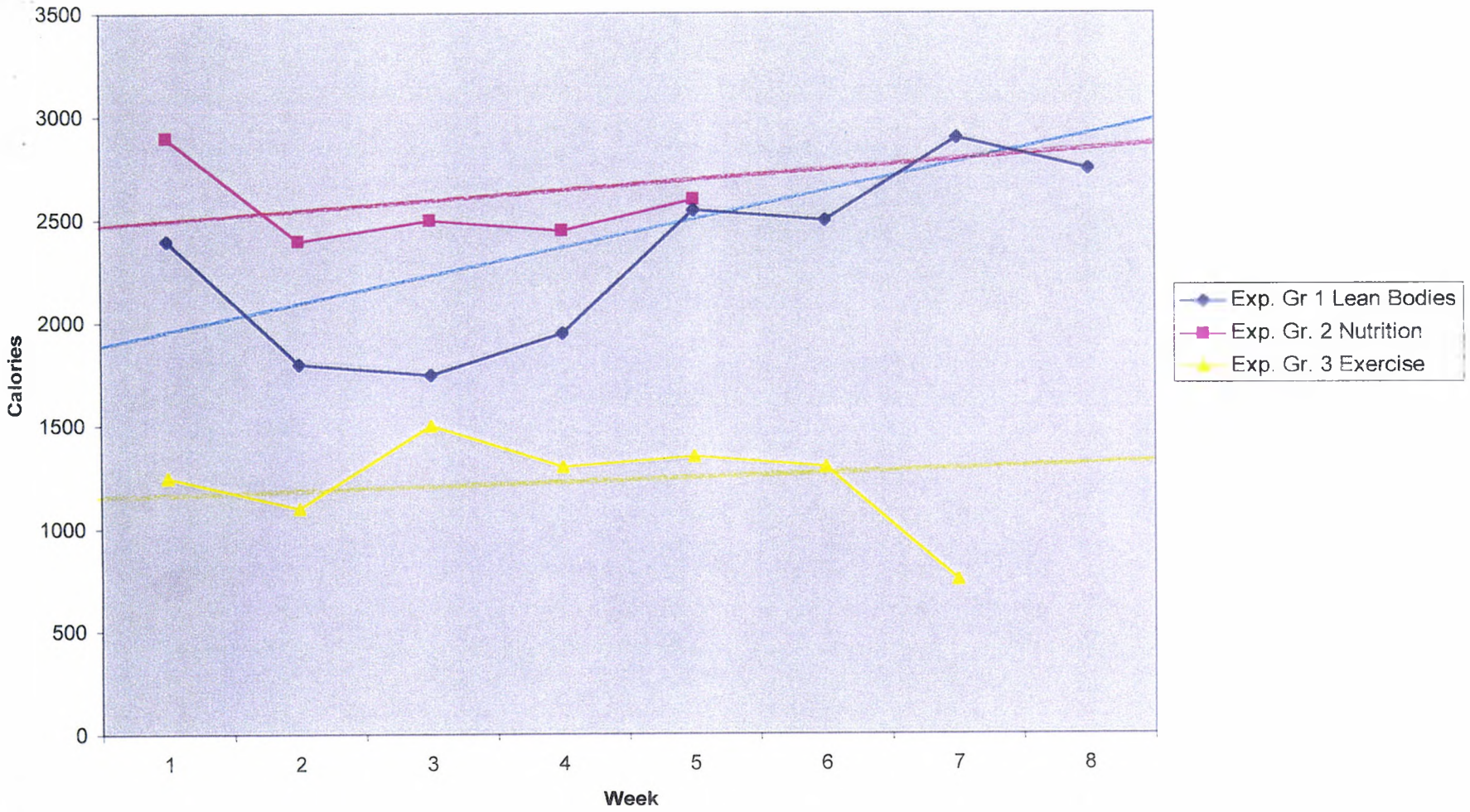
Results/Findings- Energy Through-put

Non-Shift Study Caloric Intake Per Week



Hitachi Study Caloric Intake Per Week

Calories By Week by Group



Discussion

Inherent diet tracks are estimates. The accuracy varies with each participant. To qualify to be analyzed, a participant's diet track data had to meet certain criteria. A major criteria was the researcher's confidence in the data. In addition, there had to be a sufficient number of weeks of data to follow a trend. The data was then entered into "Food Processor Plus". This is a "state of the art" computer program containing an expansive data base along with software designed to calculate and analyze food.

As mentioned earlier, the participants were asked to record onto their diet track sheets everything they consumed for the study duration. The first (1st) week was their "normal/usual eating." Data reported for the period of week two (2) through the duration of the study was compared to week one (1). By this procedure, the eating patterns from each Group were analyzed for "trends." This included "trends" from the Groups taught the "Lean Bodies" eating program. The overall trend that emerged from the diet track food diaries for those participants attempting to adhere to the "Lean Bodies" eating program, revealed two (2) types of eating patterns. The first (1st) pattern involved those participants who came into the study, in what appeared to be an "under eating" mode. Their diet composition contained more refined/processed foods. Of these participants following the program, there seemed to be a constant to increased energy through-put trend for the period of week two (2) through the duration of the study. Along with this emerged a substantial decrease in refined/processed foods. The second

(2nd) pattern involved those participants who came into the study in what appeared to be an "over eating" mode. Their diet composition appeared to contain more refined/processed foods. Of these participants following the program, there seemed to be a decrease in energy through-put from their original "over-eating" mode. Issues of metabolism and "thermic effects of eating" are discussed in more detail in literature review.

Upon reviewing the literature, a "sample days" technique seems to be the most popular approach for tracking food consumption. This is an acceptable and widely utilized method. However, this researcher attempted to reach a deeper level of food consumption data. A daily tracking of food intake was recorded by the participants during the study (the range of weeks recorded ranged from a minimum of five weeks to a maximum of nine weeks). This data was refined by verbal discussion with the participants regarding their recorded data. In numerous cases, this verbal discussion technique was utilized many times with the participants. This technique provided clarity and refinement of the data. Utilizing a computer program as expansive and accurate as "Food Processor Plus" proved to be highly beneficial and adequate. The "day by day" food data recording coupled with the extinct of analyzation and data refinement covering this longer period of time appears to be unique. This aspect alone, makes this area of the research very important and useful in assisting to fill gaps in science.

In the Non-Shift Study, the "Group Trend Graph" for Experimental Group 1 Lean Bodies reveals the two(2) aforementioned types of "eating patterns" blended within the Group. There was also the factor within the Group involving those participant's who did not follow the program. This overall

Group picture shows an initial drop in calories from the first (1st) week's plot, followed by a climb. Then, there is a slight decrease and "leveling out" period, followed by another climb above the first (1st) week's reporting. In the last reporting week, it settles to just slightly below the first (1st) week's level.

In the Non-Shift Study, the "Group Trend Graph" for Experimental Group 1 (NR) Reality (sub-group of Experimental Group 1 Lean Bodies) reveals the two (2) earlier mentioned types of "eating patterns" blended within the Group. Also the factor of adherence is involved in the Group. This overall Group picture shows an initial slight climb in calories following the first (1st) week's plot. This is followed by a lengthy rise in calories, well above the first week. What follows this, is a descending trend well below the first (1st) week's level. Next, is a sharp increase in calories peaking much higher than the first (1st) week's plot. For the last reporting week, there is a decrease to below the first (1st) week's plot.

In the Non-Shift Study, the "Group Trend Graph" for Experimental Group 2 Nutrition reveals the two (2) earlier discussed types of "eating patterns" blended within the Group. Also, the factor of adherence is involved in the Group. This overall Group picture reveals a decline in calories following the first (1st) week's plot. This is followed by a rise to the original first (1st) week's calorie level. There is a continual rise in calories to above the first (1st) week's level, followed by a descending trend to slightly below the first (1st) week's calorie range. Next, there is a sharp continual calorie rise peaking well above the first (1st) week's calorie plot. The Graph ends holding to this increasing calorie trend.

In the Hitachi Study, the "Group Trend Graph" for Experimental Group 1 Lean Bodies reveals the two (2) earlier mentioned types of "eating patterns" blended within the Group. Also, the factor of adherence is involved in the Group. This overall Group picture reveals an initial strong decrease in calories following the first (1st) week's plot. This is followed by a maintained "leveled" out trend. Next, is a gradual climb, then a sharp rise in calories above the first (1st) week's level. This is followed by a slight decrease in calories, yet still maintained above the first (1st) week's calorie plot. Next, is another sharp increase in calories peaking above the first (1st) week's calorie level. This is followed by a decrease, yet still increased and peaking calorie range above the first (1st) week's level. This is how the graph ends, with this increased calorie trend.

In the Hitachi Study, the "Group Trend Graph" for Experimental Group 2 Nutrition reveals an initial sharp decrease in calories following the first (1st) week's plot. This is followed by a slight increase, then a slight decrease in calories. What follows, is an increase in calories, yet below the first (1st) week's calorie level.

In the Hitachi Study, the "Group Trend Graph" for Experimental Group 3 Exercise reveals an initial drop in calories followed by a sharp rise in calories. This is followed by a moderate drop in calories, then a slight rise in calories. Next, is a slight drop in calories, followed by a downward plunge in calories well below the first (1st) week's level. The Graph ends with this decreased calorie trend.

Hypothesis- Blood Pressure

There is no greater improvement in blood pressure in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups.

Objective Assessment

Independent assessment was secured to check blood pressures of the Participants Pre-Study and Post-Study.

Method

A standard blood pressure cuff technique was administered to Participants Pre-Study and Post Study by health professionals with Good Health Services (Non-Shift Study) and Debbie Lantz (Hitachi Study). Blood pressure readings were recorded for comparison purposes Pre-Study to Post-Study.

Notes

This Results/Findings section contains tabular individual Participant data displayed in appropriate Groups as Pre/Post Blood Pressure readings. This allowed for discussion of emergences of change within each Group for both Studies (Non-Shift Study and Hitachi Study). Group Graphical formats and statistics were not utilized within this Results/Findings section. One reasoning for this is because the determination of a "true" Blood Pressure measurement is contingent upon several factors. To name a few, "white coat" hypertension is commonly observed when measuring Blood Pressure. Many physicians do not view office Blood Pressure readings as "true" readings. To determine a "true" reading, the physician will request that the patient come to the office for several Blood Pressure measurements over the course of time in order to make a valid determination. Many physicians will send the patient home with an electronic Blood Pressure measuring device that will take numerous readings over the course of several hours to determine a "true" reading. Cardiologists can determine a "true" reading while the patient is engaging in a "maximal" treadmill evaluation. Furthermore, it was interesting to observe that many of the individual Participant's Blood Pressure readings were excellent in Pre-Study. Lower in Post-Study does non mean better. This was another reason the Group Graphical formats were not utilized.

For these reasons, it was determined to forego Group Graphical Charts. Instead, an approach of observing what emerged out of the Pre/Post Blood Pressure measurements was utilized. These findings were quite interesting and are described in the "Discussion" section following the "Results/Findings" section.

Results/Findings-Blood Pressure

Experimental Group 1 Lean Bodies Non Shift Blood Pressure Pre Post

Participant	Pre	Post
1-20	130/80	110/78
1-7	120/78	90/68
1-22	148/92	130/78
1-15	110/70	110/72
1-11	130/100	125/78
1-10	135/80	110/98
1-21*	Not available	110/76
1-1	100/75	100/68
1-2	120/80	132/72
1-12	115/76	98/68
1-19	120/78	120/64
1-13	122/75	120/80
1-23	120/78	120/78
1-4	125/78	110/72
1-14	110/78	110/72

*Participant not available

Experimental Goup 1(NR) Reality Non Shift Blood Pressure Pre Post

Participant	Pre	Post
1-18	125/80	no measure
1-3	110/78	140/95
1-5	130/81	108/68
1-17	120/80	112/68
1-6	108/78	120/78

Experimental Group 2 Nutrition Non Shift Blood Pressure Pre Post

Participant	Pre	Post
2-6	115/72	110/72
2-2	128/72	90/68
2-8	110/60	90/55
2-4	130/80	132/74
2-3	125/72	118/78
2-11	102/76	108/78
2-10	120/78	110/82
2-9	138/90	124/78
2-7	120/78	122/78

Experimental Group 1 Lean Bodies Hitachi Blood Pressure Pre Post

Participant	Pre	Post
1-12	118/80	120/80
1-3	125/84	110/84
1-8	124/82	110/80
1-10	125/88	128/84
1-1	128/84	110/80
1-5	140/100	130/100
1-7	122/80	108/70
1-9	130/88	128/82
1-4	145/82	140/82

Experimental Goup 2 Nutrition Hitachi Blood Pressure Pre Post

Participant	Pre	Post
2-6	119/84	120/80
2-5	130/90	130/88
2-3	100/68	100/70
2-4	140/100 no measurement*	

*Participant was on medication (antihistamines & robitussin)

Experimental Group 3 Exercise Hitachi Blood Pressure Pre Post

Participant	Pre	Post
3-5	125/88	130/88
3-6*	138/90	148/108
3-8	115/70	120/80
3-2	125/82	128/90

*Participant was on blood pressure medication 3-6

Experimental Group 4 Control Hitachi Blood Pressure Pre Post

Participant	Pre	Post
4-5	125/88	130'90
4-10	118/78	120/88
4-6	130/84	138/82
4-8*	120/81	122/82
4-1	122/82	122/70
4-9	130/88	125/82

Discussion

In the Non-Shift Study, improvement in blood pressure was observed in three (3) out of fourteen (14) Participants in Experimental Group 1 Lean Bodies, who received pre and post measurements. From pre to post, there was one (1) drop in systolic pressure accompanied by an increase in diastolic. There was one (1) higher normal increase in systolic pressure with a simultaneous drop in diastolic pressure in one (1) Participant's post reading. All of the remaining pre study blood pressure readings in Experimental Group 1 Lean Bodies were excellent, followed by excellent post-study readings.

In Experimental Group 1(NR) Reality, one (1) Participant registered a higher borderline reading post-study. There was an improvement drop in blood pressure in one (1) Participant in the Group. The other three (3) pre and post readings in Experimental Group 1(NR) Reality were excellent.

In Experimental Group 2 Nutrition, one (1) Participant registered a favorable decrease in post-study pressure compared to pre-study. Seven (7) of the eight (8) remaining Participants' pre-study readings in Experimental Group 2 Nutrition were excellent (except for one (1) slightly high normal systolic), followed by excellent post-study readings. One (1) of the eight (8) remaining Participants had a slightly higher, yet acceptable post-study systolic reading. This may be attributed to "white coat" effect, because this Participant's post-study diastolic reading was lower than the already excellent pre-study diastolic reading.

In the Hitachi Study, improvement in blood pressure was observed in two (2) of the Participants of Experimental Group 1 Lean Bodies, who needed improvement. One (1) participant of the Group had a slightly higher normal, yet acceptable overall reading in pre-study. This Participant's post-study reading improved. One (1) Participant had a slightly higher, yet normal systolic reading post-study. This Participant's pre-study diastolic reading was high normal. The post-study diastolic improved. All of the remaining Participants' pre-study readings in Experimental Group 1 Lean Bodies were excellent, followed by excellent post-study readings.

In Experimental Group 2 Nutrition, there was a slight improvement in one (1) Participant's pre to post comparison readings (high normal systolic/ borderline diastolic). For those remaining Participant's with both pre-study and post-study readings, the pressures were excellent pre and post.

In Experimental Group 3 Exercise there was a moderate increase in systolic pressure in one (1) Participant's post-study reading. There was a significant increase in systolic and diastolic pressure in one (1) Participant's pre to post blood pressure reading (this participant was on blood pressure medication). There was an increase in diastolic pressure post-study to borderline in one (1) Participant. The remaining Participant with pre and post comparison readings had an excellent pre-study reading, followed by an excellent post-study reading.

In Experimental Group 4 Control, one (1) Participant's reading moved to "borderline" post-study. Another Participant registered an increase in systolic pressure with a simultaneous slight drop in diastolic pressure post-study. One (1) Participant's reading decreased from a pre-study higher normal reading to an excellent post-study range.

Hypothesis- Comparative Food Attitude Interviews

There is no greater improvement in patterns of food attitudes/beliefs in the Participants of Experimental Group 1 Lean Bodies than the Participants of the other Groups.

Objective/Assessment

Questions were developed for the purpose of gathering data from the Participants regarding their food attitudes/beliefs pre and post.

Method

Comparative Food Attitude Interviews were conducted with the Participants from each Group regarding their attitudes/beliefs about food. These interviews were performed pre and post study. The method selected was an oral question/answer style dialogue, which was recorded for further evaluation. The questions were formulated with the objective to uncover as much honest attitudes/beliefs about the relationship of food and how it relates to the Participants' physical and emotional health. For both pre and post, the Participants were asked the following questions:

1. Why do you eat?
2. If you wanted to lose body fat, what would you change about your eating?
3. Do you crave certain foods? If so, which ones?
4. What is the correct way to eat for health?

The recorded interviews were transcribed into writing for evaluation. The pre and post answers to each question were lifted from the text and placed side by side for comparison evaluation. Each answer for the pre and post questions was assigned a "phrase code/category" and placed under the question category to which it belonged. This allowed for a grading system of change/improvement from pre answers and post answers. The amount of change/improvement that emerged from the pre to post answers was assigned a "score." The scoring system was designed as follows:

no improvement = 0

slight improvement = 1

moderate improvement = 2

major improvement = 3

The scoring method was adapted from similar answer scoring procedures utilized by John F. Bumpus, M.D. in a self-administered questionnaire regarding hypoglycemia symptomotology. This questionnaire is seen in the book Health and Happiness, authored by Emanuel Cheraskin, M.D., D.M.D. (Cheraskin, 1989).

The following explanation lays out an actual example of the method employed:

Question number one (1) was: Why do you eat? This example Participant's actual pre answer was: "Because I enjoy food, and it nourishes my body." This answer was analyzed for content and knowledge in regards to the question. It was assigned the number "1" for its proper question category and also assigned a letter or letters which provided a code/category for answer

partitioning/coding purposes. This Participant's answer was assigned a "1h" because "1" signified question number "1" and "h" was the assigned code for "pleasure/enjoyment." Since the Participant's answer was two-part, it was assigned an additional code/category which was "1n" because "1" signified question number "1" and "n" was the assigned code for "proper nutrition." The Participant's post answer was as follows: " I eat to succeed." The Participant's answer was assigned a "1dd" because "1" signified question number "1" and "dd" was the assigned code under question "1" for " I eat to succeed." The "phrase/coding" and "categorizing" for all of the Participants' pre and post answers to each of the four (4) questions was recorded onto a lengthy "wall chart" for tracking purposes. Upon completion of all "phrase/coding" and "categorizing" of each Participant's pre and post answers, the scoring method was utilized to gauge the "change/improvement" in the pre to post answers. After a conservative evaluation of the pre to post "change/improvement" of the Participants' answers, there was an "answer score" assigned. In the example of the aforementioned Participant there was assigned a "0" (zero) for question number 1. This score was assigned in this particular case because there was no real change evidenced in the Participant's post answer compared to the pre answer.

Question number two (2) was: " If you wanted to lose bodyfat, what would you change about your eating?" This example Participant's actual pre answer was: " I would lower my fat content." This answer was analyzed for content and knowledge in regards to the question. It was assigned the number "2" for its proper question category and also assigned a letter or letters which provided a code category for answer partitioning/coding

purposes. The Participant's answer was assigned "2b" because "2" signified question number "2" and "b" was the assigned code for " eat less fat/lower fat intake(fat grams)." The Participant's post answer was as follows: " If I wanted to lose bodyfat I would eat more carbohydrates, and very low fat meat and protein and gear up, I need a lot of vegetables and uh...keep my metabolism at a high rate and, uh seems like you eat all the time and your body just drops that fat." The Participant's answer was assigned "2e," 2ccc," and "2qqq." The Participant's answer was assigned the number "2" because it signified question number "2." It was assigned an "e" because "e" was the assigned code under question "2" for "eat more carbohydrate." The Participant's answer was also coded "ooo" under question "2" because a portion of the question was under the assigned code(ooo) of " eat very low fat meat and protein & gear up." Also, "qqq" under question "2" was assigned to the Participant's answer for its code of " keep my metabolism at a high rate." After a conservative evaluation of the pre to post "change/improvement" of the Participant's answers, there was an "answer score" assigned. The "answer score" assigned was a "3" due to the Participant's clear demonstration of a major "change/improvement" from pre to post. As can be observed in the overall Participants, some of the answers fit under generalized categories like "pleasure/enjoyment" and "proper nutrition." Other answers could not be generalized and were best fit into their own category being specifically stated as the Participant phrased them.

Question number three (3) was: "Do you crave certain foods, if so which ones?" This example Participant's actual pre answer was: "Sugar, potato chips...that's about it." This answer was analyzed for content and knowledge in regards to the question. It was assigned the number "3" for its proper

question category and also assigned a lower case letter or letters which provided a code category for answer partitioning and coding purposes. The Participant's answer was assigned "3a" and "3q." The "3" signified the proper question number. The letter "a" under question "3" was the assigned code for "sweets/sugar". The Participant's answer was also coded "q" under question "3" because a portion of the answer was under the assigned code of "potato chips." This is an example of more generalized coding. The Participant's post answer was as follows: " Occasionally I'll crave sugar, but not near as much as when I first started the program." The Participant's answer was assigned a "3" for proper question signification. It was assigned "ww" under question "3" as the code for "occasionally I'll crave sugar, but not near as much as when I first started the program." After a conservative evaluation of the pre to post "change/improvement" of the Participant's answers, an "answer score" of "3" was assigned due to the Participant's demonstration of major change/improvement.

Question number four (4) was: " What is the correct way to eat for health?" This example Participant's actual answer was: " That's a good question, I'm here to learn." The Participant's answer was assigned a "4" to signify the proper question category. It was assigned "eee" under question "4" as the code for " that's what I'm here to learn/ to find out." The Participants post answer was : " The correct way to eat for health is a good variety, um um well, just ah, keep it in balance ...keep your ah carbs and your protein and your ah food eat a lot and with no fat and you'll have a lot of energy and you'll look good." This answer was coded as follows: "4LL, 4h and 4 dddd. The "4" signified the proper question and the "LL" under question "4" was the code for "well balanced meals/balanced diet". The "h" under question "4"

was the code for "protein/ carb balanced/adequate amounts of protein/carb. The "dddd" under question "4" was the code for "eat a lot and with no fat." After a conservative evaluation of the pre to post "change/improvement" of the Participant's answers, an "answer/score" of "3" was assigned due to the clear major improvement of the Participant's understanding of the correct way to eat for health.

Notes

This "Results/Findings" section contains tabular individual Participant data displayed in appropriate Groups as "Change/Improvement scores for each of the four (4) questions (explained in the "Method" section) that were posed to the Participants Pre/Post. This individual Participant data is summarized at the end of the section of each Group as a tabular average score per question within the Group. Furthermore, a tabular Group Overall Change/Improvement average score is displayed after the tabular average score per question within the Group. This data is exhibited for both the Non-Shift Study and the Hitachi.

Results/Findings- Comparative Food Interviews

Experimental Group 1 Lean Bodies Non Shift Pre to Post Outcome

Code	
1-2	1. 3
	2. 3*
	3. 0
	4. 2*
1-1	1. 3
	2. 3
	3. 3
	4. 2
1-7	1. 3
	2. 2
	3. 3
	4. 1*
1-22	1. 0
	2. 2
	3. 0
	4. 3
1-19	1. 3
	2. 3
	3. 1*
	4. 3

*Pre-he did not give an eating nutrition answer..only exercise. Post-he is on the "eating program."
*Pre he was confused about "starches" and "carbs." Post-he has a structured plan. He knows the "right food" and to eat often.
*Pre-no fat, post- low fat. We need some fats.
*Pre - occ. craving for choc. Post-craves oatmeal/humor. Didn't mention choc.

Experimental Group 1 Lean Bodies Non Shift Pre to Post Outcome Con't.

1-12	1. 3
	2. 3*
	3. 0
	4. 2
1-20	1. 0*
	2. 3
	3. 3
	4. 1
1-11	1. 3
	2. 1
	3. 0
	4. 1
1-14	1. 2*
	2. 1*
	3. 0
	4. 2*
1-15	1. 0
	2. 0
	3. 0
	4. 2

*Pre-participant said, "what I eat," showing that she needed to change what she ate to lose body fat. Post-participant said "nothing" showing that she was pleased with how she had been eating on the program for the 8-week period.
*See transcript category code.
*Pre-indicating function to get by. Post-fuel indication-performance.
*Pre drop calories/fat. Post-specific protein/carb ratio.
*Pre-balanced diet, post-specific/type of foods/balance.

Experimental Group 1 Lean Bodies Non Shift Pre to Post Outcome Con't.

1-21
1. 0
2. 1
3. 0
4. 2

1-13
1. 3
2. 3
3. 2
4. 1

Q1... 23 divided by 12 participants = 1.916 avg. score
Q2... 25 divided by 12 participants = 2.083 avg. score
Q3... 12 divided by 12 participants = 1 avg. score
Q4... 22 divided by 12 participants = 1.833 avg. score

Group Overall Change/Improvement = 6.832 avg. score

Experimental Group 1 (NR) Reality Non Shift Pre to Post Outcome

Code

1-5
1. 1
2. 3
3. 3
4. 3*

1-17
1. 3
2. 3
3. 2
4. 3

1-3
1. 1
2. 2
3. 3
4. 2*

Q1... 5 divided by 3 participants = 1.666 avg. score
Q2... 8 divided by 3 participants = 2.666 avg. score
Q3... 8 divided by 3 participants = 2.668 avg. score
Q4... 8 divided by 3 participants = 2.666 avg. score

Group Overall Improvement = 9.664 avg. score

*She knows exactly how to eat to increase her metabolism
*More specific for her needs- blood sugar normalization realized by participant.

Experimental Group 2 Nutrition Non-Shift Pre to Post Outcome

Code

2-6	1. 0
	2. 3
	3. 3
	4. 3
2-11	1. 2*
	2. 1
	3. 0
	4. 2
2-10	1. 0
	2. 3
	3. 3
	4. 3
2-4	1. 3
	2. 1*
	3. 1
	4. 2

*Pre-enjoyed food. Post-to keep me going and to do the things I want to do...same as "Food for fuel."
*Post- not enough Info in answer, however from her answer to #4 I know what she means by saying "to eat more" "she mean to stimulate metabolism and not cut calories. She also added "exercise."

Experimental Group 2 Nutrition Non Shift Pre to Post Outcome Con't.

2-3
1. 3
2. 2
3. 3
4. 1*

2-9
1. 1
2. 2
3. 3
4. 2

*Pre-answer excellent. Post-answer hard to improve over "pre-answer," however, he did state that he needed 3,000 calories a day...a specific amount for his own metabolic needs, VMA etc....and understanding of his blood sugar levels.

Q1... 9 divided by 6 participants = 1.5 avg. score
Q2... 12 divided by 6 participants = 2 avg. score
Q3... 13 divided by 6 participants = 2.166 avg. score
Q4... 13 divided by 6 participants = 2.166 avg. score

Group Overall Change/Improvement = 7.832 avg. score

Experimental Group 1 Lean Bodies Hitachi Pre to Post Outcome

Code

1-12	1. 0
	2. 1
	3. 1
	4. 1
1-10	1. 3
	2. 0
	3. 3
	4. 3
1-8	1. 0
	2. 3
	3. 2*
	4. 2
1-1	1. 1
	2. 1 (slightly better because he focused on "fat" as well as meal frequency)
	3. 0
	4. 2
1-3	1. 0
	2. 0
	3. 0
	4. 2

*I think he meant "crunchy foods" as chips/snack foods. I do not think he meant vegetables or he would have said vegetables (fibrous). I think this is a major change. However, I scored it only as moderate because he may have enjoyed crunchy foods as some healthy items that could "crunch," but meant "crunch" type foods are "snack/junk foods."

Experimental Group 1 Lean Bodies Hitachi Pre to Post Outcome Con't.

1-5
1. 0
2. 3*
3. 3*
4. 3*

1-9
1. 0
2. 1
3. 0
4. 1*

1-7
1. 1*
2. 0
3. 0
4. 0

1-4
1. 1
2. 2
3. 0
4. 2

*Much more specific "practicum" he knows what to eat
*He said "cut down a bunch" meaning major change
*Pre-he just said "eat enough" then mumbled words...in post definite practicum..he knows how to eat "a program" "a list" he knew it. This is a major change.
*Pre-he said all the proteins and vitamins...post he focused on "well balanced" because he wrote down what he ate for a few weeks. He learned about balance.
*Hunger is a sigh of a healthy metabolism
*Pre-was "sustain"...post is "to fuel"...fuel equates movement, activity and high performance.

Q1... 6 divided by 9 participants = .666 avg. score
Q2... 11 divided by 9 participants = 1.222 avg. score
Q3... 9 divided by 9 participants = 1 avg. score
Q4... 16 divided by 9 participants = 1.777 avg. score

Group Overall Change/Improvement = 4.665 avg. score

Experimental Group 2 Nutrition Hitachi Pre to Post Outcome

Code

2-6	1. 0
	2. 1
	3. 0
	4. 3
2-3	1. 0
	2. 0
	3. 0
	4. 2
2-7	1. 0
	2. 1
	3. 0
	4. 1
2-4	1. 0
	2. 0
	3. 1
	4. 1

Q1... 0 divided by 4 participants = 0 avg. score
Q2... 2 divided by 4 participants = .5 avg. score
Q3... 1 divided by 4 participants = .25 avg. score
Q4... 7 divided by 4 participants = 1.75 avg. score

Group Overall Improvement = 2.5 avg. score

Experimental Group 3 Exercise Hitachi Pre to Post Outcome

Code

3-5
1. 0
2. 0
3. 1
4. 0

3-8
1. 1
2. 1
3. 0
4. 0

3-2
1. 0
2. 1
3. 3
4. 2

3-6
1. 1
2. 2
3. N/A
4. 0

Q1... 2 divided by 4 participants = .5 avg. score
Q2... 4 divided by 4 participants = .1 avg. score
Q3... 4 divided by 4 participants = .1 avg. score
Q4... 2 divided by 4 participants = .5 avg. score

Group Overall Improvement = 1.2 avg. score

Experimental Group 4 Control Hitachi Pre to Post Outcome

Code

4-7	1. 1
	2. 1
	3. 0
	4. 0
4-8	1. 0
	2. 0
	3. 0
	4. 0
4-9	1. 0
	2. 0
	3. 0
	4. 0
4-6	1. 0
	2. 1
	3. 0
	4. 0
4-1	1. 0
	2. 1
	3. 0
	4. 0
4-10	1. 0
	2. 1
	3. 0
	4. 0

Q1... 1 divided by 6 participants = .1666 avg. score
Q2... 3 divided by 6 participants = .5 avg. score
Q3... 0 divided by 6 participants = 0 avg. score
Q4... 0 divided by 6 participants = 0 avg. score

Group overall improvement = .6666 avg. score

Hypothesis- Morale/Job Contentment

There is no greater improvement in morale/job contentment in the Participants of Experimental Group 1 Lean Bodies, compared to Participants of the other Groups.

Objective/Assessment

Gather data early on in the Study and again at the conclusion of the Study, for the purpose of observing any emerging changes regarding overall job attitudes/satisfaction.

Method

The Job Descriptive Index (JDI) and The Job In General Index are Copyrighted by: Bowling Green State University

Department of Psychology

Bowling Green, OH 43403

The utilization of these Indexes allowed the investigation of any changes of work related attitudes. These Indexes were administered with each Group during the third (3rd) week and the eighth (8th) week of the Non-Shift and Hitachi Studies. There was an attempt to administer a third (3rd) follow up Index a few weeks after the Studies were concluded. The follow up resulted

in too few Participants because of various work and travel schedules. However, the first (1st) and second (2nd) Index administrations were successful.

It is not recommended by the authors of the Job Descriptive Index (JDI) to use total scores of that Index on a comparative basis. Therefore, for the overall 1st Index/2nd Index results it was not a best fit. However, the authors do recommend total summary scoring for the Job In General Index (JIG). The Job In General Index data results are displayed in the following Results/Findings section.

Notes

The purpose of the "Job In General" Index was to "mine out" overall work related attitudes/satisfaction on the job. The "Results/Findings" section is partitioned into both tabular individual Participant data and Group Graphical data. This format allows for discussion of various emergences specific within each Group. Therefore, instead of displaying individual Participant data in the first (1st) section for each Group followed by Graphical data in the last section (like the other hypothesis areas), a diffferent approach was taken for the order of data display in the following Results/Findings section. Each Group within each Study (Non-Shift Study and Hitachi Study) is displayed with both individual Participant data and Group Graphical data back to back within each Group sub section. Each Group is partitioned into their on sub-section with the first (1st) page of the Group sub-section being tabular individual Participant data and the second (2nd) page being Group Graphicall Results. The tabular individual Participant data allows for viewing emergences from the first (1st) index to the second (2nd) index based on individual change. The Group Graphical Results exhibit Group emergences from the first (1st) index to the second (2nd).

Statistical Notes

Statistics were not utilized in the individual Participant data format. Statistical analysis is not a best fit for this area. Statistical analysis is utilized in the

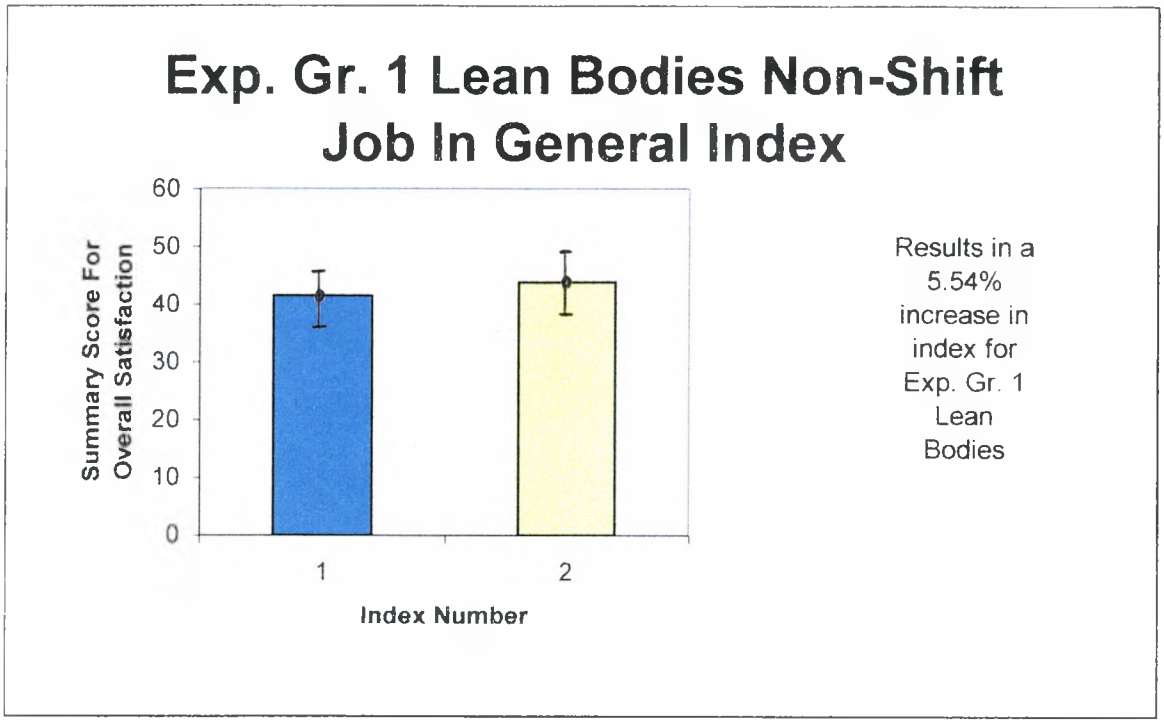
Group Graphical Results. Group Graphical Error Bars represent standard deviation relative to the mean.

Results/Findings-Morale/Job Contentment

Experimental Group 1 Lean Bodies Non Shift Job In General 1st Index/2nd Index

Participant	1st index	2nd index
1-1	48	51
1-2	52	54
1-4	51	51
1-7	15	21
1-10	48	51
1-11	54	51
1-12	49	52
1-13	27	36
1-14	7	19
1-15	48	52
1-19	28	48
1-20*	54	
1-21	45	35
1-22*	54	54
1-23*		39

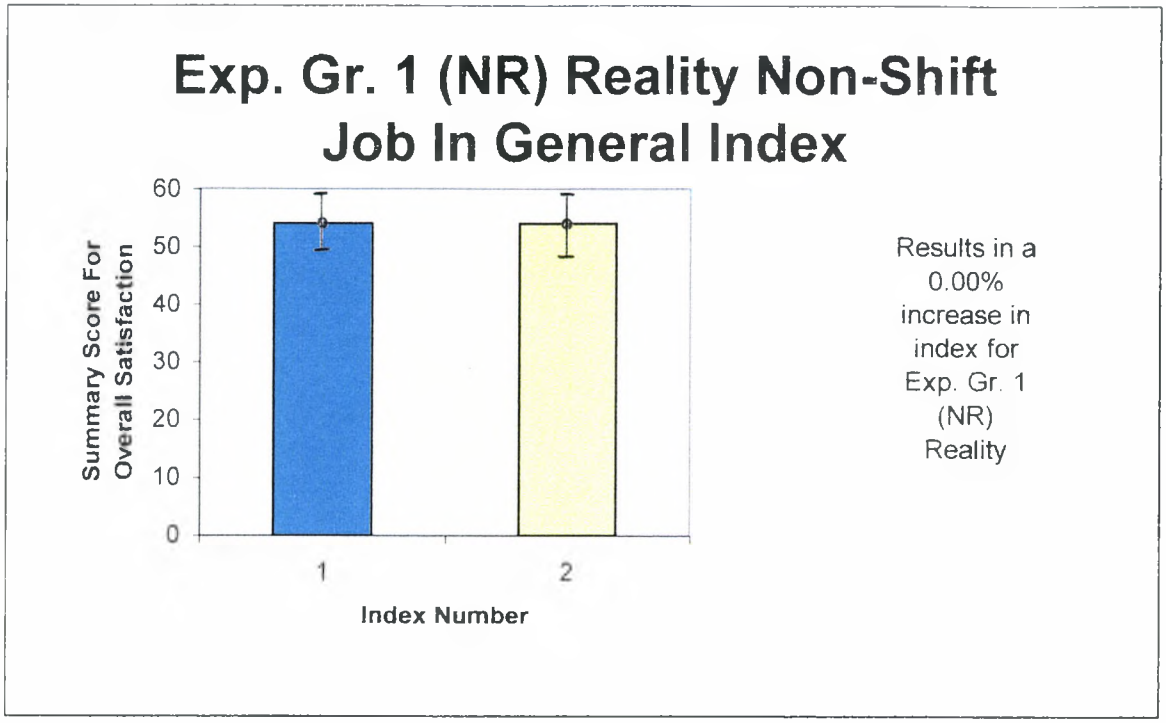
*N/A Participant used "check marks" instead of "Y" or "N" throughout questionnaire 1-20
*Participant scored the highest score possible on the 1st index & 2nd index 1-22
*Do not have a 1st index for this participant 1-23


Exp. Gr. 1 Lean Bodies Non-Shift Job In General Index
Summary Score For Overall Satisfaction
60
50
40
30
20
10
0
1
2
Index Number
Results in a 5.54% increase in index for Exp. Gr. 1 Lean Bodies

Experimental Group 1(NR) Reality Non Shift Job In General 1st Index/2nd Index

Participant	1st index	2nd index
1-3*	54	54
1-5	54	54
1-6*	54	
1-17*	54	
1-18*		

*Participant scored highest score possible on 1st index & 2nd index 1-3
*Participant scored highest score possible on 1st index & 2nd index 1-5
*Do not have a 2nd index for this participant 1-6
*Do not have a 2nd index for this participant 1-17
*Do not have any questionnaires for this participant

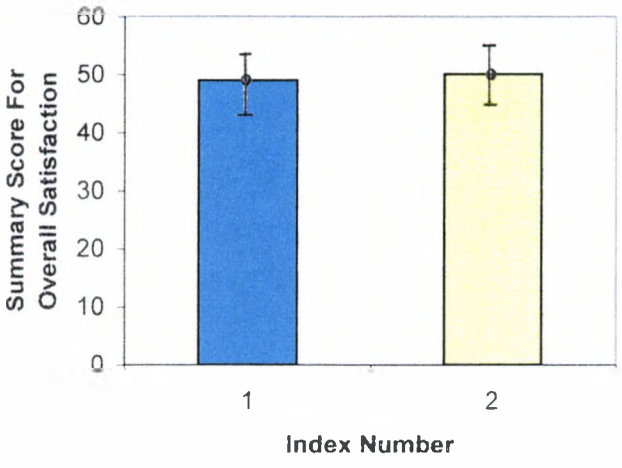

Exp. Gr. 1 (NR) Reality Non-Shift Job In General Index
Summary Score For Overall Satisfaction
60
50
40
30
20
10
0
1
2
Index Number
Results in a 0.00% increase in index for Exp. Gr. 1 (NR) Reality

Experimental Group 2 Nutrition Non Shift Job In General 1st Index/2nd Index

Participant	1st index	2nd index
2-2	45	48
2-3	49	50
2-4	49	52
2-6	44	47
2-7*	45	N/A
2-8	52	54
2-9*	N/A	42
2-10*	54	54
2-11*	54	54

*Do not have a 2nd index for this participant 2-7
*Do not have a 1st index for this participant 2-9
*Participant scored the highest score possible on 1st index & 2nd index 2-10
*Participant scored the highest score possible on 1st index & 2nd index2-11

Exp. Gr. 2 Nutrition Non-Shift Job In General Index



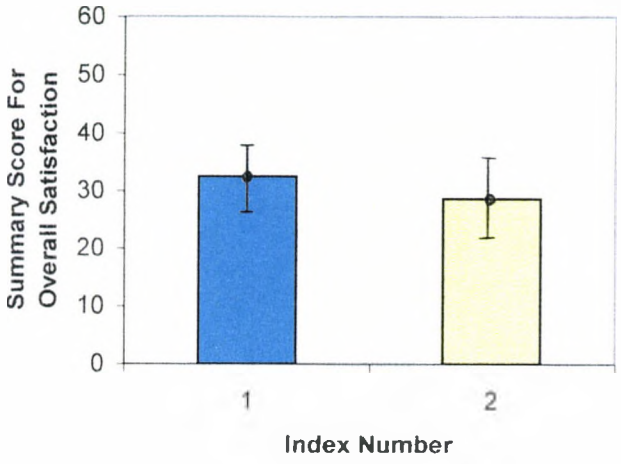
Results in a 2.23% increase in index for Exp. Gr. 2 Nutrition

Experimental Group 1 Lean Bodies Hitachi Job In General 1st Index/2nd Index

Participant	1st index	2nd index
1-1	48	42
1-3*	N/A	
1-4	35	22
1-5	18	26
1-7	42	45
1-8	3	2
1-9	37	43
1-10	41	34
1-12	36	15

*Participant's questionnaires were unusable 1-3

Exp. Gr. 1 Lean Bodies Hitachi Job In General Index



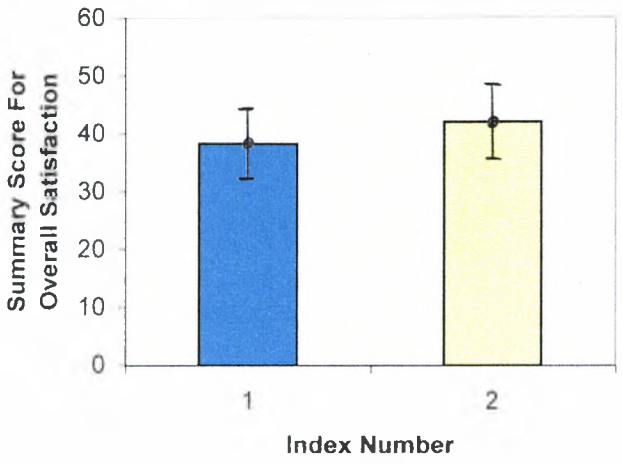
Results in a 11.94% decrease in index for Exp. Gr. 1 Lean Bodies

Experimental Group 2 Nutrition Hitachi Job In General 1st Index/2nd Index

Participant	**1st index**	**2nd index**
2-3	42	28
2-4*	21	
2-5	40	45
2-6	46	47
2-7	42	48

*Participant used "checks" instead of "Y" or "N" 2-4

Exp. Gr. 2 Nutrition Hitachi Job In General Index

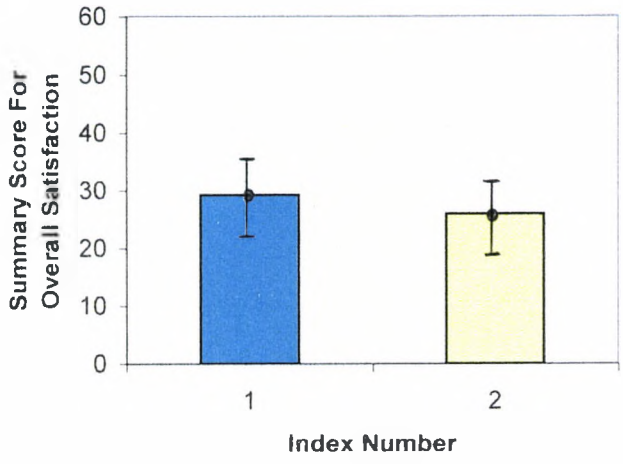


Results in a 9.05% increase in index for Exp. Gr. 2 Nutrition

Experimental Group 3 Exercise Hitachi Job In General 1st Index/2nd Index

Participant	1st index	2nd index
3-2	24	27
3-5	18	6
3-6	45	40
3-8	30	31

Exp. Gr. 3 Exercise Hitachi Job In General Index



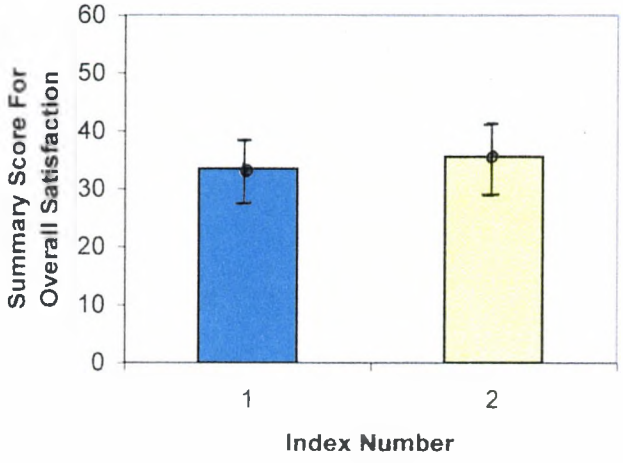
Results in a 11.11% decrease in index for Exp. Gr. 3 Exercise

Experimental Group 4 Control Hitachi Job In General 1st Index/2nd Index

Participant	1st index	2nd index
4-1	37	45
4-5	46	40
4-6	3	6
4-7*		29
4-8*		38
4-9*		39
4-10	48	52

*Do not have a questionnaire for 1st index 4-7
*Do not have a questionnaire for 1st index 4-8
*Do not have a questionnaire for 1st index 4-9

Exp. Gr. 4 Control Hitachi Job In General Index



Results in a 5.82% increase in index for Exp. Gr. 4 Control

Discussion

The Job In General Index was administered to the Non-Shift Study Participants and the Hitachi Study Participants. The Job In General Index was administered along with the Job Descriptive Index. For the purpose of this research, the Job In General Index proved to be a sufficient tool in uncovering overall work related attitudes/satisfaction. The ability to obtain a summary score for this Index was helpful. The scored results shed light on the effects of the Participants' lifestyle change during the Study, and how it related to their overall attitude toward work.

In the Non-Shift Study, Experimental Group 1 Lean Bodies scored a 5.54% increase in overall job satisfaction from the 1st to 2nd Index results. The physiological and psychological effects of a nutrient dense eating plan, consistent fitness program, and positive body image are reflected in this healthy increase in job satisfaction. A popular saying, "there are no new ideas in corporate America after 2:00," may be a result of dipping blood sugar levels in early afternoon, which causes sleepiness and lethargy. This could be attributed to a highly processed, high fat diet. The Lean Bodies eating program would lend itself to improved glucose levels, possibly resulting in better job performance. The benefits of consistent exercise are obvious.

Experimental Group 1 (NR) Reality Group scored a 0.000% increase. This result was based on the fact that the Participants' scores (both first (1st) and second (2nd) Indexes) were the highest possible offered by the Indexes. As mentioned earlier, Experimental Group 1 (NR) Reality Group was a Sub-Group of the Lean Bodies Group. They were a non-randomized, self-motivated Group, that came into the study hungry for knowledge and tools for lifestyle change in nutrition, fitness and psychological change surrounding issues of health. For an unknown reason, only two (2) of the five (5) Participants of this Group turned in the first (1st) and second (2nd) Indexes.

Experimental Group 2 Nutrition displayed a 2.23% increase in overall job satisfaction. Enhancement of job satisfaction could be attributed to improved glucose tolerance levels, as well as obvious physiological and psychological effects of a nutrient dense eating program, and a more positive body image.

In the Hitachi Study, Experimental Group 1 Lean Bodies scored a 11.94% decrease in overall job satisfaction. This is not a surprise to this researcher. The overall job morale of the Hitachi Participants pre study, in study and post study was poor. Overcoming the overall dissatisfaction with their job in general, would involve a multifactorial solution. A few of the Hitachi Participants seemed to have a higher job satisfaction level. These Participants were the exception.

Experimental Group 2 Nutrition scored 9.05% increase from the first (1st) Index to the second (2nd) Index. This is a very healthy increase in overall job satisfaction. This researcher does not have a definitive reason for the strong increase in this Group (Experimental Group 2 Nutrition) and the strong decrease in Experimental Group 1 Lean Bodies. Through general observation, there may have been apprehension with some Participants to score the Job in General Index with their true feelings.

Experimental Group 3 Exercise posted a 11.11% decrease from the first (1st) Index to the second (2nd) Index. Again, this is not a surprising result, given the contrasting overall morale of the Hitachi Participants compared to the Non-Shift Participants.

Experimental Group 4 Control scored a 5.820% increase in overall Job in General (JIG) satisfaction. This healthy score increase of the Control Group substantiates the aforementioned postulate of general job dissatisfaction in the Hitachi Study. Experimental Group 4 Control did not have any of the benefits of the other Groups in the Study, yet they scored higher than Experimental Group 1 Lean Bodies or Experimental Group 3 Exercise. There was no reason for Experimental Group 4 Control to display improvement from the first (1st) Index to the second (2nd) Index. With the combination of JIG scores and observation during the Study duration, two plausible factors emerge to form the outcome of this Hypothesis. One (1)

factor is the possibility that some Participants could not bring themselves to give honest answers without apprehension of risking job security. The second (2nd) factor is the possibility that some Participants felt more comfortable than others "airing their feelings" in the JIG Index, without fear of risking job security.

Data by Part. of Daily Calories/Fat above/below 30% of Calories Non-Shift

Non-Shift Study

Tabular Data by Participant of Daily Calories

Tabular Data by Participant of Fat Above/Below 30% of Daily Calories

Descriptive notes

The data is laid-out in the following order:

1. Tabular data by Participant of Daily Calories is on the left side of the tabular page. The right side of the same page contains tabular data for the same Participant of fat above/below 30% of Daily Calories. The 30% of Daily Calories from Fat criteria is taken from the following source:

The Food Guide Pyramid

U.S. Department of Agriculture

Human Nutrition Information Service

Home & Garden Bulletin, 52

2. The next page (Graphical page) following the tabular data is the same tabular data for the same Participant displayed in a Daily Graphical format of Total Fat in Grams of the Participant. The "green dot" signifies that Fat came in at 30% or less of Daily Calories for the Participant for that day. The "red dot" signifies that Fat came in above 30% of the Daily Calories for the

Participant for that day. A "linear trend" analysis is shown for total Fat in Grams.

Note: All of the above data includes week # 1, which is the Participant's normal recorded eating habits prior to starting the Lean Bodies eating program. After week # 1, eating habits would be expected to change for Participants who belonged to a Group that was taught the Lean Bodies eating program.

Experimental Group 1 Lean Bodies

Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

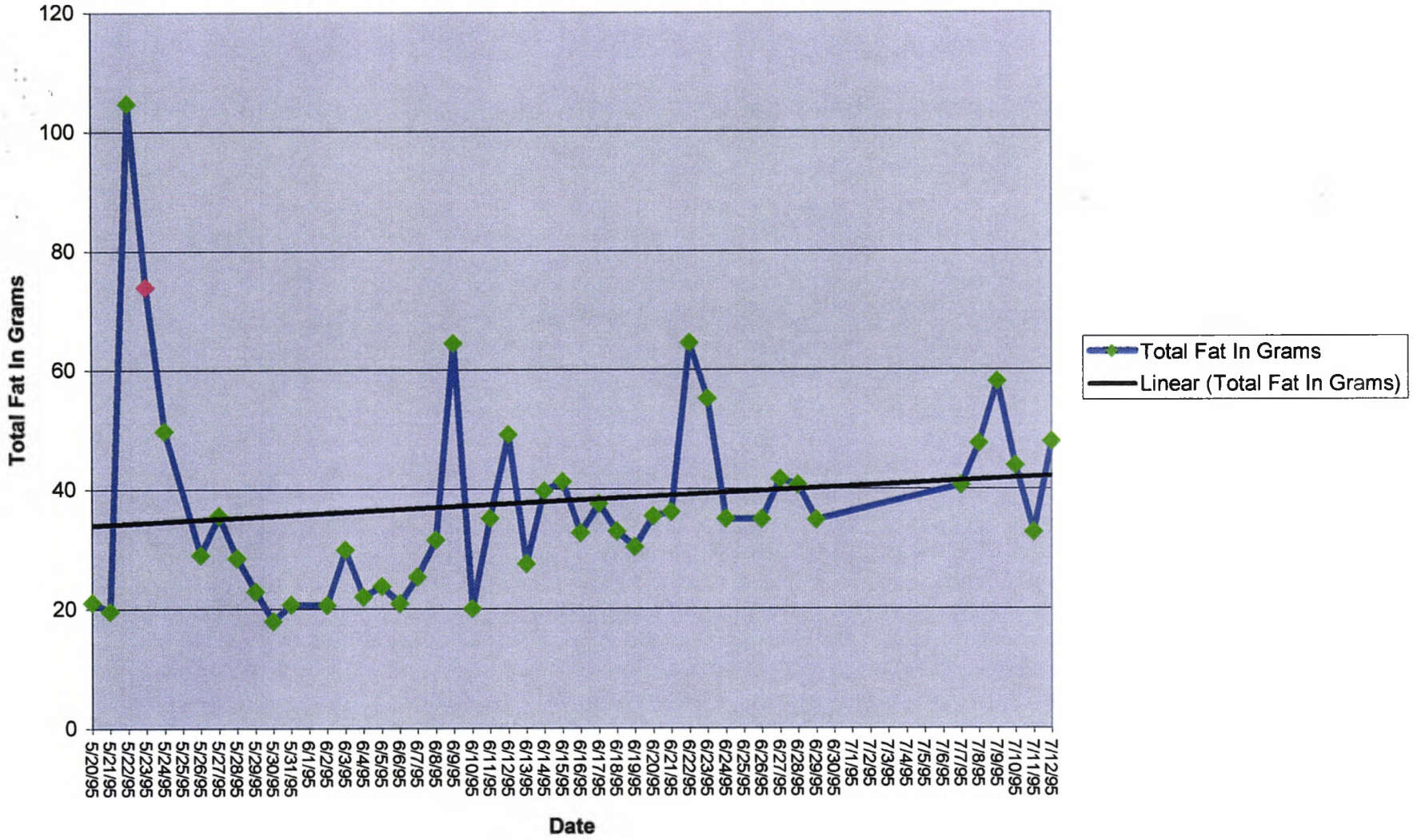
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
5/19/95	1	1	36.81	1913.32	63.78		X
5/20/95	1	1	78.33	2601.76	86.73		X
5/21/95	1	1	10.01	1497.41	49.91		X
5/22/95	1	1	12.41	1156.12	38.54		X
5/23/95	1	1	32.16	1755.34	58.51		X
5/24/95	1	1	35.88	1417.14	47.24		X
5/25/95	1	1	33.96	1200.83	40.03		X
5/26/95	1	1	19.89	2160.1	72.00		X
5/27/95	1	1	14.95	1588.01	52.93		X
5/28/95	1	1	15.67	1479.93	49.33		X
5/29/95	1	1	17.99	1678.37	55.95		X
5/30/95	1	1	11.98	1361.02	45.37		X
5/31/95	1	1	15.91	1364.09	45.47		X
6/1/95	1	1	25.2	1774.58	59.15		X
6/2/95	1	1	19.32	2009.07	66.97		X
6/3/95	1	1	20.23	1946.29	64.88		X
6/4/95	1	1	16.34	1472.43	49.08		X
6/5/95	1	1	35.34	2084.15	69.47		X
6/6/95	1	1	26.57	1559.1	51.97		X
6/7/95	1	1	23.65	1706.05	56.87		X
6/8/95	1	1	18.88	1826.98	60.90		X
6/9/95	1	1	24.99	2260.82	75.36		X
6/10/95	1	1	10.51	1409.98	47.00		X
6/11/95	1	1	10.14	1624.3	54.14		X
6/12/95	1	1	42.63	2334.83	77.83		X
6/13/95	1	1	12.3	1283.96	42.80		X
6/14/95	1	1	10.56	1772.38	59.08		X
6/15/95	1	1	23.33	2414.18	80.47		X
6/16/95	1	1	17.54	2085.25	69.51		X
6/17/95	1	1	20.63	1802.83	60.09		X
6/18/95	1	1	14.97	1691.93	56.40		X
6/19/95	1	1	14.72	1630.25	54.34		X
6/20/95	1	1	19.87	1759.29	58.64		X
6/21/95	1	1	55.34	2756.22	91.87		X
6/22/95	1	1	15.14	1683.12	56.10		X
6/23/95	1	1	20.36	1844.58	61.49		X
6/24/95	1	1	51.41	2063.69	68.79		X
6/25/95	1	1	15.53	1817.58	60.59		X
6/26/95	1	1	19.4	1797.95	59.93		X
6/27/95	1	1	45.61	1607.9	53.60		X
6/28/95	1	1	41.9	2081.49	69.38		X

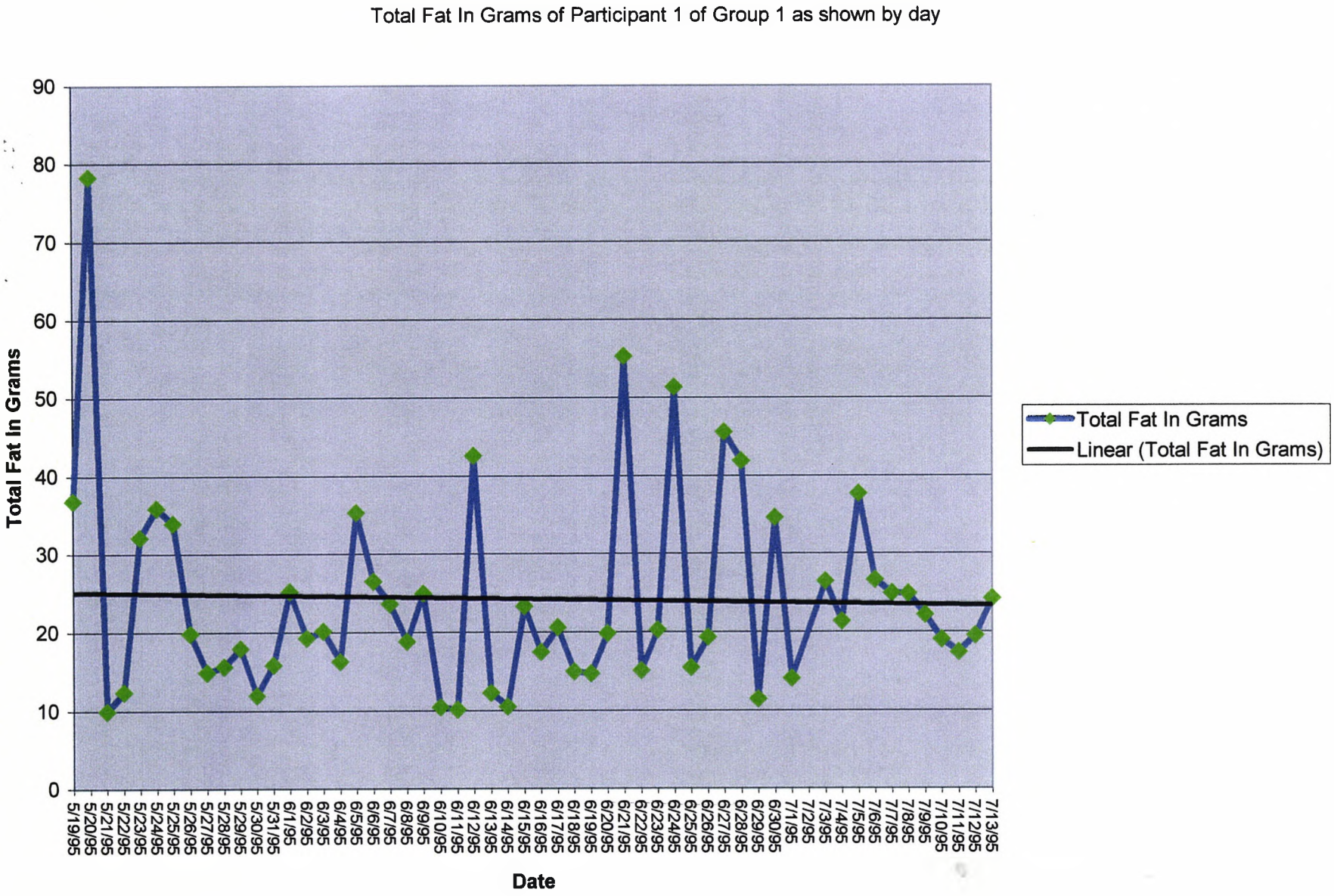
Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
6/29/95	1	1	11.48	1657.28	55.24		X
6/30/95	1	1	34.63	2138.37	71.28		X
7/1/95	1	1	14.1	1332.07	44.40		X
7/3/95	1	1	26.48	2615.16	87.17		X
7/4/95	1	1	21.42	1425.91	47.53		X
7/5/95	1	1	37.73	2205.13	73.50		X
7/6/95	1	1	26.66	1758.85	58.63		X
7/7/95	1	1	24.96	2144.8	71.49		X
7/8/95	1	1	24.91	1884.32	62.81		X
7/9/95	1	1	22.21	2057.38	68.58		X
7/10/95	1	1	19.06	1828.16	60.94		X
7/11/95	1	1	17.47	1547.05	51.57		X
7/12/95	1	1	19.6	1800.1	60.00		X
7/13/95	1	1	24.26	1966.08	65.54		X

Total Fat In Grams of Participant 2 of Group 1 as shown by day




Total Fat In Grams of Participant 1 of Group 1 as shown by day
Total Fat In Grams
90
80
70
60
50
40
30
20
10
0
5/19/95
5/20/95
5/21/95
5/22/95
5/23/95
5/24/95
5/25/95
5/26/95
5/27/95
5/28/95
5/29/95
5/30/95
5/31/95
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6/29/95
6/30/95
7/1/95
7/2/95
7/3/95
7/4/95
7/5/95
7/6/95
7/7/95
7/8/95
7/9/95
7/10/95
7/11/95
7/12/95
7/13/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/20/95	1	2	21.12	2893.53	96.45		X
05/21/95	1	2	19.66	1655.61	55.19		X
05/22/95	1	2	104.81	3173.8	105.79		X
05/23/95	1	2	74.04	1963.6	65.45	X	
05/24/95	1	2	49.85	1750.85	58.36		X
05/26/95	1	2	29.04	2976.12	99.20		X
05/27/95	1	2	35.55	3659.7	121.99		X
05/28/95	1	2	28.48	3152.41	105.08		X
05/29/95	1	2	23	2369.93	79.00		X
05/30/95	1	2	18	2452.41	81.75		X
05/31/95	1	2	20.74	2992.06	99.74		X
06/02/95	1	2	20.73	2641.71	88.06		X
06/03/95	1	2	29.93	2896.91	96.56		X
06/04/95	1	2	22.1	2500.87	83.36		X
06/05/95	1	2	23.79	3421.51	114.05		X
06/06/95	1	2	20.93	2609.09	86.97		X
06/07/95	1	2	25.37	2769.85	92.33		X
06/08/95	1	2	31.57	3171.32	105.71		X
06/09/95	1	2	64.54	3159.19	105.31		X
06/10/95	1	2	20.08	2699.47	89.98		X
06/11/95	1	2	35.1	2581.54	86.05		X
06/12/95	1	2	49.19	3830.22	127.67		X
06/13/95	1	2	27.6	2695.82	89.86		X
06/14/95	1	2	39.74	2875.62	95.85		X
06/15/95	1	2	41.28	2928.38	97.61		X
06/16/95	1	2	32.67	2818.59	93.95		X
06/17/95	1	2	37.55	3290.23	109.67		X
06/18/95	1	2	32.98	2733.17	91.11		X
06/19/95	1	2	30.33	2260.15	75.34		X
06/20/95	1	2	35.46	2831.33	94.38		X
06/21/95	1	2	36.2	3034.28	101.14		X
06/22/95	1	2	64.61	3514.4	117.15		X
06/23/95	1	2	55.23	3345.83	111.53		X
06/24/95	1	2	35.08	3210.8	107.03		X
06/26/95	1	2	35	3446.45	114.88		X
06/27/95	1	2	41.78	3885.07	129.50		X
06/28/95	1	2	40.78	3849.07	128.30		X
06/29/95	1	2	34.84	2813.55	93.79		X
07/07/95	1	2	40.71	3269.54	108.98		X
07/08/95	1	2	47.72	3523.1	117.44		X
07/09/95	1	2	58.11	3484.57	116.15		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/10/95	1	2	43.99	3446.1	114.87		X
07/11/95	1	2	32.76	3477.37	115.91		X
07/12/95	1	2	47.97	4208.73	140.29		X
07/13/95	1	2	66.75	3190.54	106.35		X

Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

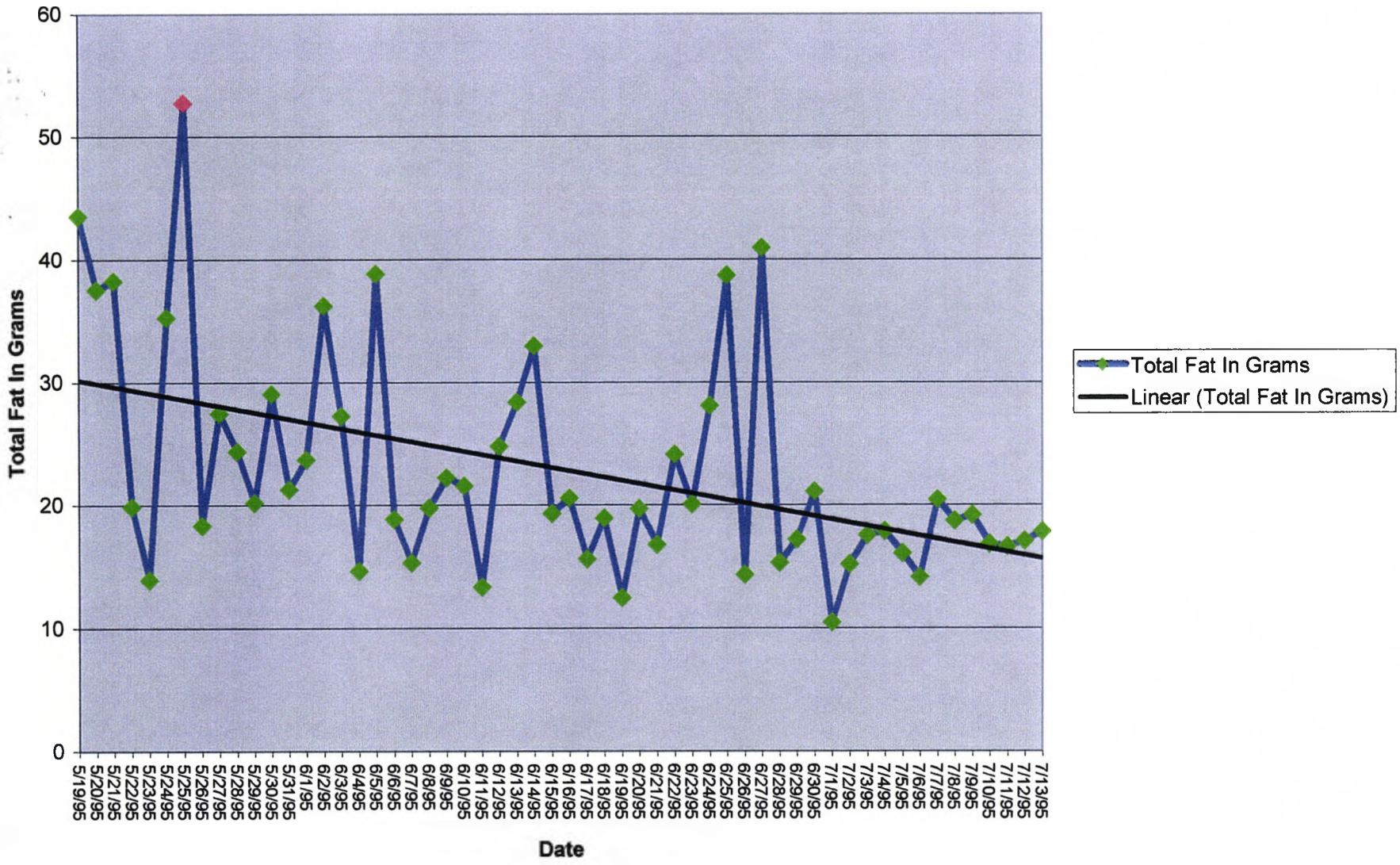
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	4	43.57	1797.45	59.92		X
05/20/95	1	4	37.59	2006.77	66.89		X
05/21/95	1	4	38.27	1513.31	50.44		X
05/22/95	1	4	19.88	1458.22	48.61		X
05/23/95	1	4	13.97	1277.08	42.57		X
05/24/95	1	4	35.31	1581.05	52.70		X
05/25/95	1	4	52.76	1447.89	48.26	X	
05/26/95	1	4	18.37	1421.3	47.38		X
05/27/95	1	4	27.48	1662.97	55.43		X
05/28/95	1	4	24.4	989.08	32.97		X
05/29/95	1	4	20.19	1383.03	46.10		X
05/30/95	1	4	29.06	1159.56	38.65		X
05/31/95	1	4	21.3	1342.45	44.75		X
06/01/95	1	4	23.74	1393.41	46.45		X
06/02/95	1	4	36.26	1615.13	53.84		X
06/03/95	1	4	27.27	1416.9	47.23		X
06/04/95	1	4	14.68	1158.6	38.62		X
06/05/95	1	4	38.89	1993.39	66.45		X
06/06/95	1	4	18.89	1478.67	49.29		X
06/07/95	1	4	15.34	1112.02	37.07		X
06/08/95	1	4	19.79	1550.48	51.68		X
06/09/95	1	4	22.26	1397.8	46.59		X
06/10/95	1	4	21.57	1497.32	49.91		X
06/11/95	1	4	13.39	1199.6	39.99		X
06/12/95	1	4	24.8	1577.47	52.58		X
06/13/95	1	4	28.43	2077.65	69.26		X
06/14/95	1	4	33.02	2312.65	77.09		X
06/15/95	1	4	19.34	1500.62	50.02		X
06/16/95	1	4	20.6	1424.3	47.48		X
06/17/95	1	4	15.63	1526.46	50.88		X
06/18/95	1	4	18.94	1127.07	37.57		X
06/19/95	1	4	12.51	1212.65	40.42		X
06/20/95	1	4	19.69	1387.59	46.25		X
06/21/95	1	4	16.8	1291.14	43.04		X
06/22/95	1	4	24.15	1398.67	46.62		X
06/23/95	1	4	20.09	1497.58	49.92		X
06/24/95	1	4	28.1	1666.83	55.56		X
06/25/95	1	4	38.75	1747.44	58.25		X
06/26/95	1	4	14.41	1610.75	53.69		X
06/27/95	1	4	41.02	2199	73.30		X
06/28/95	1	4	15.36	1441.29	48.04		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	1	4	17.25	1598.24	53.27		X
06/30/95	1	4	21.11	1522.23	50.74		X
07/01/95	1	4	10.51	1722.25	57.41		X
07/02/95	1	4	15.22	1276.59	42.55		X
07/03/95	1	4	17.59	1207.47	40.25		X
07/04/95	1	4	17.91	1411.37	47.05		X
07/05/95	1	4	16.12	1355.21	45.17		X
07/06/95	1	4	14.17	1318.24	43.94		X
07/07/95	1	4	20.45	982.91	32.76		X
07/08/95	1	4	18.74	1808.22	60.27		X
07/09/95	1	4	19.21	1348.02	44.93		X
07/10/95	1	4	16.86	1709.53	56.98		X
07/11/95	1	4	16.66	1546.49	51.55		X
07/12/95	1	4	17.12	1645.72	54.86		X
07/13/95	1	4	17.87	1501.98	50.07		X

Total Fat In Grams of Participant 4 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

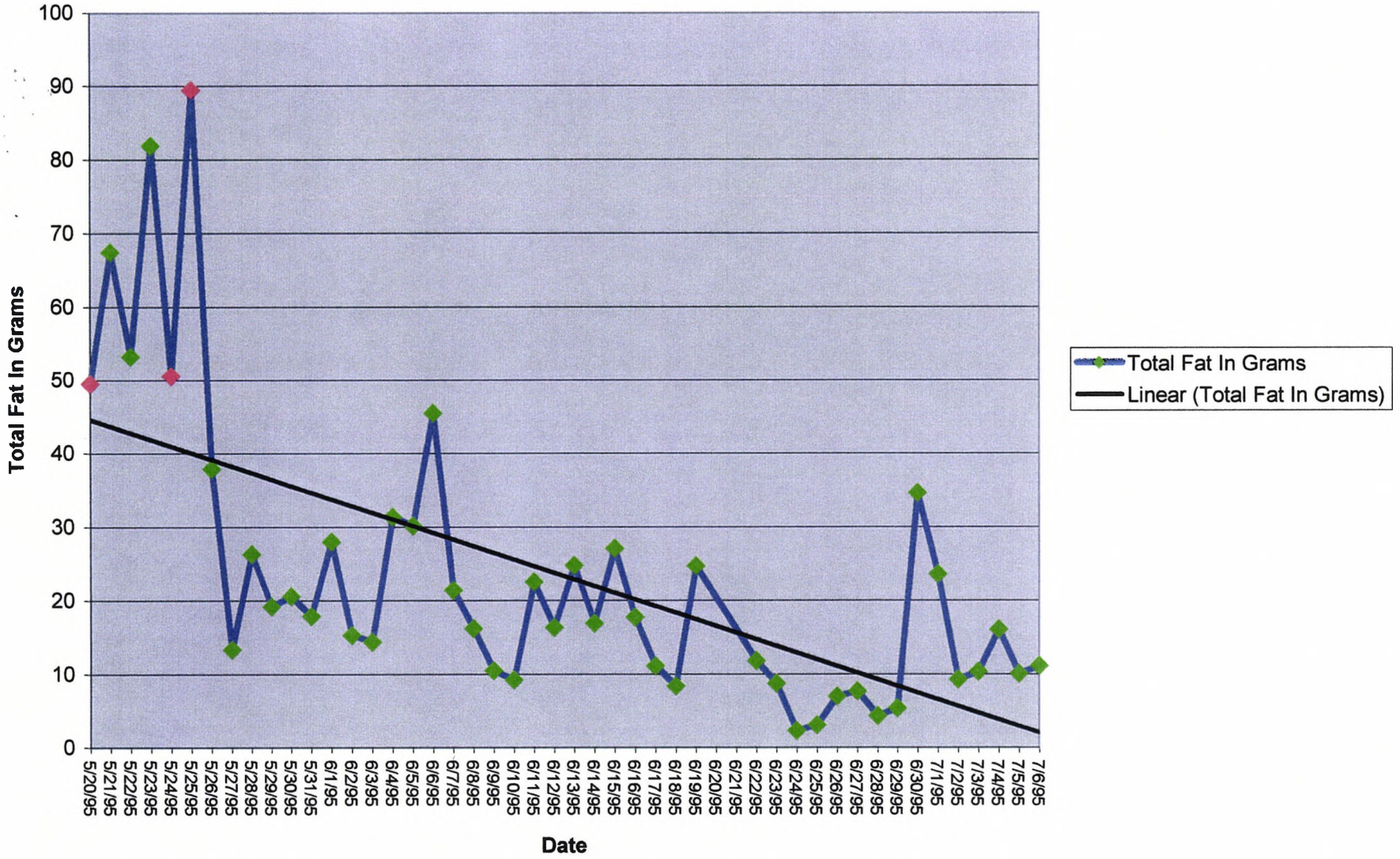
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	7	49.58	1534.97	51.17		X
05/20/95	1	7	67.47	1889.18	62.97	X	
05/21/95	1	7	53.31	1918.56	63.95		X
05/22/95	1	7	81.95	2833.1	94.44		X
05/23/95	1	7	50.66	1728.37	57.61		X
05/24/95	1	7	89.51	1859.41	61.98	X	
05/25/95	1	7	37.93	723.12	24.10	X	
05/26/95	1	7	13.4	1166.42	38.88		X
05/27/95	1	7	26.35	2048.58	68.29		X
05/28/95	1	7	19.28	1464.05	48.80		X
05/29/95	1	7	20.63	1026.29	34.21		X
05/30/95	1	7	17.93	2012.31	67.08		X
05/31/95	1	7	28.06	1388.18	46.27		X
06/01/95	1	7	15.33	1590.26	53.01		X
06/02/95	1	7	14.47	1380.98	46.03		X
06/03/95	1	7	31.39	1933.02	64.43		X
06/04/95	1	7	30.2	1617.38	53.91		X
06/05/95	1	7	45.56	2752.53	91.75		X
06/06/95	1	7	21.51	1935.36	64.51		X
06/07/95	1	7	16.27	1157.24	38.57		X
06/08/95	1	7	10.52	883.06	29.44		X
06/09/95	1	7	9.28	1263.79	42.13		X
06/10/95	1	7	22.61	2213.28	73.78		X
06/11/95	1	7	16.36	1191.35	39.71		X
06/12/95	1	7	24.83	1913.17	63.77		X
06/13/95	1	7	16.93	1372.11	45.74		X
06/14/95	1	7	27.16	1074.72	35.82		X
06/15/95	1	7	17.79	1181.9	39.40		X
06/16/95	1	7	11.15	739.63	24.65		X
06/17/95	1	7	8.44	745.98	24.87		X
06/18/95	1	7	24.76	1718.33	57.28		X
06/19/95	1	7	11.88	1242.76	41.43		X
06/22/95	1	7	8.79	625.19	20.84		X
06/23/95	1	7	2.4	326.84	10.89		X
06/24/95	1	7	3.14	603.91	20.13		X
06/25/95	1	7	7.01	611.11	20.37		X
06/26/95	1	7	7.72	516.36	17.21		X
06/27/95	1	7	4.42	778.99	25.97		X
06/28/95	1	7	5.42	936.56	31.22		X
06/29/95	1	7	34.64	1954.05	65.14		X
06/30/95	1	7	23.64	1806.85	60.23		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/01/95	1	7	9.34	927.32	30.91		X
07/02/95	1	7	10.41	854.13	28.47		X
07/03/95	1	7	16.09	1168.7	38.96		X
07/04/95	1	7	10.11	590.53	19.68		X
07/05/95	1	7	11.18	932.03	31.07		X
07/06/95	1	7	18.77	1275.02	42.50		X

Total Fat In Grams of Participant 7 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

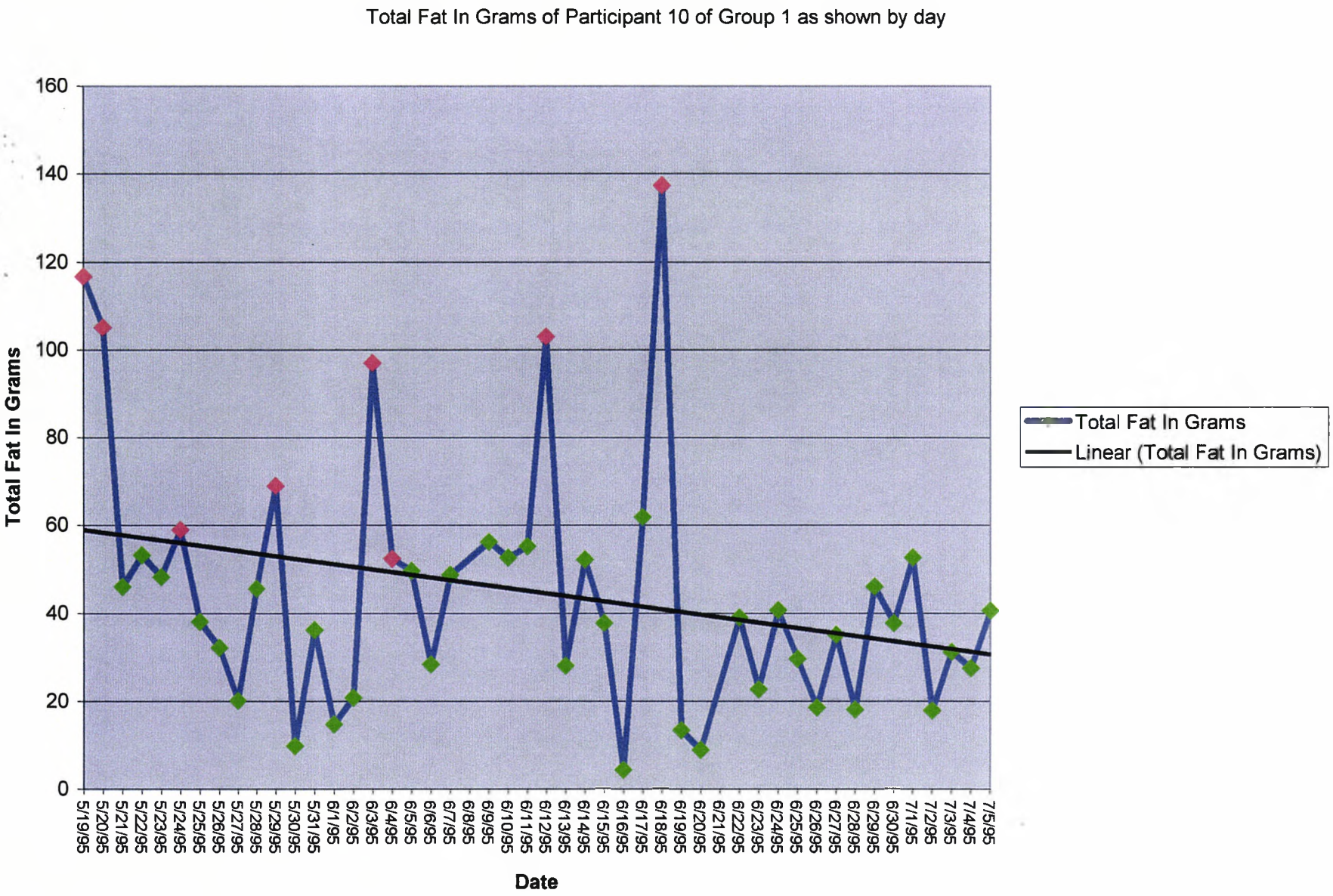
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	10	116.86	2693.26	89.78	X	
05/20/95	1	10	105.24	2732.68	91.09	X	
05/21/95	1	10	46.13	1774.16	59.14		X
05/22/95	1	10	53.27	2623.5	87.45		X
05/23/95	1	10	48.31	1856.23	61.87		X
05/24/95	1	10	59.03	1241.8	41.39	X	
05/25/95	1	10	38.21	1411.46	47.05		X
05/26/95	1	10	32.3	1952.66	65.09		X
05/27/95	1	10	20.17	1160.2	38.67		X
05/28/95	1	10	45.66	2256.49	75.22		X
05/29/95	1	10	69.04	2061.89	68.73	X	
05/30/95	1	10	9.96	1767.8	58.93		X
05/31/95	1	10	36.26	2260.36	75.35		X
06/01/95	1	10	14.79	960.31	32.01		X
06/02/95	1	10	20.82	1986.07	66.20		X
06/03/95	1	10	97.09	2273.32	75.78	X	
06/04/95	1	10	52.42	1529.14	50.97	X	
06/05/95	1	10	49.66	2081.21	69.37		X
06/06/95	1	10	28.46	1601.24	53.37		X
06/07/95	1	10	48.77	1881.84	62.73		X
06/09/95	1	10	56.22	2276.64	75.89		X
06/10/95	1	10	52.61	2006.91	66.90		X
06/11/95	1	10	55.27	1854.9	61.83		X
06/12/95	1	10	103.07	2558.61	85.29	X	
06/13/95	1	10	28.15	1426.59	47.55		X
06/14/95	1	10	52.24	2295.6	76.52		X
06/15/95	1	10	37.84	1563.84	52.13		X
06/16/95	1	10	4.44	547.61	18.25		X
06/17/95	1	10	61.9	2503.82	83.46		X
06/18/95	1	10	137.43	2808.91	93.63	X	
06/19/95	1	10	13.47	1902.52	63.42		X
06/20/95	1	10	9.09	2097.68	69.92		X
06/22/95	1	10	39.06	2166.49	72.22		X
06/23/95	1	10	22.78	947.15	31.57		X
06/24/95	1	10	40.76	1387.96	46.27		X
06/25/95	1	10	29.73	1475.51	49.18		X
06/26/95	1	10	18.68	1154.44	38.48		X
06/27/95	1	10	35.16	2240.15	74.67		X
06/28/95	1	10	18.21	1905.55	63.52		X
06/29/95	1	10	46.07	2129.99	71.00		X
06/30/95	1	10	37.83	2167.64	72.25		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/01/95	1	10	52.62	2205.36	73.51		X
07/02/95	1	10	17.92	1856.05	61.87		X
07/03/95	1	10	31.28	1777.85	59.26		X
07/04/95	1	10	27.56	2054.26	68.48		X
07/05/95	1	10	40.63	2877.58	95.92		X


Total Fat In Grams of Participant 10 of Group 1 as shown by day
Total Fat In Grams
160
140
120
100
80
60
40
20
0
5/19/95
5/20/95
5/21/95
5/22/95
5/23/95
5/24/95
5/25/95
5/26/95
5/27/95
5/28/95
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6/21/95
6/22/95
6/23/95
6/24/95
6/25/95
6/26/95
6/27/95
6/28/95
6/29/95
6/30/95
7/1/95
7/2/95
7/3/95
7/4/95
7/5/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

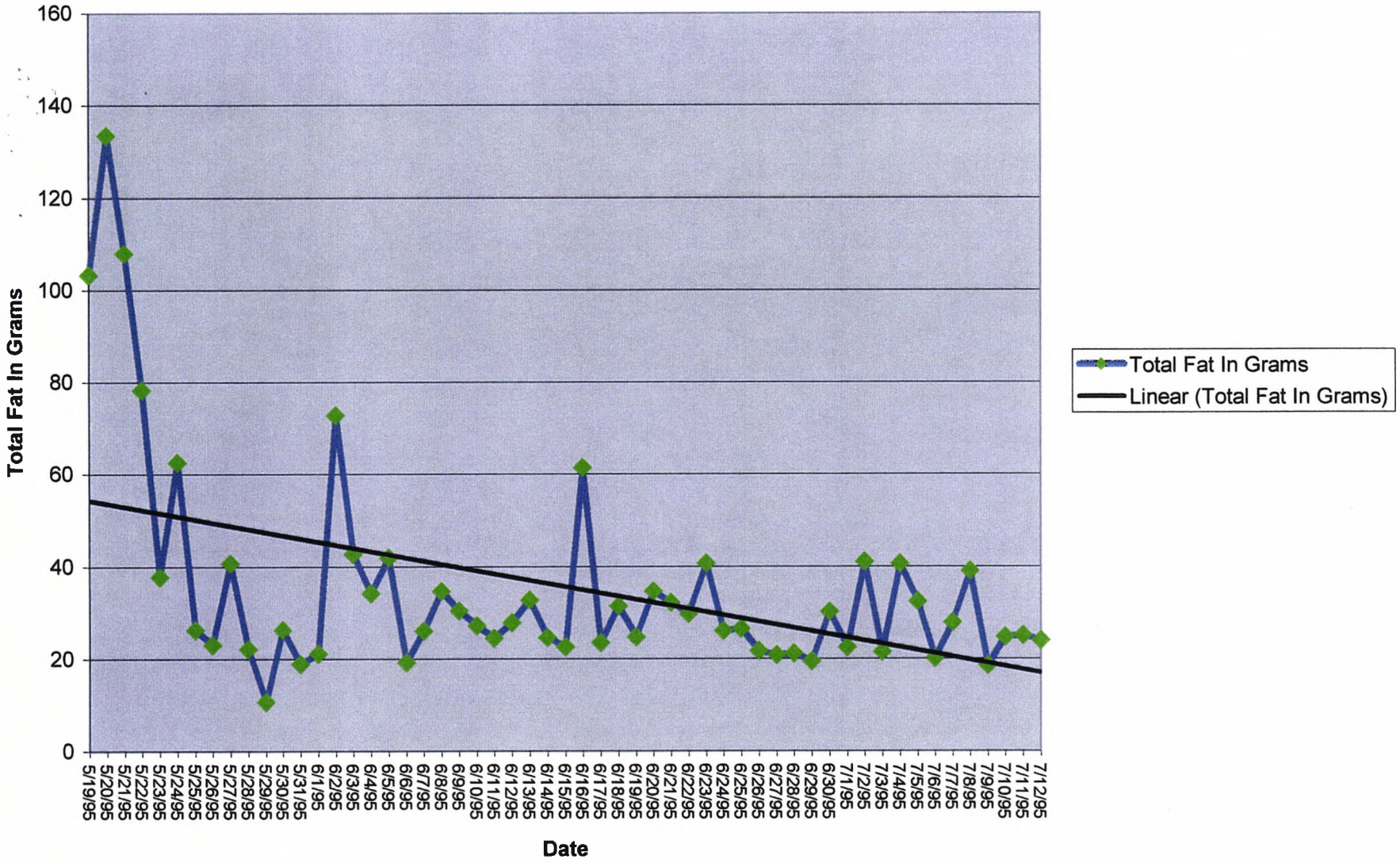
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	11	103.33	3580.14	119.34		X
05/20/95	1	11	133.58	4429.3	147.64		X
05/21/95	1	11	107.98	3789.15	126.31		X
05/22/95	1	11	78.3	3311.67	110.39		X
05/23/95	1	11	37.87	1891.21	63.04		X
05/24/95	1	11	62.6	1933.05	64.44		X
05/25/95	1	11	26.36	1799.25	59.98		X
05/26/95	1	11	23.09	1854.3	61.81		X
05/27/95	1	11	40.69	1597.12	53.24		X
05/28/95	1	11	22.22	2129.11	70.97		X
05/29/95	1	11	10.86	1273.67	42.46		X
05/30/95	1	11	26.31	2550.02	85.00		X
05/31/95	1	11	18.96	2369.48	78.98		X
06/01/95	1	11	21.15	2673.26	89.11		X
06/02/95	1	11	72.81	4281.23	142.71		X
06/03/95	1	11	42.69	2872.98	95.77		X
06/04/95	1	11	34.3	2763.61	92.12		X
06/05/95	1	11	41.95	3366.18	112.21		X
06/06/95	1	11	19.32	2658.89	88.63		X
06/07/95	1	11	26.1	2314.18	77.14		X
06/08/95	1	11	34.65	2549.92	85.00		X
06/09/95	1	11	30.45	3526.52	117.55		X
06/10/95	1	11	27.19	2058.36	68.61		X
06/11/95	1	11	24.57	2246.3	74.88		X
06/12/95	1	11	27.92	2453.24	81.77		X
06/13/95	1	11	32.82	2147.65	71.59		X
06/14/95	1	11	24.67	2131.38	71.05		X
06/15/95	1	11	22.7	2154.28	71.81		X
06/16/95	1	11	61.53	3394.78	113.16		X
06/17/95	1	11	23.55	2325.33	77.51		X
06/18/95	1	11	31.41	2326.61	77.55		X
06/19/95	1	11	24.76	2761.61	92.05		X
06/20/95	1	11	34.74	2283.13	76.10		X
06/21/95	1	11	32.29	2508.18	83.61		X
06/22/95	1	11	29.77	2547.96	84.93		X
06/23/95	1	11	40.77	2970.1	99.00		X
06/24/95	1	11	26.16	2271.34	75.71		X
06/25/95	1	11	26.53	2212.2	73.74		X
06/26/95	1	11	21.75	2569.31	85.64		X
06/27/95	1	11	20.88	2135.02	71.17		X
06/28/95	1	11	21.21	2209.61	73.65		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	1	11	19.48	2039.21	67.97		X
06/30/95	1	11	30.27	2794.16	93.14		X
07/01/95	1	11	22.54	2690.17	89.67		X
07/02/95	1	11	41.03	2698.54	89.95		X
07/03/95	1	11	21.57	2483.83	82.79		X
07/04/95	1	11	40.59	1984.71	66.16		X
07/05/95	1	11	32.48	2922.65	97.42		X
07/06/95	1	11	20.24	1823.74	60.79		X
07/07/95	1	11	27.93	2983.03	99.43		X
07/08/95	1	11	39.1	2574.06	85.80		X
07/09/95	1	11	18.68	1610.6	53.69		X
07/10/95	1	11	24.74	2423.11	80.77		X
07/11/95	1	11	25.06	2237.85	74.60		X
07/12/95	1	11	24.02	1566.99	52.23		X

Total Fat In Grams of Participant 11 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

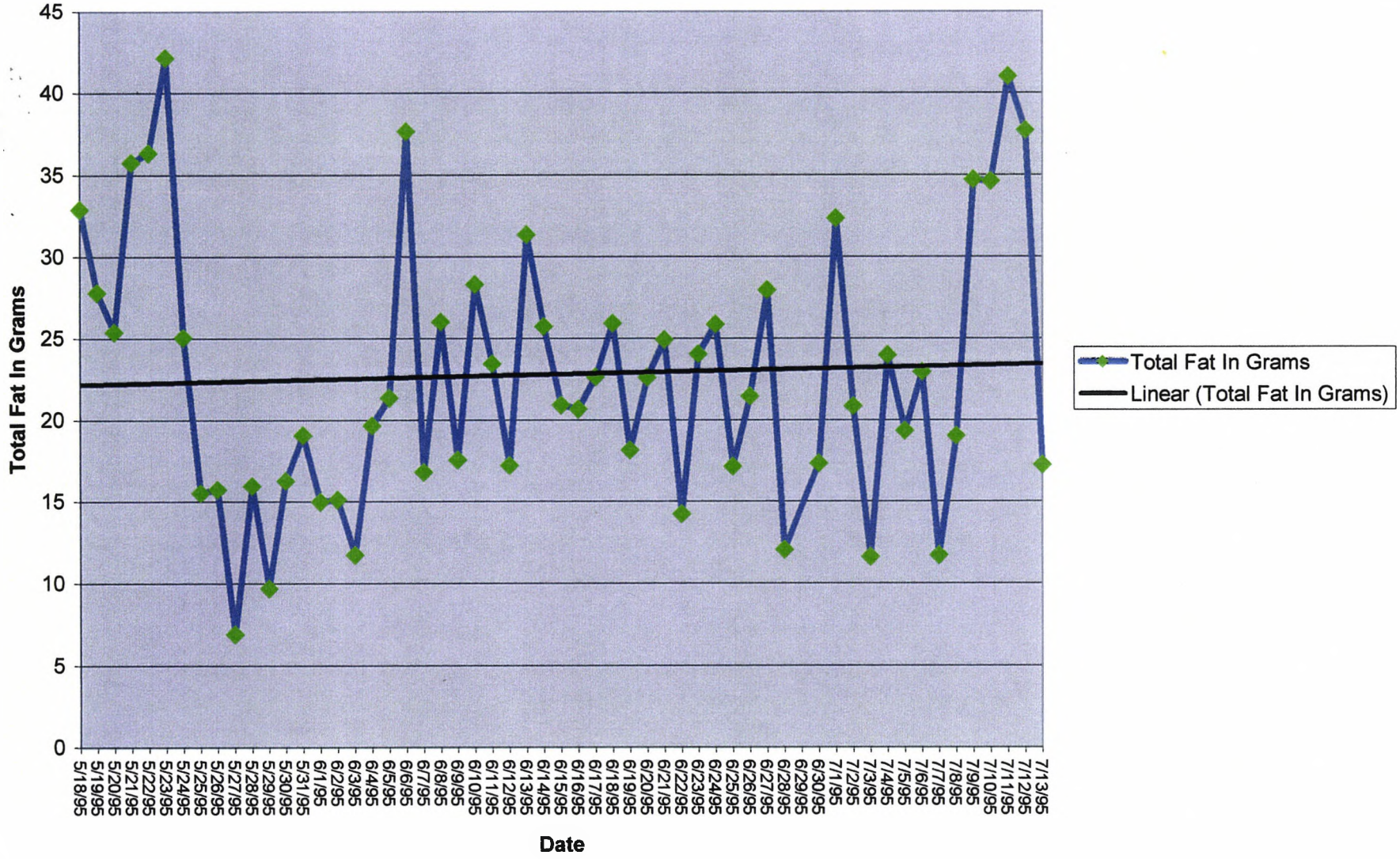
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
5/18/95	1	12	32.92	2093.11	69.77		X
5/19/95	1	12	27.84	1390.69	46.36		X
5/20/95	1	12	25.41	1620.22	54.01		X
5/21/95	1	12	35.77	2041.97	68.07		X
5/22/95	1	12	36.36	1470.53	49.02		X
5/23/95	1	12	42.17	1680.36	56.01		X
5/24/95	1	12	25.07	1729.7	57.66		X
5/25/95	1	12	15.54	954.51	31.82		X
5/26/95	1	12	15.76	1565.18	52.17		X
5/27/95	1	12	6.93	1087.2	36.24		X
5/28/95	1	12	15.98	1406.7	46.89		X
5/29/95	1	12	9.72	965.73	32.19		X
5/30/95	1	12	16.29	1431.36	47.71		X
5/31/95	1	12	19.09	1863.22	62.11		X
6/1/95	1	12	15.01	1455.64	48.52		X
6/2/95	1	12	15.12	1520.58	50.69		X
6/3/95	1	12	11.76	1376.93	45.90		X
6/4/95	1	12	19.69	1590.97	53.03		X
6/5/95	1	12	21.36	1762.77	58.76		X
6/6/95	1	12	37.68	1776.23	59.21		X
6/7/95	1	12	16.82	1478.01	49.27		X
6/8/95	1	12	26.06	1214.62	40.49		X
6/9/95	1	12	17.56	1566.43	52.21		X
6/10/95	1	12	28.33	1820.77	60.69		X
6/11/95	1	12	23.47	1701.34	56.71		X
6/12/95	1	12	17.23	1052.88	35.10		X
6/13/95	1	12	31.38	1701.34	56.71		X
6/14/95	1	12	25.77	1471.28	49.04		X
6/15/95	1	12	20.94	1396.16	46.54		X
6/16/95	1	12	20.68	1326.81	44.23		X
6/17/95	1	12	22.65	1201.8	40.06		X
6/18/95	1	12	25.96	1349.72	44.99		X
6/19/95	1	12	18.18	1650.49	55.02		X
6/20/95	1	12	22.61	1557.23	51.91		X
6/21/95	1	12	24.94	1839.19	61.31		X
6/22/95	1	12	14.24	1417.32	47.24		X
6/23/95	1	12	24.07	1551.69	51.72		X
6/24/95	1	12	25.88	1263.01	42.10		X
6/25/95	1	12	17.17	1490.18	49.67		X
6/26/95	1	12	21.47	1682.27	56.08		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
6/27/95	1	12	27.98	1819.39	60.65		X
6/28/95	1	12	12.08	1134.36	37.81		X
6/30/95	1	12	17.36	2075.69	69.19		X
7/1/95	1	12	32.37	1909.81	63.66		X
7/2/95	1	12	20.88	1643.76	54.79		X
7/3/95	1	12	11.64	1430.69	47.69		X
7/4/95	1	12	24.01	1680.99	56.03		X
7/5/95	1	12	19.36	1738.06	57.94		X
7/6/95	1	12	22.98	1793.48	59.78		X
7/7/95	1	12	11.73	1516.23	50.54		X
7/8/95	1	12	19.04	1523.52	50.78		X
7/9/95	1	12	34.73	1848.11	61.60		X
7/10/95	1	12	34.66	2043.8	68.13		X
7/11/95	1	12	41.05	2006.57	66.89		X
7/12/95	1	12	37.75	2418.95	80.63		X
7/13/95	1	12	17.26	1481.51	49.38		X

Total Fat In Grams of Participant 12 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

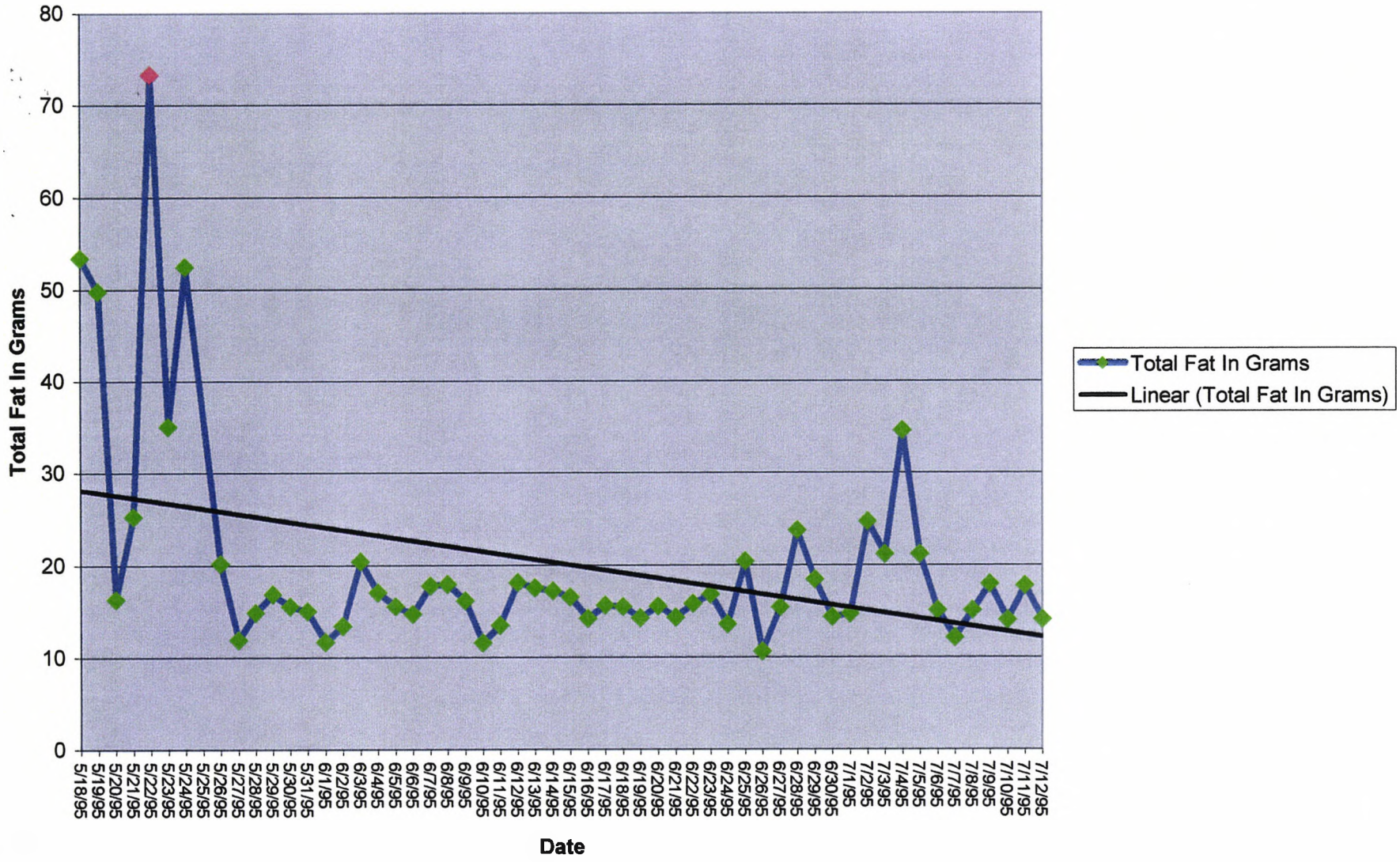
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/18/95	1	14	53.46	2074.16	69.14		X
05/19/95	1	14	49.81	1787.06	59.57		X
05/20/95	1	14	16.37	1465.46	48.85		X
05/21/95	1	14	25.25	1443.14	48.10		X
05/22/95	1	14	73.37	1946.47	64.88	X	
05/23/95	1	14	35.07	1544.41	51.48		X
05/24/95	1	14	52.49	1799.25	59.98		X
05/26/95	1	14	20.22	1470.43	49.01		X
05/27/95	1	14	11.93	1397.99	46.60		X
05/28/95	1	14	14.87	1547.81	51.59		X
05/29/95	1	14	16.91	1580.87	52.70		X
05/30/95	1	14	15.55	1783	59.43		X
05/31/95	1	14	15.04	1570.88	52.36		X
06/01/95	1	14	11.69	1338.9	44.63		X
06/02/95	1	14	13.44	1639.02	54.63		X
06/03/95	1	14	20.41	2091.07	69.70		X
06/04/95	1	14	17.05	1977.96	65.93		X
06/05/95	1	14	15.59	1702.06	56.74		X
06/06/95	1	14	14.72	1732.53	57.75		X
06/07/95	1	14	17.78	1762.9	58.76		X
06/08/95	1	14	17.95	1833.03	61.10		X
06/09/95	1	14	16.19	1812.94	60.43		X
06/10/95	1	14	11.62	1615.96	53.87		X
06/11/95	1	14	13.52	1590.4	53.01		X
06/12/95	1	14	18.15	1824.54	60.82		X
06/13/95	1	14	17.55	1828.43	60.95		X
06/14/95	1	14	17.26	1784.84	59.49		X
06/15/95	1	14	16.59	1905.9	63.53		X
06/16/95	1	14	14.21	1912.69	63.76		X
06/17/95	1	14	15.66	1773.38	59.11		X
06/18/95	1	14	15.53	1447.54	48.25		X
06/19/95	1	14	14.27	1515.87	50.53		X
06/20/95	1	14	15.56	1514.94	50.50		X
06/21/95	1	14	14.31	1619.29	53.98		X
06/22/95	1	14	15.86	1529.32	50.98		X
06/23/95	1	14	16.85	1612.37	53.75		X
06/24/95	1	14	13.64	1375.3	45.84		X
06/25/95	1	14	20.44	1269.41	42.31		X
06/26/95	1	14	10.68	1355.69	45.19		X
06/27/95	1	14	15.43	1429.63	47.65		X
06/28/95	1	14	23.77	1707.61	56.92		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	1	14	18.48	1321.64	44.05		X
06/30/95	1	14	14.38	1559.54	51.98		X
07/01/95	1	14	14.72	1392.42	46.41		X
07/02/95	1	14	24.74	1496.68	49.89		X
07/03/95	1	14	21.21	1684.4	56.15		X
07/04/95	1	14	34.66	1911.62	63.72		X
07/05/95	1	14	21.18	1919.62	63.99		X
07/06/95	1	14	15.12	1840.07	61.34		X
07/07/95	1	14	12.16	1803.03	60.10		X
07/08/95	1	14	15.12	1806.38	60.21		X
07/09/95	1	14	17.96	2013.9	67.13		X
07/10/95	1	14	14.08	1531.69	51.06		X
07/11/95	1	14	17.79	1678.59	55.95		X
07/12/95	1	14	14.12	1718.05	57.27		X

Total Fat In Grams of Participant 14 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

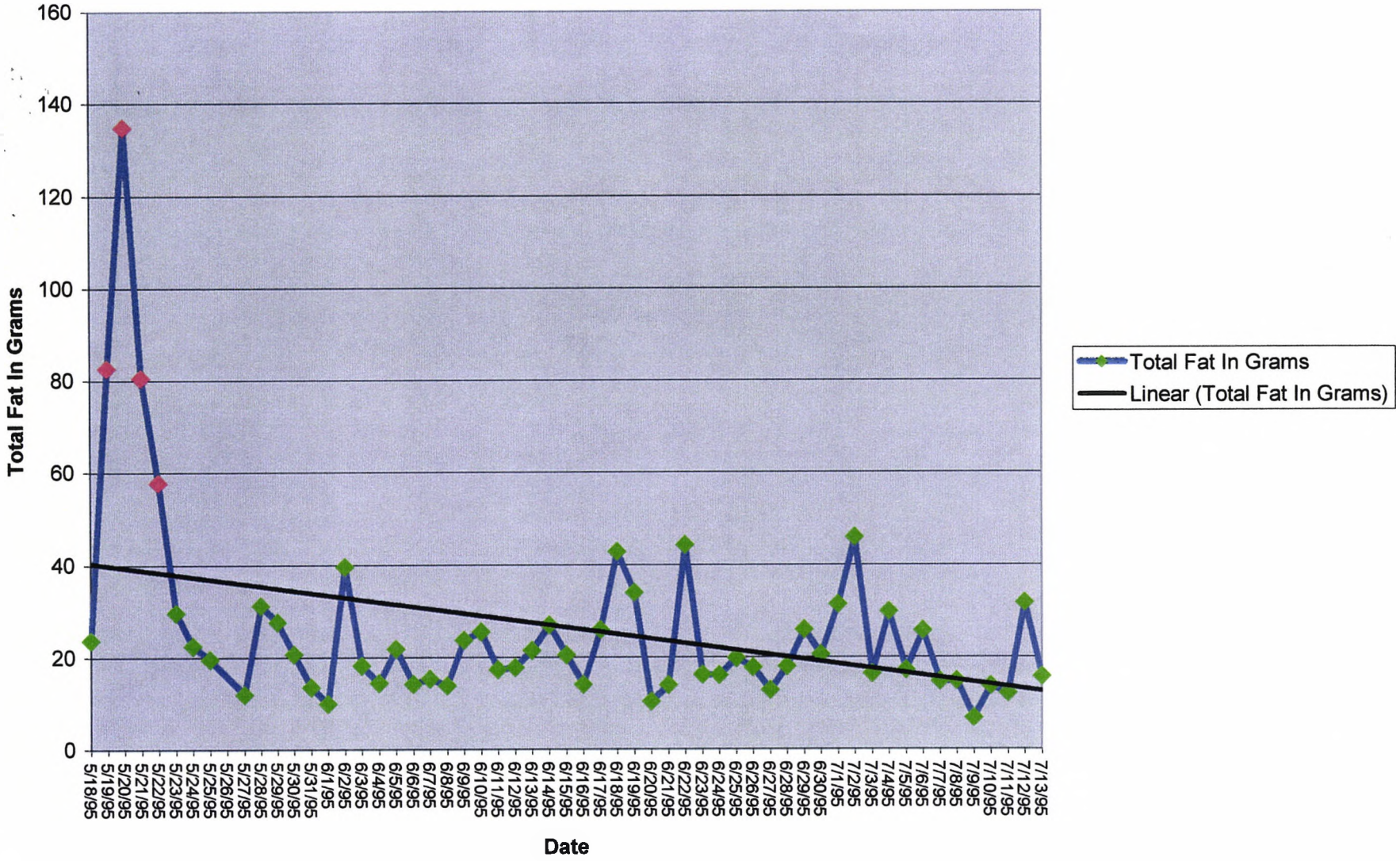
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/18/95	1	20	23.76	1467.28	48.91		X
05/19/95	1	20	82.68	1722.18	57.41	X	
05/20/95	1	20	134.87	2806.19	93.54	X	
05/21/95	1	20	80.52	2240.39	74.68	X	
05/22/95	1	20	57.77	1269	42.30	X	
05/23/95	1	20	29.7	1093.75	36.46		X
05/24/95	1	20	22.49	3925.38	130.85		X
05/25/95	1	20	19.67	1645.02	54.83		X
05/27/95	1	20	12.09	1449.78	48.33		X
05/28/95	1	20	31.28	1880.95	62.70		X
05/29/95	1	20	27.64	1767.73	58.92		X
05/30/95	1	20	20.78	1528.9	50.96		X
05/31/95	1	20	13.57	1619.63	53.99		X
06/01/95	1	20	10.08	1068.55	35.62		X
06/02/95	1	20	39.66	2384.17	79.47		X
06/03/95	1	20	18.28	1753.3	58.44		X
06/04/95	1	20	14.45	1609.66	53.66		X
06/05/95	1	20	21.9	2193.05	73.10		X
06/06/95	1	20	14.27	2016.97	67.23		X
06/07/95	1	20	15.42	1640.66	54.69		X
06/08/95	1	20	14	1568.79	52.29		X
06/09/95	1	20	23.76	2139.7	71.32		X
06/10/95	1	20	25.53	1784.36	59.48		X
06/11/95	1	20	17.4	1757.4	58.58		X
06/12/95	1	20	17.88	1734.29	57.81		X
06/13/95	1	20	21.49	1829.62	60.99		X
06/14/95	1	20	26.97	2148.79	71.63		X
06/15/95	1	20	20.52	2035.34	67.84		X
06/16/95	1	20	14.17	1862.09	62.07		X
06/17/95	1	20	25.95	2023.24	67.44		X
06/18/95	1	20	42.84	2181.23	72.71		X
06/19/95	1	20	34.05	1994.02	66.47		X
06/20/95	1	20	10.46	1356.23	45.21		X
06/21/95	1	20	14.08	1496.61	49.89		X
06/22/95	1	20	44.33	2384.06	79.47		X
06/23/95	1	20	16.24	1296.12	43.20		X
06/24/95	1	20	16.19	2259.33	75.31		X
06/25/95	1	20	19.83	1637.41	54.58		X
06/26/95	1	20	17.81	1561.27	52.04		X
06/27/95	1	20	12.92	1390.15	46.34		X
06/28/95	1	20	18.07	1738.81	57.96		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	1	20	26.04	2024.05	67.47		X
06/30/95	1	20	20.61	1162.86	38.76		X
07/01/95	1	20	31.51	1749.74	58.32		X
07/02/95	1	20	46.01	1997.64	66.59		X
07/03/95	1	20	16.5	2034.06	67.80		X
07/04/95	1	20	29.87	2662.36	88.75		X
07/05/95	1	20	17.34	2136.01	71.20		X
07/06/95	1	20	25.72	1923	64.10		X
07/07/95	1	20	14.88	1831.19	61.04		X
07/08/95	1	20	15	1651.92	55.06		X
07/09/95	1	20	6.9	1228.11	40.94		X
07/10/95	1	20	13.79	1888.69	62.96		X
07/11/95	1	20	12.32	2337.51	77.92		X
07/12/95	1	20	31.76	2091.34	69.71		X
07/13/95	1	20	15.82	2227.34	74.24		X

Total Fat In Grams of Participant 20 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

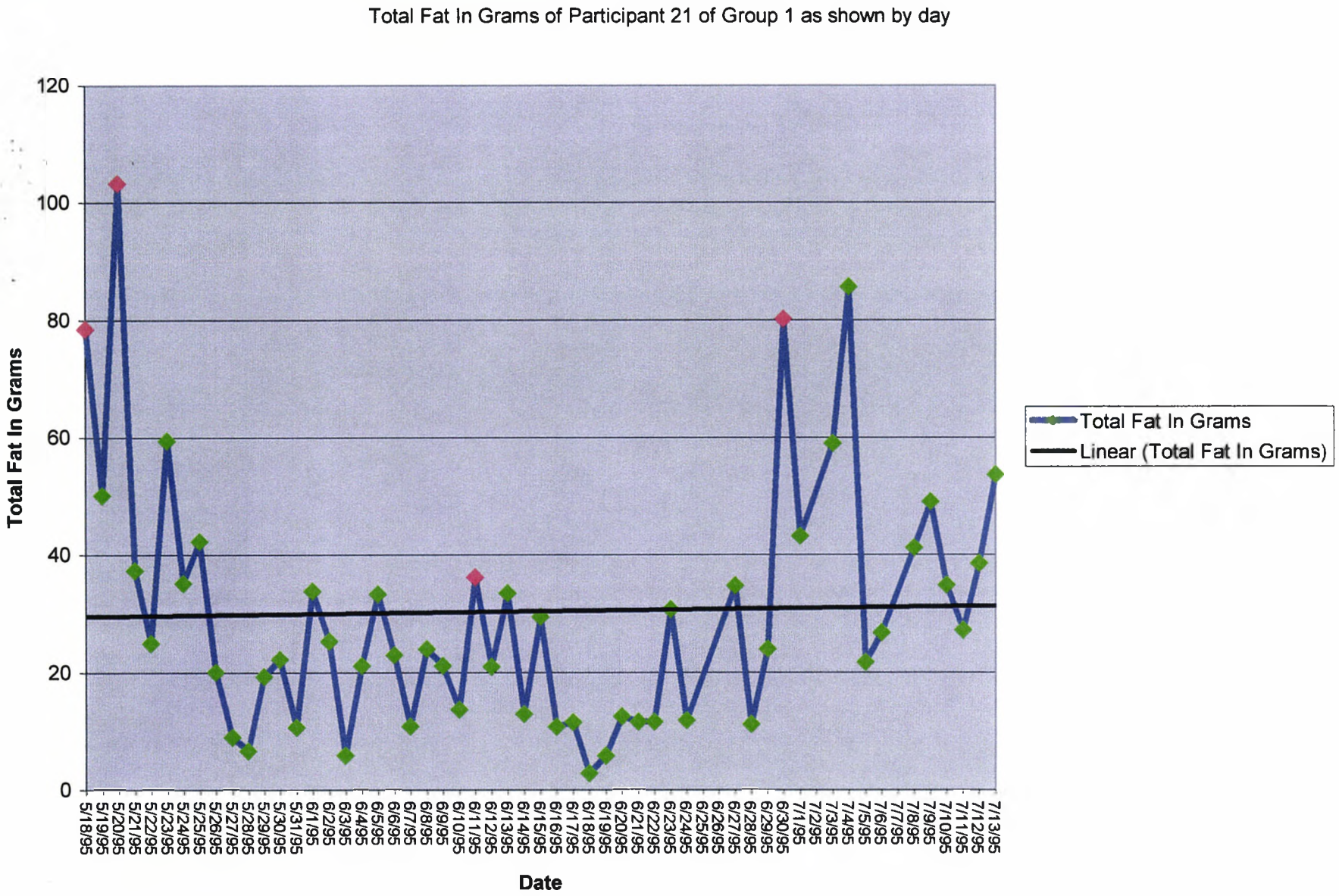
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/18/95	1	21	78.61	2178.22	72.61	X	
05/19/95	1	21	50.2	1546.24	51.54		X
05/20/95	1	21	103.35	2101.62	70.05	X	
05/21/95	1	21	37.39	1622.28	54.08		X
05/22/95	1	21	25.13	989.13	32.97		X
05/23/95	1	21	59.46	2141.44	71.38		X
05/24/95	1	21	35.27	1180.67	39.36		X
05/25/95	1	21	42.37	1565.78	52.19		X
05/26/95	1	21	20.18	1437.99	47.93		X
05/27/95	1	21	9.1	1029.28	34.31		X
05/28/95	1	21	6.76	958.49	31.95		X
05/29/95	1	21	19.42	654.54	21.82		X
05/30/95	1	21	22.34	1515.02	50.50		X
05/31/95	1	21	10.79	1598.62	53.29		X
06/01/95	1	21	33.92	1336.49	44.55		X
06/02/95	1	21	25.41	1726.25	57.54		X
06/03/95	1	21	6.03	668.16	22.27		X
06/04/95	1	21	21.27	1367.46	45.58		X
06/05/95	1	21	33.35	1462.34	48.74		X
06/06/95	1	21	23.06	1556.53	51.88		X
06/07/95	1	21	10.96	1148.73	38.29		X
06/08/95	1	21	24.14	952.09	31.74		X
06/09/95	1	21	21.23	1388.78	46.29		X
06/10/95	1	21	13.83	1220.94	40.70		X
06/11/95	1	21	36.21	1060.24	35.34	X	
06/12/95	1	21	21.05	1460.84	48.69		X
06/13/95	1	21	33.56	1740.49	58.02		X
06/14/95	1	21	13.05	1746.03	58.20		X
06/15/95	1	21	29.55	1725.06	57.50		X
06/16/95	1	21	10.92	973.21	32.44		X
06/17/95	1	21	11.61	845.12	28.17		X
06/18/95	1	21	2.89	1183.13	39.44		X
06/19/95	1	21	5.96	870.27	29.01		X
06/20/95	1	21	12.67	1261.55	42.05		X
06/21/95	1	21	11.7	1182.91	39.43		X
06/22/95	1	21	11.73	1650.85	55.03		X
06/23/95	1	21	30.79	1092.44	36.41		X
06/24/95	1	21	11.94	727.35	24.25		X
06/27/95	1	21	34.78	1413.46	47.12		X
06/28/95	1	21	11.33	1323.46	44.12		X
06/29/95	1	21	24.12	1518.1	50.60		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/30/95	1	21	80.22	1935.27	64.51	X	
07/01/95	1	21	43.29	2193.76	73.13		X
07/03/95	1	21	59.04	2479.99	82.67		X
07/04/95	1	21	85.76	2708.03	90.27		X
07/05/95	1	21	21.82	852.22	28.41		X
07/06/95	1	21	26.88	1182.95	39.43		X
07/08/95	1	21	41.28	1692.54	56.42		X
07/09/95	1	21	49.1	1500.92	50.03		X
07/10/95	1	21	34.88	1571.66	52.39		X
07/11/95	1	21	27.28	1687.32	56.24		X
07/12/95	1	21	38.56	2054.47	68.48		X
07/13/95	1	21	53.76	1730.16	57.67		X


Total Fat In Grams of Participant 21 of Group 1 as shown by day
Total Fat In Grams
120
100
80
60
40
20
0
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

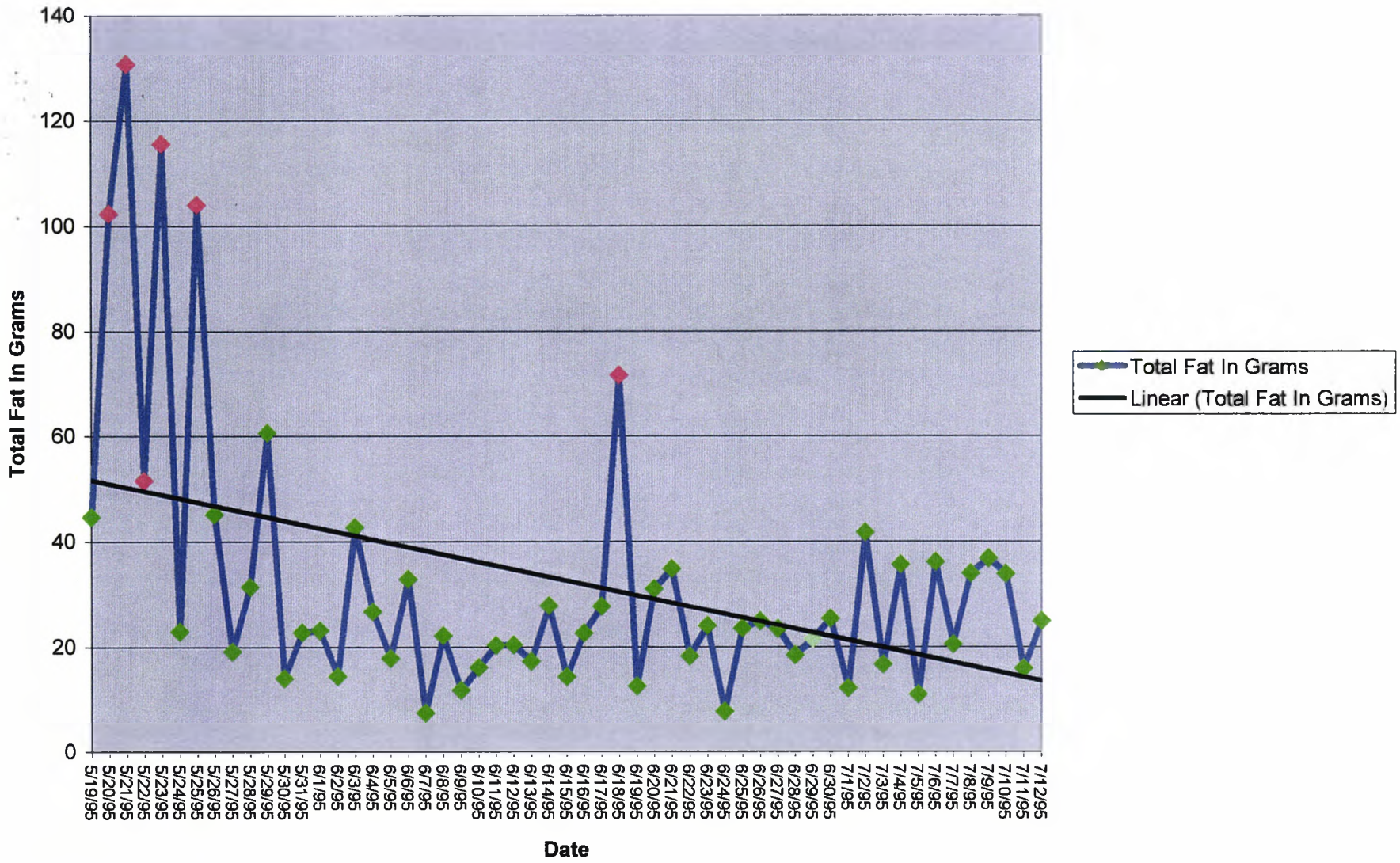
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	23	44.75	2167.88	72.26		X
05/20/95	1	23	102.39	2287.36	76.25	X	
05/21/95	1	23	130.77	2994.72	99.82	X	
05/22/95	1	23	51.69	1245.88	41.53	X	
05/23/95	1	23	115.63	2410.13	80.34	X	
05/24/95	1	23	23.05	1505.52	50.18		X
05/25/95	1	23	104.04	2588.41	86.28	X	
05/26/95	1	23	45.25	1755.02	58.50		X
05/27/95	1	23	19.28	1399.26	46.64		X
05/28/95	1	23	31.54	1668.75	55.63		X
05/29/95	1	23	60.71	2403.96	80.13		X
05/30/95	1	23	14.15	1606.24	53.54		X
05/31/95	1	23	22.85	2338.22	77.94		X
06/01/95	1	23	23.22	1840.8	61.36		X
06/02/95	1	23	14.56	1600.63	53.35		X
06/03/95	1	23	42.72	1653.58	55.12		X
06/04/95	1	23	26.81	1326.63	44.22		X
06/05/95	1	23	17.93	1457.53	48.58		X
06/06/95	1	23	33.03	1491.11	49.70		X
06/07/95	1	23	7.62	870.59	29.02		X
06/08/95	1	23	22.23	1284.57	42.82		X
06/09/95	1	23	11.94	1453.44	48.45		X
06/10/95	1	23	16.23	1376.46	45.88		X
06/11/95	1	23	20.4	1376.86	45.90		X
06/12/95	1	23	20.55	1913.89	63.80		X
06/13/95	1	23	17.35	1439.81	47.99		X
06/14/95	1	23	27.93	2204.72	73.49		X
06/15/95	1	23	14.42	1342.03	44.73		X
06/16/95	1	23	22.77	1726.62	57.55		X
06/17/95	1	23	27.83	1188.63	39.62		X
06/18/95	1	23	71.7	1829.71	60.99	X	
06/19/95	1	23	12.7	1561.32	52.04		X
06/20/95	1	23	31.13	1730.68	57.69		X
06/21/95	1	23	34.96	2309.86	77.00		X
06/22/95	1	23	18.34	1686.68	56.22		X
06/23/95	1	23	24.16	2379.44	79.31		X
06/24/95	1	23	7.88	929.83	30.99		X
06/25/95	1	23	23.6	2600.69	86.69		X
06/26/95	1	23	25.04	2442.24	81.41		X
06/27/95	1	23	23.49	2953.43	98.45		X
06/28/95	1	23	18.58	1452.44	48.41		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	1	23	21.54	2228.66	74.29		X
06/30/95	1	23	25.46	1984.9	66.16		X
07/01/95	1	23	12.26	1454.84	48.49		X
07/02/95	1	23	41.74	2747.43	91.58		X
07/03/95	1	23	16.8	1425.41	47.51		X
07/04/95	1	23	35.78	1995.04	66.50		X
07/05/95	1	23	11.12	2095.29	69.84		X
07/06/95	1	23	36.2	2472.7	82.42		X
07/07/95	1	23	20.58	2360.56	78.69		X
07/08/95	1	23	34.1	1941.64	64.72		X
07/09/95	1	23	36.95	2864.66	95.49		X
07/10/95	1	23	34.01	2554.44	85.15		X
07/11/95	1	23	15.99	2325.34	77.51		X
07/12/95	1	23	24.98	2824.52	94.15		X

Total Fat In Grams of Participant 23 of Group 1 as shown by day



Experimental Group 1 (NR) Reality

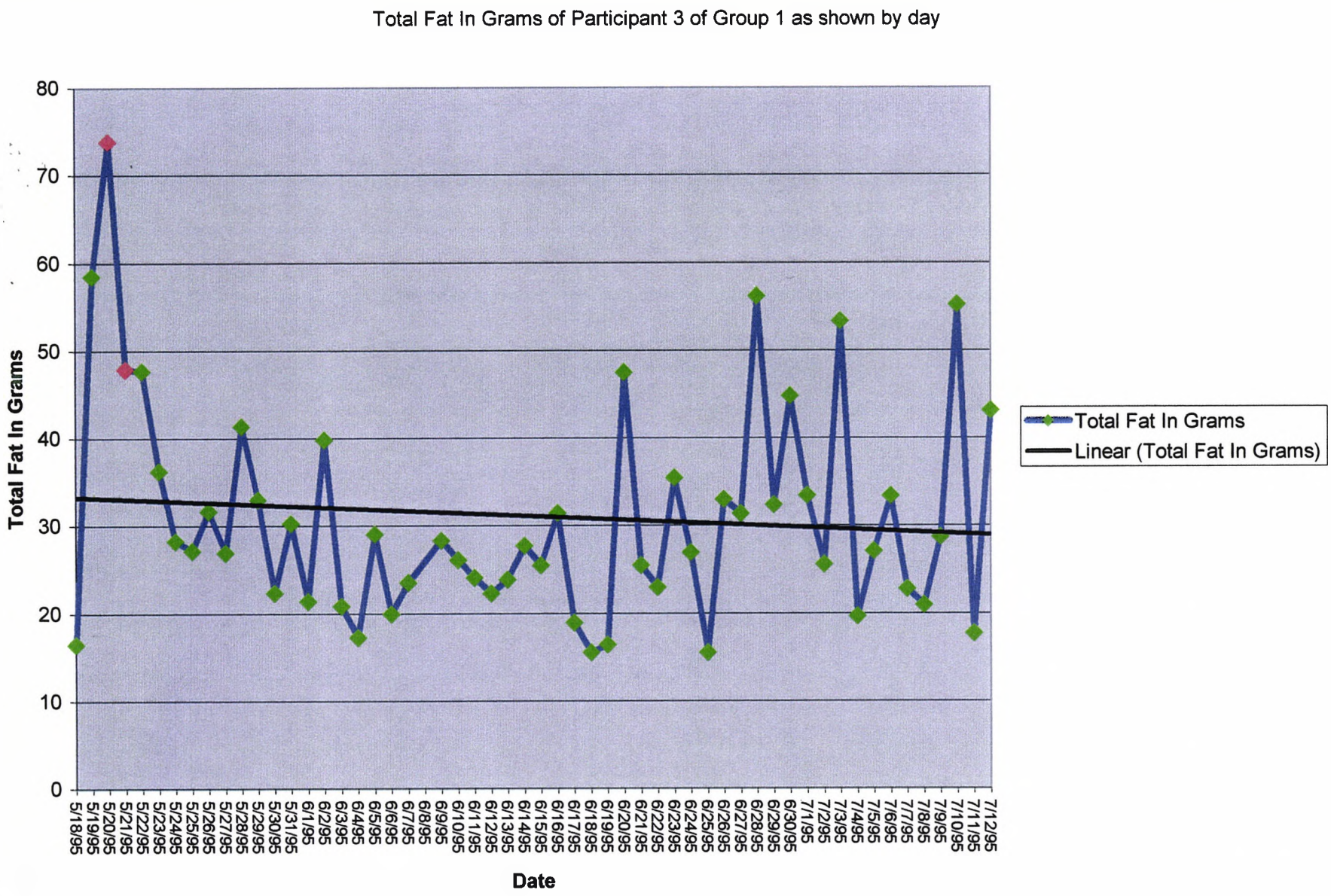
Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/18/95	1	3	16.51	1625.78	54.19		X
05/19/95	1	3	58.51	2104.48	70.15		X
05/20/95	1	3	73.84	2058.26	68.61	X	
05/21/95	1	3	47.94	1217.51	40.58	X	
05/22/95	1	3	47.7	1601.29	53.38		X
05/23/95	1	3	36.28	2407.59	80.25		X
05/24/95	1	3	28.29	1171.94	39.06		X
05/25/95	1	3	27.15	1831.74	61.06		X
05/26/95	1	3	31.7	1779.93	59.33		X
05/27/95	1	3	26.97	1118.5	37.28		X
05/28/95	1	3	41.4	2075.33	69.18		X
05/29/95	1	3	33.01	2084.08	69.47		X
05/30/95	1	3	22.35	1624.42	54.15		X
05/31/95	1	3	30.28	1971.88	65.73		X
06/01/95	1	3	21.44	1647.25	54.91		X
06/02/95	1	3	39.83	1825.2	60.84		X
06/03/95	1	3	20.85	1470.6	49.02		X
06/04/95	1	3	17.31	1511.88	50.40		X
06/05/95	1	3	29.08	2470.38	82.35		X
06/06/95	1	3	19.98	1991.76	66.39		X
06/07/95	1	3	23.55	1766.66	58.89		X
06/09/95	1	3	28.34	2003.17	66.77		X
06/10/95	1	3	26.12	1621.65	54.06		X
06/11/95	1	3	24.08	1801.29	60.04		X
06/12/95	1	3	22.33	1781.29	59.38		X
06/13/95	1	3	23.9	1399.64	46.65		X
06/14/95	1	3	27.71	1901.61	63.39		X
06/15/95	1	3	25.5	1597.96	53.27		X
06/16/95	1	3	31.45	2114.73	70.49		X
06/17/95	1	3	18.96	1852.21	61.74		X
06/18/95	1	3	15.54	1089.58	36.32		X
06/19/95	1	3	16.45	840.52	28.02		X
06/20/95	1	3	47.54	1731.91	57.73		X
06/21/95	1	3	25.5	2006.31	66.88		X
06/22/95	1	3	22.96	1730.31	57.68		X
06/23/95	1	3	35.48	1937.39	64.58		X
06/24/95	1	3	26.97	1942.37	64.75		X
06/25/95	1	3	15.57	1644.46	54.82		X
06/26/95	1	3	33.01	1892.88	63.10		X
06/27/95	1	3	31.4	1666.92	55.56		X
06/28/95	1	3	56.23	2227.9	74.26		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	1	3	32.4	1871.18	62.37		X
06/30/95	1	3	44.88	2117.83	70.59		X
07/01/95	1	3	33.47	1981.93	66.06		X
07/02/95	1	3	25.62	1243.53	41.45		X
07/03/95	1	3	53.4	2117.69	70.59		X
07/04/95	1	3	19.71	1539.79	51.33		X
07/05/95	1	3	27.1	1926.25	64.21		X
07/06/95	1	3	33.4	1800.78	60.03		X
07/07/95	1	3	22.82	1853.67	61.79		X
07/08/95	1	3	21	1514.14	50.47		X
07/09/95	1	3	28.73	1816.07	60.54		X
07/10/95	1	3	55.3	2247.17	74.91		X
07/11/95	1	3	17.75	1867.2	62.24		X
07/12/95	1	3	43.19	2386.38	79.55		X


Total Fat In Grams of Participant 3 of Group 1 as shown by day
Total Fat In Grams
80
70
60
50
40
30
20
10
0
5/18/95
5/19/95
5/20/95
5/21/95
5/22/95
5/23/95
5/24/95
5/25/95
5/26/95
5/27/95
5/28/95
5/29/95
5/30/95
5/31/95
6/1/95
6/2/95
6/3/95
6/4/95
6/5/95
6/6/95
6/7/95
6/8/95
6/9/95
6/10/95
6/11/95
6/12/95
6/13/95
6/14/95
6/15/95
6/16/95
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6/18/95
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6/20/95
6/21/95
6/22/95
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6/26/95
6/27/95
6/28/95
6/29/95
6/30/95
7/1/95
7/2/95
7/3/95
7/4/95
7/5/95
7/6/95
7/7/95
7/8/95
7/9/95
7/10/95
7/11/95
7/12/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

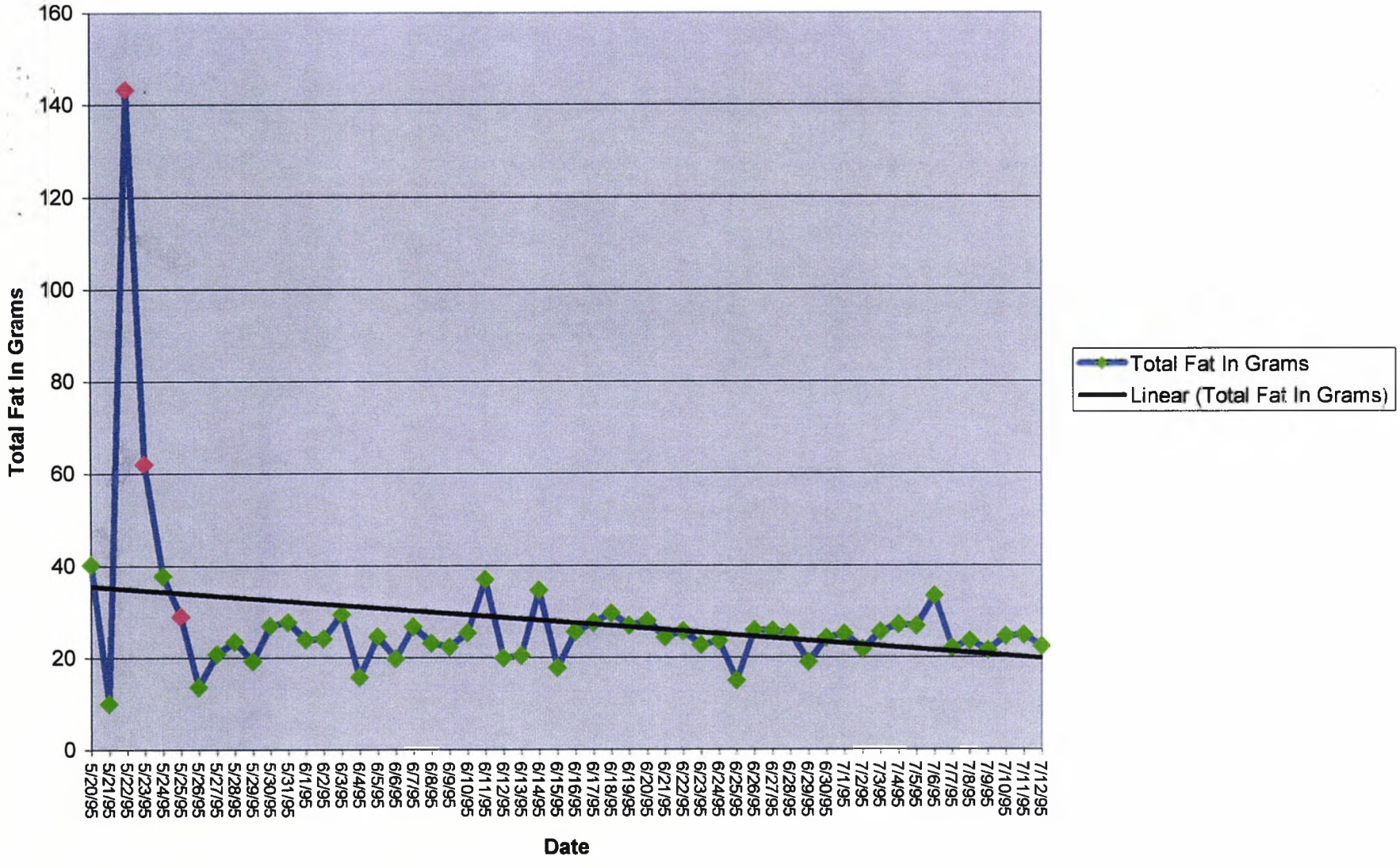
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/20/95	1	5	40.3	1829.23	60.97		X
05/21/95	1	5	10.2	1355.16	45.17		X
05/22/95	1	5	143.4	3493.91	116.46	X	
05/23/95	1	5	62.12	1843.62	61.45	X	
05/24/95	1	5	37.82	1676.58	55.89		X
05/25/95	1	5	29.03	642.32	21.41	X	
05/26/95	1	5	13.75	1297.87	43.26		X
05/27/95	1	5	20.84	1702.51	56.75		X
05/28/95	1	5	23.52	1703.39	56.78		X
05/29/95	1	5	19.33	1698.22	56.61		X
05/30/95	1	5	27.03	1970	65.67		X
05/31/95	1	5	27.77	2013.56	67.12		X
06/01/95	1	5	23.98	1809.39	60.31		X
06/02/95	1	5	24.2	1898.75	63.29		X
06/03/95	1	5	29.43	2066.54	68.88		X
06/04/95	1	5	15.86	1712.96	57.10		X
06/05/95	1	5	24.61	2000.12	66.67		X
06/06/95	1	5	19.9	1699.25	56.64		X
06/07/95	1	5	26.81	2038.91	67.96		X
06/08/95	1	5	23.16	1887.15	62.91		X
06/09/95	1	5	22.46	1514.63	50.49		X
06/10/95	1	5	25.42	1895.35	63.18		X
06/11/95	1	5	37.02	2325.47	77.52		X
06/12/95	1	5	20.02	2064.09	68.80		X
06/13/95	1	5	20.48	1766.91	58.90		X
06/14/95	1	5	34.68	1938.92	64.63		X
06/15/95	1	5	17.85	1686.69	56.22		X
06/16/95	1	5	25.61	2070.24	69.01		X
06/17/95	1	5	27.64	2007.4	66.91		X
06/18/95	1	5	29.69	1976.81	65.89		X
06/19/95	1	5	26.95	2048.86	68.30		X
06/20/95	1	5	27.96	2150.66	71.69		X
06/21/95	1	5	24.44	1989.31	66.31		X
06/22/95	1	5	25.76	1833.08	61.10		X
06/23/95	1	5	22.8	2171.91	72.40		X
06/24/95	1	5	23.69	2021.36	67.38		X
06/25/95	1	5	15.04	1300.48	43.35		X
06/26/95	1	5	26	1769.37	58.98		X
06/27/95	1	5	25.92	1795.48	59.85		X
06/28/95	1	5	25.36	2277.98	75.93		X
06/29/95	1	5	19.05	1748.56	58.29		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/30/95	1	5	24.27	1947.55	64.92		X
07/01/95	1	5	25.19	1969.97	65.67		X
07/02/95	1	5	21.84	1844.07	61.47		X
07/03/95	1	5	25.63	1787.75	59.59		X
07/04/95	1	5	27.21	1986.4	66.21		X
07/05/95	1	5	26.85	1941.8	64.73		X
07/06/95	1	5	33.49	2272.88	75.76		X
07/07/95	1	5	22.09	1760.29	58.68		X
07/08/95	1	5	23.67	1585.69	52.86		X
07/09/95	1	5	21.62	1739.07	57.97		X
07/10/95	1	5	24.62	2146.22	71.54		X
07/11/95	1	5	24.83	1860.82	62.03		X
07/12/95	1	5	22.43	1655.42	55.18		X

Total Fat In Grams of Participant 5 of Group 1 as shown by day

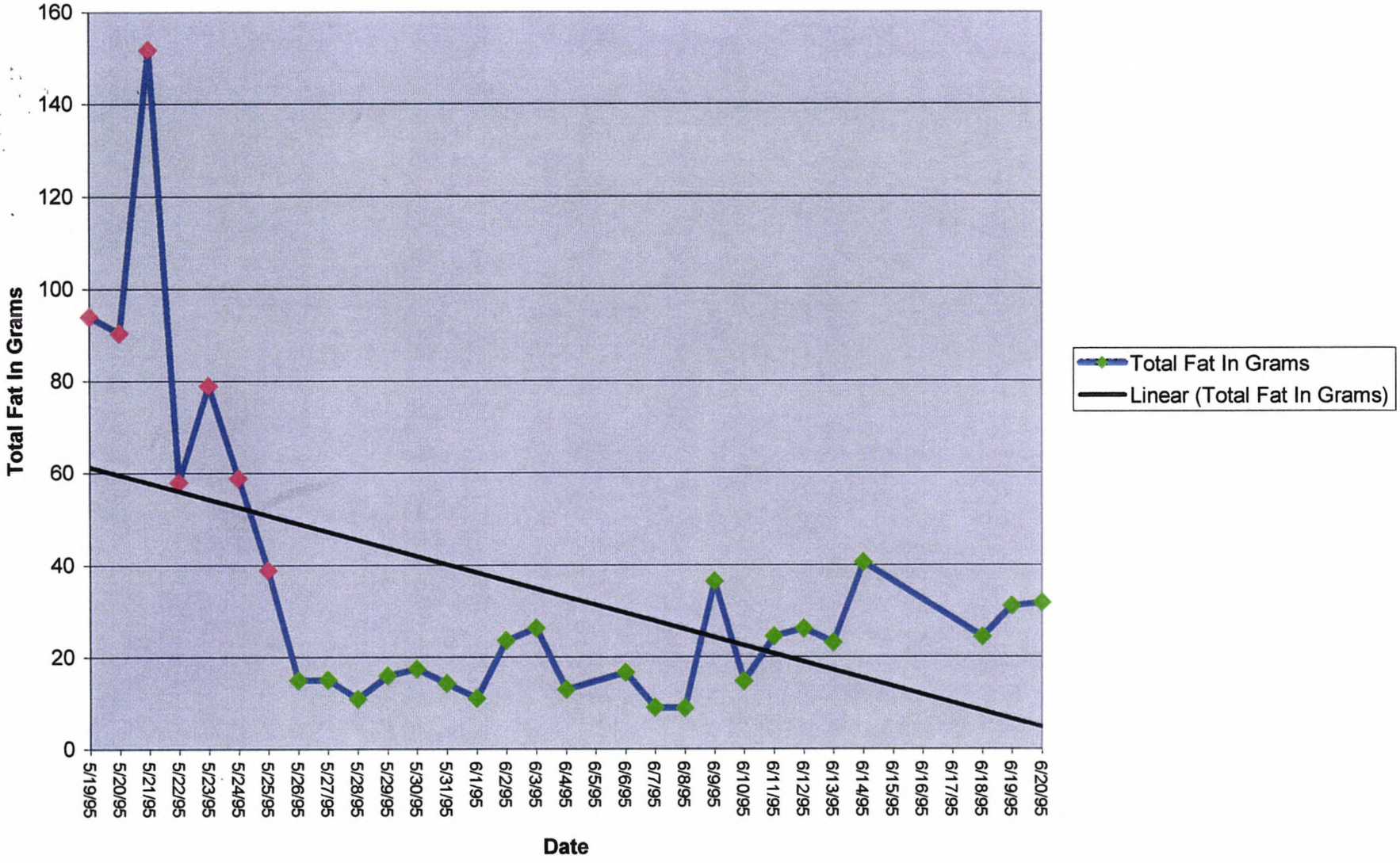


Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	6	94.07	1849.42	61.65	X	
05/20/95	1	6	90.54	1914.77	63.83	X	
05/21/95	1	6	151.86	3450.48	115.02	X	
05/22/95	1	6	58.05	1263.94	42.13	X	
05/23/95	1	6	79.02	1650.66	55.02	X	
05/24/95	1	6	58.92	1687.03	56.23	X	
05/25/95	1	6	38.91	1104.16	36.81	X	
05/26/95	1	6	15.09	1917.83	63.93		X
05/27/95	1	6	15.12	1922.24	64.07		X
05/28/95	1	6	11.1	1308.94	43.63		X
05/29/95	1	6	16.09	1659.93	55.33		X
05/30/95	1	6	17.56	1591.7	53.06		X
05/31/95	1	6	14.43	1750.29	58.34		X
06/01/95	1	6	11.11	1755.38	58.51		X
06/02/95	1	6	23.65	1947.36	64.91		X
06/03/95	1	6	26.28	1613.48	53.78		X
06/04/95	1	6	13.1	1492.45	49.75		X
06/06/95	1	6	16.77	1772.89	59.10		X
06/07/95	1	6	9.17	1288.9	42.96		X
06/08/95	1	6	9.05	1263.61	42.12		X
06/09/95	1	6	36.5	2560.36	85.35		X
06/10/95	1	6	14.85	1924.61	64.15		X
06/11/95	1	6	24.54	2514.3	83.81		X
06/12/95	1	6	26.19	1725.31	57.51		X
06/13/95	1	6	23.25	1679.4	55.98		X
06/14/95	1	6	40.59	2327.18	77.57		X
06/18/95	1	6	24.47	1905.19	63.51		X
06/19/95	1	6	31.14	1712.66	57.09		X
06/20/95	1	6	31.81	1495.25	49.84		X

Total Fat In Grams of Participant 6 of Group 1 as shown by day



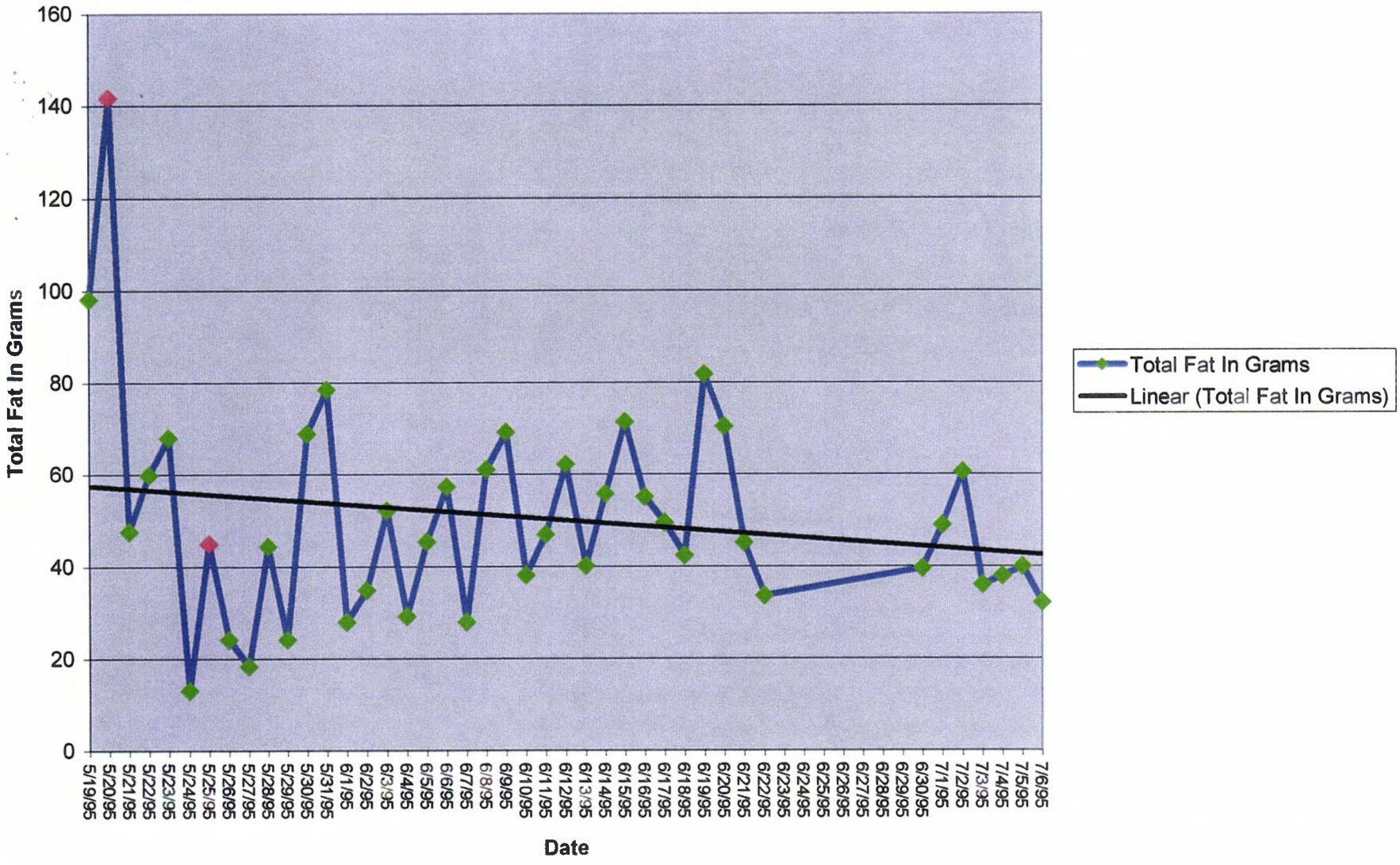
Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/19/95	1	18	98.22	3710.78	123.69		X
05/20/95	1	18	141.84	4196.9	139.90	X	
05/21/95	1	18	47.62	1968.24	65.61		X
05/22/95	1	18	59.89	2063.32	68.78		X
05/23/95	1	18	68.07	2937.05	97.90		X
05/24/95	1	18	13.13	1303.43	43.45		X
05/25/95	1	18	45.02	1264.36	42.15	X	
05/26/95	1	18	24.18	2098.31	69.94		X
05/27/95	1	18	18.46	2200.21	73.34		X
05/28/95	1	18	44.42	3129.83	104.33		X
05/29/95	1	18	24.24	2407.09	80.24		X
05/30/95	1	18	68.93	3256.68	108.56		X
05/31/95	1	18	78.55	3159.86	105.33		X
06/01/95	1	18	27.97	2480.47	82.68		X
06/02/95	1	18	34.88	3131.25	104.38		X
06/03/95	1	18	52.07	3321.66	110.72		X
06/04/95	1	18	29.18	2951.4	98.38		X
06/05/95	1	18	45.45	2960.76	98.69		X
06/06/95	1	18	57.34	3096.64	103.22		X
06/07/95	1	18	28	2948.74	98.29		X
06/08/95	1	18	61.1	3325.58	110.85		X
06/09/95	1	18	69.25	2944.95	98.17		X
06/10/95	1	18	38.14	2818.33	93.94		X
06/11/95	1	18	46.96	2862.34	95.41		X
06/12/95	1	18	62.28	3134.07	104.47		X
06/13/95	1	18	40.18	2761.88	92.06		X
06/14/95	1	18	55.83	3691.27	123.04		X
06/15/95	1	18	71.57	3306.97	110.23		X
06/16/95	1	18	55.15	3713.84	123.79		X
06/17/95	1	18	49.59	3499.69	116.66		X
06/18/95	1	18	42.35	3270.18	109.01		X
06/19/95	1	18	81.87	3623.78	120.79		X
06/20/95	1	18	70.48	3058.18	101.94		X
06/21/95	1	18	45.15	3952.86	131.76		X
06/22/95	1	18	33.71	3103.1	103.44		X
06/30/95	1	18	39.57	3169.64	105.65		X
07/01/95	1	18	49	3339.25	111.31		X
07/02/95	1	18	60.54	3339.17	111.31		X
07/03/95	1	18	35.99	2745.4	91.51		X
07/04/95	1	18	37.9	3091.66	103.06		X
07/05/95	1	18	39.99	2692.61	89 75		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/06/95	1	18	32.17	3056.27	101.88		X


Total Fat In Grams of Participant 18 of Group 1 as shown by day
Total Fat In Grams
160
140
120
100
80
60
40
20
0
5/19/95
5/20/95
5/21/95
5/22/95
5/23/95
5/24/95
5/25/95
5/26/95
5/27/95
5/28/95
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6/21/95
6/22/95
6/23/95
6/24/95
6/25/95
6/26/95
6/27/95
6/28/95
6/29/95
6/30/95
7/1/95
7/2/95
7/3/95
7/4/95
7/5/95
7/6/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Experimental Group 2 Nutrition

Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

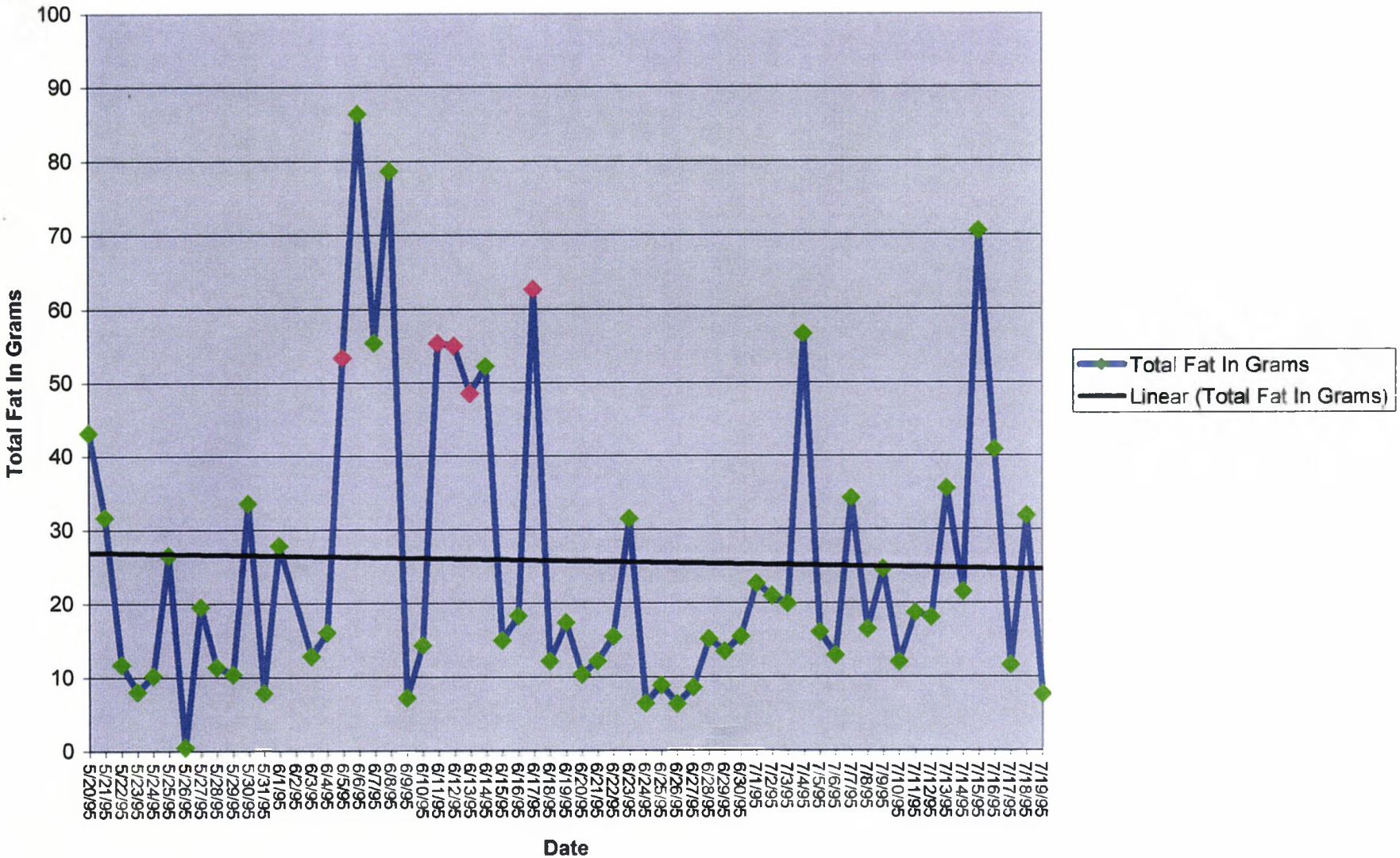
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/20/95	2	2	43.24	1660.9	55.36		X
05/21/95	2	2	31.72	1624.72	54.16		X
05/22/95	2	2	11.81	1021	34.03		X
05/23/95	2	2	8.09	972.56	32.42		X
05/24/95	2	2	10.28	1070.54	35.68		X
05/25/95	2	2	26.55	1451.39	48.38		X
05/26/95	2	2	0.53	100.62	3.35		X
05/27/95	2	2	19.63	1533.95	51.13		X
05/28/95	2	2	11.44	1441.93	48.06		X
05/29/95	2	2	10.47	1397.51	46.58		X
05/30/95	2	2	33.63	1380.17	46.01		X
05/31/95	2	2	7.94	874.27	29.14		X
06/01/95	2	2	27.87	1195.69	39.86		X
06/03/95	2	2	12.88	929.03	30.97		X
06/04/95	2	2	16.08	1340.7	44.69		X
06/05/95	2	2	53.49	1257.03	41.90	X	
06/06/95	2	2	86.47	2628.53	87.62		X
06/07/95	2	2	55.53	1887.99	62.93		X
06/08/95	2	2	78.74	3042.22	101.41		X
06/09/95	2	2	7.22	946.35	31.55		X
06/10/95	2	2	14.39	1397.41	46.58		X
06/11/95	2	2	55.45	1645.69	54.86	X	
06/12/95	2	2	55.09	1012.12	33.74	X	
06/13/95	2	2	48.6	1271.47	42.38	X	
06/14/95	2	2	52.3	1943.48	64.78		X
06/15/95	2	2	15.02	1022.72	34.09		X
06/16/95	2	2	18.32	1804.63	60.15		X
06/17/95	2	2	62.77	1462.22	48.74	X	
06/18/95	2	2	12.19	768.35	25.61		X
06/19/95	2	2	17.45	1179.23	39.31		X
06/20/95	2	2	10.36	733.21	24.44		X
06/21/95	2	2	12.2	988.66	32.96		X
06/22/95	2	2	15.52	1598.86	53.30		X
06/23/95	2	2	31.5	1911.47	63.72		X
06/24/95	2	2	6.5	760.77	25.36		X
06/25/95	2	2	8.96	943.12	31.44		X
06/26/95	2	2	6.43	1021.02	34.03		X
06/27/95	2	2	8.65	1236.34	41.21		X
06/28/95	2	2	15.17	1494.88	49.83		X
06/29/95	2	2	13.5	1350.23	45.01		X
06/30/95	2	2	15.53	1344.14	44.80		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/01/95	2	2	22.71	2172.48	72.42		X
07/02/95	2	2	21.03	2180.44	72.68		X
07/03/95	2	2	20.03	1643.08	54.77		X
07/04/95	2	2	56.66	2131.85	71.06		X
07/05/95	2	2	16.12	1140.24	38.01		X
07/06/95	2	2	12.96	1262.29	42.08		X
07/07/95	2	2	34.34	2270.67	75.69		X
07/08/95	2	2	16.53	898.97	29.97		X
07/09/95	2	2	24.66	1578.6	52.62		X
07/10/95	2	2	12.04	1252.61	41.75		X
07/11/95	2	2	18.73	1503.05	50.10		X
07/12/95	2	2	18.15	1665.11	55.50		X
07/13/95	2	2	35.6	1471.73	49.06		X
07/14/95	2	2	21.63	1232.46	41.08		X
07/15/95	2	2	70.66	2794.82	93.16		X
07/16/95	2	2	40.96	1520.51	50.68		X
07/17/95	2	2	11.66	1086.01	36.20		X
07/18/95	2	2	31.85	1810.03	60.33		X
07/19/95	2	2	7.69	650.39	21.68		X

Total Fat In Grams of Participant 2 of Group 2 as shown by day



Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

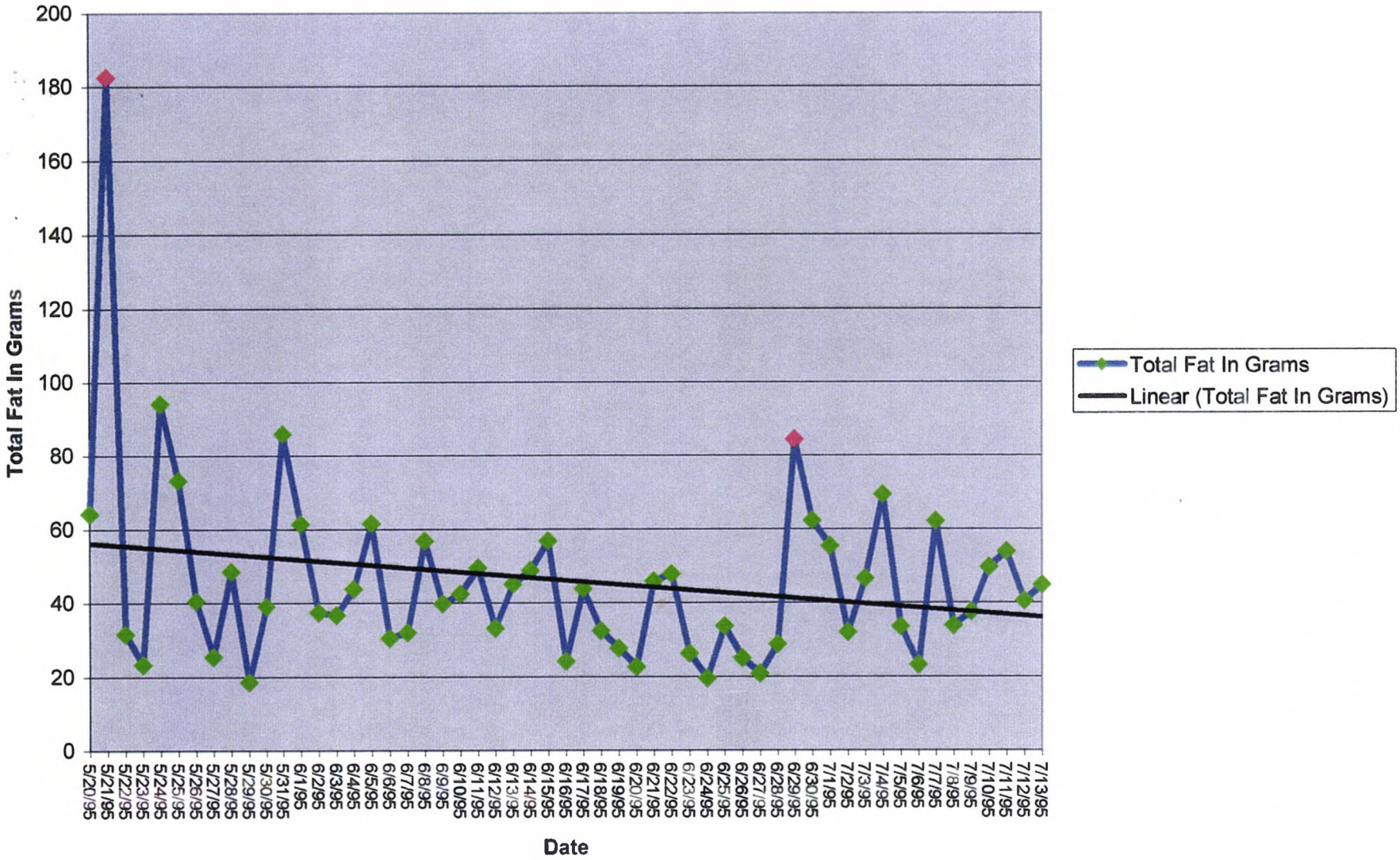
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/20/95	2	3	64.3	2360.02	78.67		X
05/21/95	2	3	182.65	3520.74	117.36	X	
05/22/95	2	3	31.61	2193.16	73.11		X
05/23/95	2	3	23.48	2556.63	85.22		X
05/24/95	2	3	94.32	3423.46	114.12		X
05/25/95	2	3	73.42	2516.51	83.88		X
05/26/95	2	3	40.58	2357.95	78.60		X
05/27/95	2	3	25.46	2086.95	69.57		X
05/28/95	2	3	48.61	1594.23	53.14		X
05/29/95	2	3	18.71	1974.86	65.83		X
05/30/95	2	3	39.19	1973.34	65.78		X
05/31/95	2	3	86	2952.18	98.41		X
06/01/95	2	3	61.51	2060.97	68.70		X
06/02/95	2	3	37.56	2460.98	82.03		X
06/03/95	2	3	36.83	2242.21	74.74		X
06/04/95	2	3	43.98	2687.38	89.58		X
06/05/95	2	3	61.68	2766.9	92.23		X
06/06/95	2	3	30.53	2718.23	90.61		X
06/07/95	2	3	32.04	2621.77	87.39		X
06/08/95	2	3	56.95	2505.14	83.50		X
06/09/95	2	3	39.9	2635.64	87.85		X
06/10/95	2	3	42.53	3154.4	105.15		X
06/11/95	2	3	49.68	3207.39	106.91		X
06/12/95	2	3	33.21	2864.37	95.48		X
06/13/95	2	3	45.14	3352.37	111.75		X
06/14/95	2	3	48.94	2587.81	86.26		X
06/15/95	2	3	56.9	2753.04	91.77		X
06/16/95	2	3	24.26	1646.52	54.88		X
06/17/95	2	3	43.92	2808.6	93.62		X
06/18/95	2	3	32.49	1877.83	62.59		X
06/19/95	2	3	27.69	2259.55	75.32		X
06/20/95	2	3	22.71	1934.7	64.49		X
06/21/95	2	3	46.09	2664.74	88.82		X
06/22/95	2	3	47.99	2844.46	94.82		X
06/23/95	2	3	26.32	2266.74	75.56		X
06/24/95	2	3	19.63	1720.21	57.34		X
06/25/95	2	3	33.72	2169.49	72.32		X
06/26/95	2	3	25.07	2494.5	83.15		X
06/27/95	2	3	20.89	1986.55	66.22		X
06/28/95	2	3	28.82	2255.59	75.19		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	2	3	84.54	2183.81	72.79	X	
06/30/95	2	3	62.36	2466.51	82.22		X
07/01/95	2	3	55.51	2681.96	89.40		X
07/02/95	2	3	32.11	2576.86	85.90		X
07/03/95	2	3	46.67	2898.78	96.63		X
07/04/95	2	3	69.45	3750.05	125.00		X
07/05/95	2	3	33.64	3790.45	126.35		X
07/06/95	2	3	23.25	1852.7	61.76		X
07/07/95	2	3	62.25	2430.55	81.02		X
07/08/95	2	3	33.89	2818.75	93.96		X
07/09/95	2	3	37.59	2545.31	84.84		X
07/10/95	2	3	49.84	3174.57	105.82		X
07/11/95	2	3	53.94	3248.01	108.27		X
07/12/95	2	3	40.57	3048.8	101.63		X
07/13/95	2	3	44.88	2307.2	76.91		X

Total Fat In Grams of Participant 3 of Group 2 as shown by day



Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

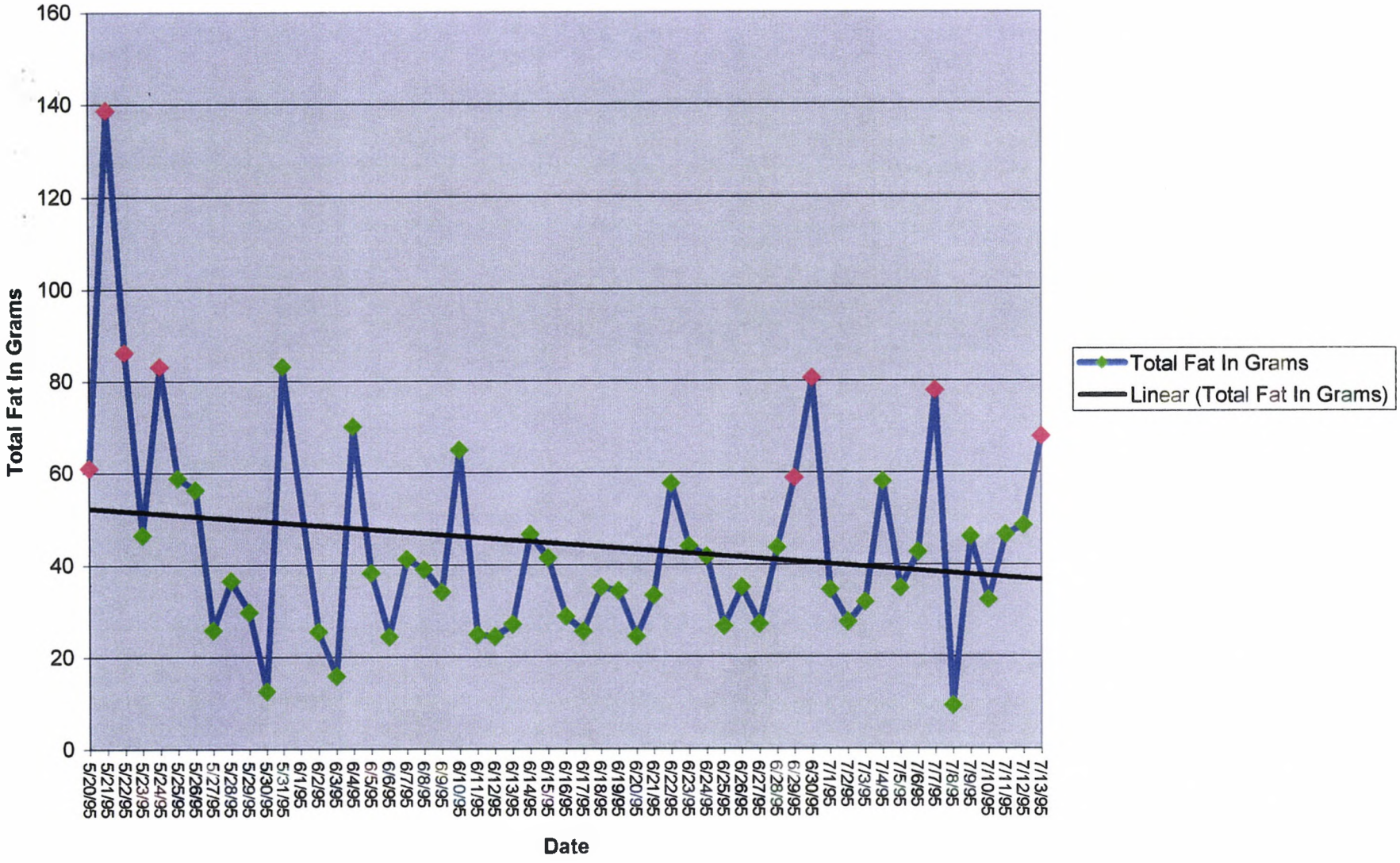
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/20/95	2	4	61.14	1536.18	51.21	X	
05/21/95	2	4	138.81	2636.97	87.90	X	
05/22/95	2	4	86.32	1981.74	66.06	X	
05/23/95	2	4	46.55	2042.91	68.10		X
05/24/95	2	4	83.27	2313.44	77.11	X	
05/25/95	2	4	58.92	2276.4	75.88		X
05/26/95	2	4	56.37	2314.7	77.16		X
05/27/95	2	4	25.91	1364.97	45.50		X
05/28/95	2	4	36.61	1962.82	65.43		X
05/29/95	2	4	29.81	1952	65.07		X
05/30/95	2	4	12.68	1225.13	40.84		X
05/31/95	2	4	83.19	3070.22	102.34		X
06/02/95	2	4	25.57	1796.44	59.88		X
06/03/95	2	4	15.99	1443.22	48.11		X
06/04/95	2	4	70.18	2219.14	73.97		X
06/05/95	2	4	38.32	1317.96	43.93		X
06/06/95	2	4	24.49	1231.22	41.04		X
06/07/95	2	4	41.3	2720.99	90.70		X
06/08/95	2	4	39.03	1607.31	53.58		X
06/09/95	2	4	34.17	1828.39	60.95		X
06/10/95	2	4	65.05	2261.28	75.38		X
06/11/95	2	4	24.83	1514.41	50.48		X
06/12/95	2	4	24.47	1379.23	45.97		X
06/13/95	2	4	27.06	2478.21	82.61		X
06/14/95	2	4	46.6	1770.47	59.02		X
06/15/95	2	4	41.54	2122.58	70.75		X
06/16/95	2	4	28.81	1711.16	57.04		X
06/17/95	2	4	25.53	1905.28	63.51		X
06/18/95	2	4	35.11	1727.21	57.57		X
06/19/95	2	4	34.32	2069.74	68.99		X
06/20/95	2	4	24.43	1832.3	61.08		X
06/21/95	2	4	33.34	1394.77	46.49		X
06/22/95	2	4	57.63	2973.99	99.13		X
06/23/95	2	4	44.11	2462.12	82.07		X
06/24/95	2	4	41.83	1799.55	59.99		X
06/25/95	2	4	26.69	1806.47	60.22		X
06/26/95	2	4	35.16	1793.81	59.79		X
06/27/95	2	4	27.07	1193.68	39.79		X
06/28/95	2	4	43.74	2593.46	86.45		X
06/29/95	2	4	58.96	1616.64	53.89	X	
06/30/95	2	4	80.69	2256.6	75.22	X	

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/01/95	2	4	34.54	1323.46	44.12		X
07/02/95	2	4	27.54	1755.95	58.53		X
07/03/95	2	4	31.87	1479.99	49.33		X
07/04/95	2	4	58.16	1919.21	63.97		X
07/05/95	2	4	34.9	1758.72	58.62		X
07/06/95	2	4	42.69	1620.3	54.01		X
07/07/95	2	4	77.94	2212.11	73.74	X	
07/08/95	2	4	9.52	1375.92	45.86		X
07/09/95	2	4	46.08	1906.73	63.56		X
07/10/95	2	4	32.31	1768.23	58.94		X
07/11/95	2	4	46.53	1913.07	63.77		X
07/12/95	2	4	48.5	1736.82	57.89		X
07/13/95	2	4	67.97	2032.68	67.76	X	

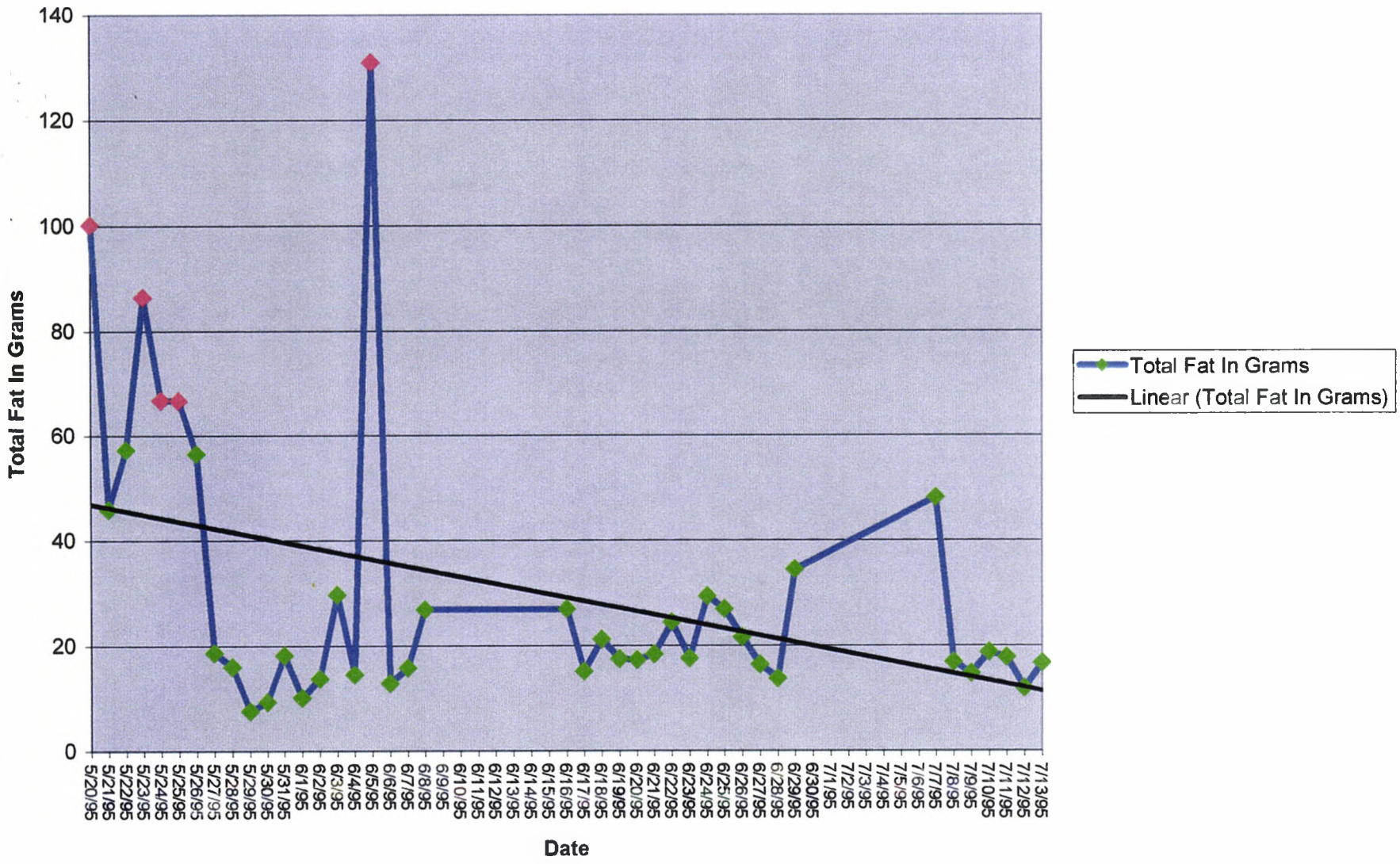
Total Fat In Grams of Participant 4 of Group 2 as shown by day



Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
5/20/95	2	7	100.24	2784.6	92.82	X	
5/21/95	2	7	46.02	1535.48	51.18		X
5/22/95	2	7	57.4	1749.38	58.31		X
5/23/95	2	7	86.51	2233.74	74.46	X	
5/24/95	2	7	66.89	1655.65	55.19	X	
5/25/95	2	7	66.82	1582.97	52.77	X	
5/26/95	2	7	56.66	1754.66	58.49		X
5/27/95	2	7	18.7	1411.29	47.04		X
5/28/95	2	7	16.1	1518.76	50.63		X
5/29/95	2	7	7.73	1125.49	37.52		X
5/30/95	2	7	9.48	1512.93	50.43		X
5/31/95	2	7	18.22	1925.68	64.19		X
6/1/95	2	7	10.29	1254.4	41.81		X
6/2/95	2	7	13.89	1543.73	51.46		X
6/3/95	2	7	29.8	1257.66	41.92		X
6/4/95	2	7	14.65	1444.86	48.16		X
6/5/95	2	7	131.02	1482.95	49.43	X	
6/6/95	2	7	13	1143.91	38.13		X
6/7/95	2	7	15.94	1469.13	48.97		X
6/8/95	2	7	26.95	1572.68	52.42		X
6/16/95	2	7	27.02	1446.6	48.22		X
6/17/95	2	7	15.25	978.11	32.60		X
6/18/95	2	7	21.24	1511.3	50.38		X
6/19/95	2	7	17.57	1372.98	45.77		X
6/20/95	2	7	17.38	1685.07	56.17		X
6/21/95	2	7	18.42	1483.11	49.44		X
6/22/95	2	7	24.46	1797.3	59.91		X
6/23/95	2	7	17.67	1624.65	54.16		X
6/24/95	2	7	29.44	1268.12	42.27		X
6/25/95	2	7	27.07	1258.22	41.94		X
6/26/95	2	7	21.69	1686.99	56.23		X
6/27/95	2	7	16.52	1552.43	51.75		X
6/28/95	2	7	13.88	1856.94	61.90		X
6/29/95	2	7	34.57	1687.83	56.26		X
7/7/95	2	7	48.19	2183.42	72.78		X
7/8/95	2	7	17.03	1556.23	51.87		X
7/9/95	2	7	14.84	1460.9	48.70		X
7/10/95	2	7	18.89	1809.17	60.31		X
7/11/95	2	7	17.89	1844.94	61.50		X
7/12/95	2	7	12.03	1751.68	58.39		X
7/13/95	2	7	16.82	1524.82	50.83		X


Total Fat In Grams of Participant 7 of Group 2 as shown by day
Total Fat In Grams
140
120
100
80
60
40
20
0
5/20/95
5/21/95
5/22/95
5/23/95
5/24/95
5/25/95
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5/27/95
5/28/95
5/29/95
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7/5/95
7/6/95
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7/8/95
7/9/95
7/10/95
7/11/95
7/12/95
7/13/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

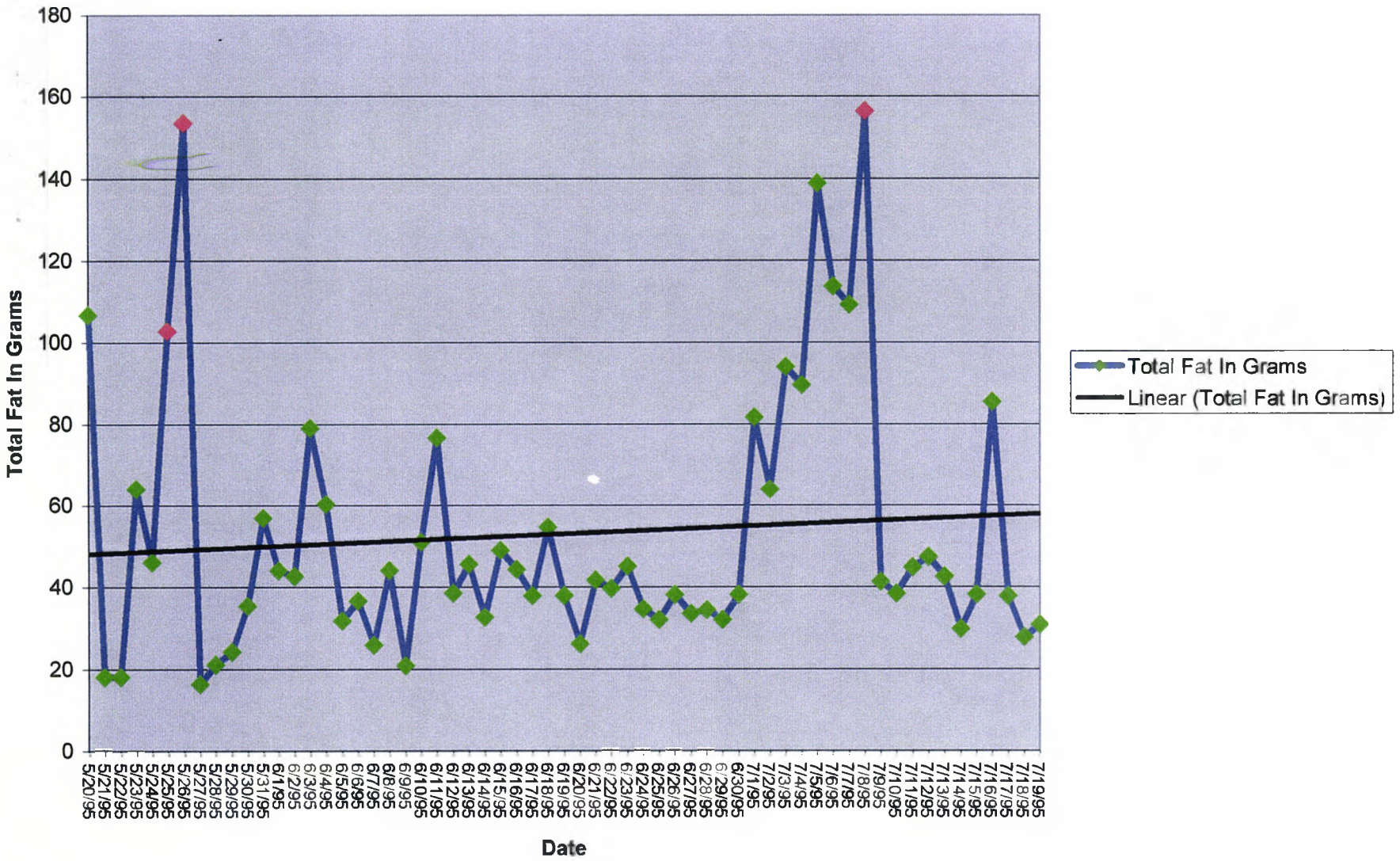
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat In Grams	Above 30%	Below 30%
05/20/95	2	9	106.78	3550.21	118.34		X
05/21/95	2	9	18.17	2892.62	96.42		X
05/22/95	2	9	18.19	2419.6	80.65		X
05/23/95	2	9	64.18	2919.4	97.31		X
05/24/95	2	9	46.13	1501.73	50.06		X
05/25/95	2	9	102.96	2784.9	92.83	X	
05/26/95	2	9	153.63	3548.98	118.30	X	
05/27/95	2	9	16.44	1767.32	58.91		X
05/28/95	2	9	21.21	2078.56	69.29		X
05/29/95	2	9	24.29	1930.19	64.34		X
05/30/95	2	9	35.5	2859.04	95.30		X
05/31/95	2	9	56.93	2861.13	95.37		X
06/01/95	2	9	44.16	2832.08	94.40		X
06/02/95	2	9	42.85	3659.1	121.97		X
06/03/95	2	9	79.02	2619.13	87.30		X
06/04/95	2	9	60.36	3378.7	112.62		X
06/05/95	2	9	31.88	4143.04	138.10		X
06/06/95	2	9	36.75	2769.79	92.33		X
06/07/95	2	9	26.03	2634.59	87.82		X
06/08/95	2	9	44.17	2970.82	99.03		X
06/09/95	2	9	20.96	2300.07	76.67		X
06/10/95	2	9	51.08	3199.61	106.65		X
06/11/95	2	9	76.71	3293.34	109.78		X
06/12/95	2	9	38.62	2754.5	91.82		X
06/13/95	2	9	45.73	2887.444	96.25		X
06/14/95	2	9	32.76	2298.08	76.60		X
06/15/95	2	9	49.14	3077.57	102.59		X
06/16/95	2	9	44.39	2599.12	86.64		X
06/17/95	2	9	38	2745.82	91.53		X
06/18/95	2	9	54.68	3146.04	104.87		X
06/19/95	2	9	37.99	3245.23	108.17		X
06/20/95	2	9	26.27	2501.86	83.40		X
06/21/95	2	9	41.84	2936.82	97.89		X
06/22/95	2	9	39.79	3079.07	102.64		X
06/23/95	2	9	45.19	3365.18	112.17		X
06/24/95	2	9	34.83	3481.18	116.04		X
06/25/95	2	9	32.15	3120.23	104.01		X
06/26/95	2	9	38.26	3096.43	103.21		X
06/27/95	2	9	33.64	2935.67	97.86		X
06/28/95	2	9	34.51	3074.67	102.49		X

Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
06/29/95	2	9	32.15	3252.08	108.40		X
06/30/95	2	9	38.32	3424.09	114.14		X
07/01/95	2	9	81.72	3582.73	119.42		X
07/02/95	2	9	64.06	3501.61	116.72		X
07/03/95	2	9	94.12	3783.27	126.11		X
07/04/95	2	9	89.64	3475.67	115.86		X
07/05/95	2	9	138.94	4269.56	142.32		X
07/06/95	2	9	113.9	3511.16	117.04		X
07/07/95	2	9	109.34	3516.33	117.21		X
07/08/95	2	9	156.5	4319.09	143.97	X	
07/09/95	2	9	41.48	2989.31	99.64		X
07/10/95	2	9	38.57	3090.02	103.00		X
07/11/95	2	9	44.91	3107.61	103.59		X
07/12/95	2	9	47.47	3340.57	111.35		X
07/13/95	2	9	42.72	3302.95	110.10		X
07/14/95	2	9	29.9	3062.31	102.08		X
07/15/95	2	9	38.31	3116.98	103.90		X
07/16/95	2	9	85.49	3586.4	119.55		X
07/17/95	2	9	37.92	2802.64	93.42		X
07/18/95	2	9	27.89	2657.74	88.59		X
07/19/95	2	9	30.85	2686.91	89.56		X

Total Fat In Grams of Participant 9 of Group 2 as shown by day



Tabular Data By Participant of Daily Calories Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

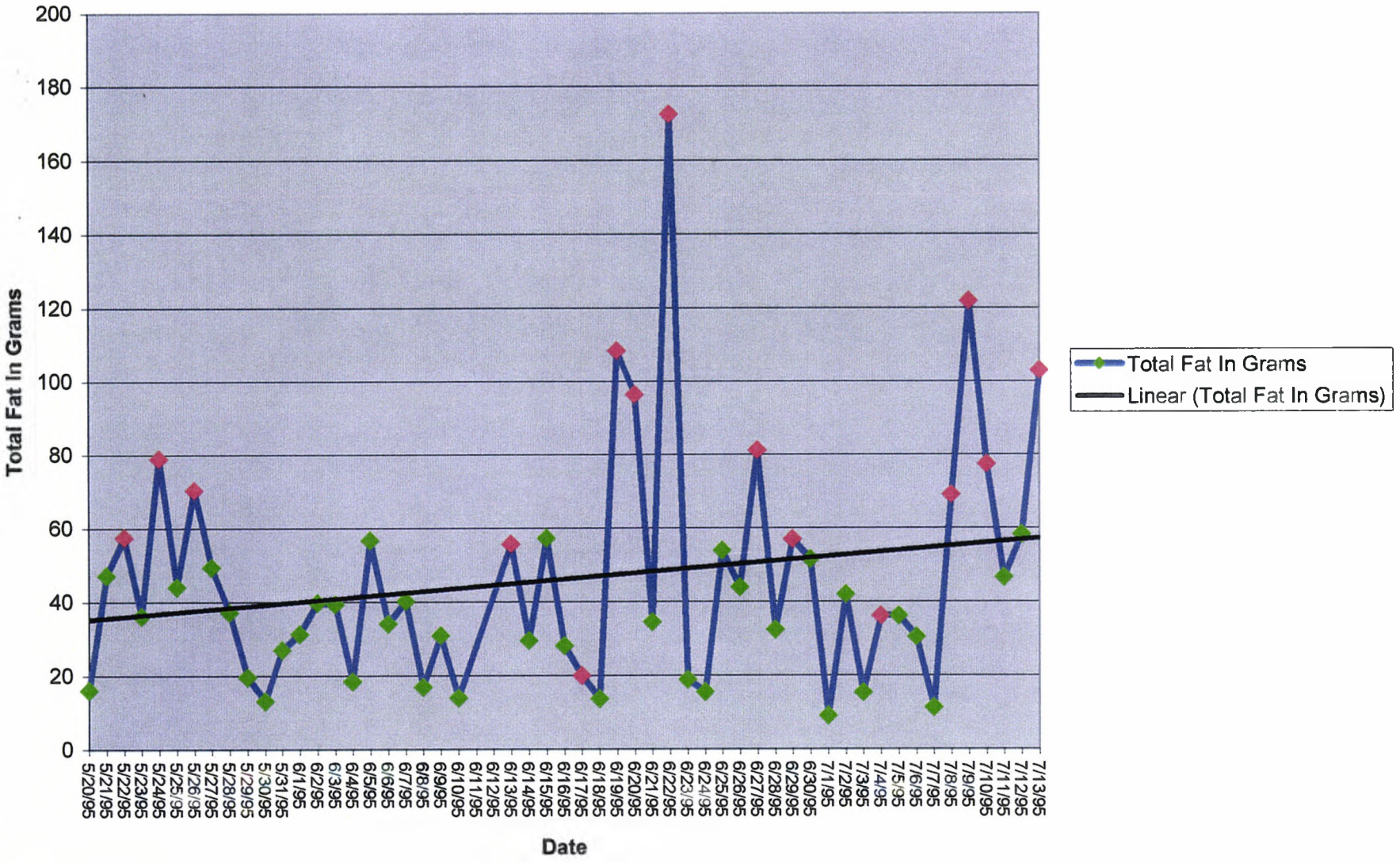
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
05/20/95	2	10	16.22	1795.49	59.85		X
05/21/95	2	10	47.29	1496.74	49.89		X
05/22/95	2	10	57.61	1157.89	38.60	X	
05/23/95	2	10	36.24	1324.55	44.15		X
05/24/95	2	10	79.01	1850.38	61.68	X	
05/25/95	2	10	44.18	2086.77	69.56		X
05/26/95	2	10	70.46	1883.33	62.78	X	
05/27/95	2	10	49.45	1494.62	49.82		X
05/28/95	2	10	37.27	1351.38	45.05		X
05/29/95	2	10	19.69	1064.07	35.47		X
05/30/95	2	10	13.27	1480.48	49.35		X
05/31/95	2	10	27.12	1148.16	38.27		X
06/01/95	2	10	31.44	1669.54	55.65		X
06/02/95	2	10	39.89	1754.46	58.48		X
06/03/95	2	10	39.45	1753.82	58.46		X
06/04/95	2	10	18.56	2116.72	70.56		X
06/05/95	2	10	56.8	2941.19	98.04		X
06/06/95	2	10	34.12	2058.03	68.60		X
06/07/95	2	10	40.37	1816.59	60.55		X
06/08/95	2	10	17.01	1547.13	51.57		X
06/09/95	2	10	30.94	1404.03	46.80		X
06/10/95	2	10	14.04	1157.22	38.57		X
06/13/95	2	10	55.82	1442.31	48.08	X	
06/14/95	2	10	29.59	1487.52	49.58		X
06/15/95	2	10	57.26	2017.43	67.25		X
06/16/95	2	10	28.17	877.98	29.27		X
06/17/95	2	10	20.13	503.64	16.79	X	
06/18/95	2	10	13.79	645.04	21.50		X
06/19/95	2	10	108.51	2014.33	67.14	X	
06/20/95	2	10	96.46	2229.15	74.31	X	
06/21/95	2	10	34.63	1293.85	43.13		X
06/22/95	2	10	172.7	3064.7	102.16	X	
06/23/95	2	10	18.97	1353.41	45.11		X
06/24/95	2	10	15.69	1579.36	52.65		X
06/25/95	2	10	53.92	1763.47	58.78		X
06/26/95	2	10	44.12	1755.11	58.50		X
06/27/95	2	10	81.33	2143.64	71.45	X	
06/28/95	2	10	32.55	1036.72	34.56		X
06/29/95	2	10	57.04	1595.64	53.19	X	
06/30/95	2	10	51.61	2412.69	80.42		X
07/01/95	2	10	9.21	982.2	32.74		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
07/02/95	2	10	42.15	1553.46	51.78		X
07/03/95	2	10	15.5	727.64	24.25		X
07/04/95	2	10	36.22	857.99	28.60	X	
07/05/95	2	10	36.22	2317.97	77.27		X
07/06/95	2	10	30.59	2158.51	71.95		X
07/07/95	2	10	11.45	565.53	18.85		X
07/08/95	2	10	69.14	1721.33	57.38	X	
07/09/95	2	10	122.05	2240.31	74.68	X	
07/10/95	2	10	77.52	1888.82	62.96	X	
07/11/95	2	10	46.68	1764.3	58.81		X
07/12/95	2	10	58.35	2203.93	73.46		X
07/13/95	2	10	103.07	2466.85	82.23	X	

Total Fat In Grams of Participant 10 of Group 2 as shown by day

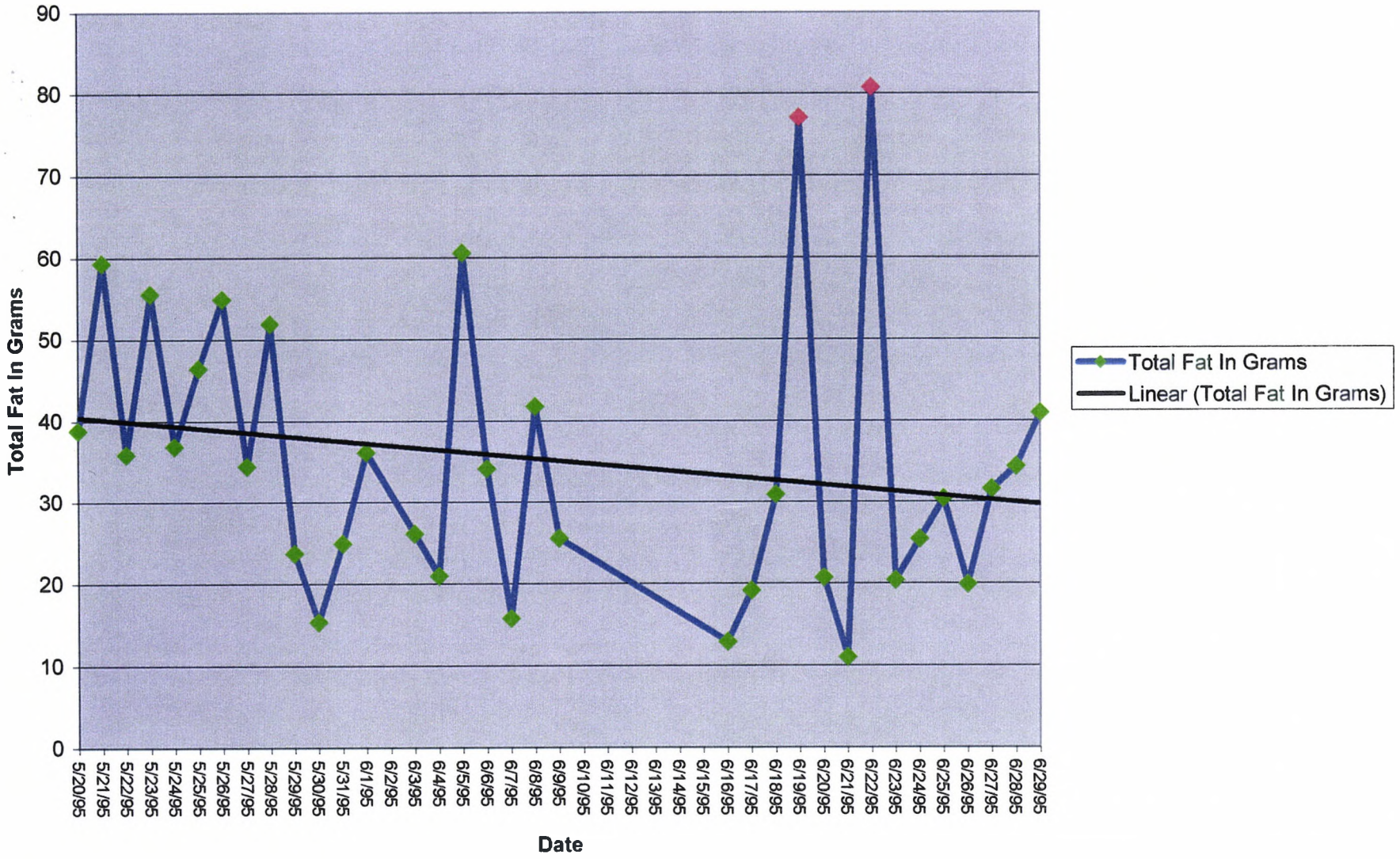


Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
5/20/95	2	11	38.82	1202.59	40.09		X
5/21/95	2	11	59.4	2065.61	68.85		X
5/22/95	2	11	35.89	1524.41	50.81		X
5/23/95	2	11	55.63	1858.27	61.94		X
5/24/95	2	11	36.88	1406.91	46.90		X
5/25/95	2	11	46.52	1504.49	50.15		X
5/26/95	2	11	54.99	1853.56	61.79		X
5/27/95	2	11	34.46	2294.86	76.50		X
5/28/95	2	11	51.96	2580.24	86.01		X
5/29/95	2	11	23.81	1902.51	63.42		X
5/30/95	2	11	15.38	1201.28	40.04		X
5/31/95	2	11	24.97	1697.8	56.59		X
6/1/95	2	11	36.15	1675.9	55.86		X
6/3/95	2	11	26.15	1315.64	43.85		X
6/4/95	2	11	21	1020.16	34.01		X
6/5/95	2	11	60.6	2064.99	68.83		X
6/6/95	2	11	34.12	1615.5	53.85		X
6/7/95	2	11	15.79	1645.52	54.85		X
6/8/95	2	11	41.81	2255.29	75.18		X
6/9/95	2	11	25.62	2003.42	66.78		X
6/16/95	2	11	12.92	1323.21	44.11		X
6/17/95	2	11	19.19	2371.28	79.04		X
6/18/95	2	11	30.97	1891.27	63.04		X
6/19/95	2	11	77.11	2179.42	72.65	X	
6/20/95	2	11	20.77	1497.03	49.90		X
6/21/95	2	11	11.05	1700.62	56.69		X
6/22/95	2	11	80.82	2335.34	77.84	X	
6/23/95	2	11	20.44	1698.05	56.60		X
6/24/95	2	11	25.51	2329.8	77.66		X
6/25/95	2	11	30.41	2030.83	67.69		X
6/26/95	2	11	19.93	2010.83	67.03		X
6/27/95	2	11	31.66	2087.83	69.59		X
6/28/95	2	11	34.42	1929.84	64.33		X
6/29/95	2	11	40.97	1964.76	65.49		X

Total Fat In Grams of Participant 11 of Group 2 as shown by day



Best Performing Part. Ranked % of Days Below 30% Calories Fat Non-Shift

Non-Shift Study

Rank of Best Performing Participant as Ranked by Percentage of Days

Below

30% of Daily Calories From Fat

Rank of Best Performing Participant as Ranked By Percentage of Days Below 30% of Daily Calories From Fat

	Group	Participant	Percentage Below 30%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	1	100.00%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	11	100.00%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	12	100.00%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	4	98.21%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	14	98.18%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	2	97.78%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	3	96.36%
Exp. Gr.	2 - Nutrition Non-Shift Study	3	96.36%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	18	95.24%
Exp. Gr.	2 - Nutrition Non-Shift Study	9	95.08%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	5	94.44%
Exp. Gr.	2 - Nutrition Non-Shift Study	11	94.12%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	7	93.62%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	20	92.86%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	21	92.45%
Exp. Gr.	2 - Nutrition Non-Shift Study	2	91.67%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	23	89.09%
Exp. Gr.	2 - Nutrition Non-Shift Study	7	87.80%
Exp. Gr.	2 - Nutrition Non-Shift Study	4	85.19%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	10	82.61%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	6	75.86%
Exp. Gr.	2 - Nutrition Non-Shift Study	10	71.70%

Best Performing Part. by Grp. Ranked % of Days Below 30% Fat Non-Shift

Non-Shift Study

Rank of Best Performing Participant by Group as Ranked by Percentage of Days

Below 30% of Daily Calories From Fat

Rank of Best Performing Participant by Group as Ranked By Percentage of Days Below 30% of Daily Calories From Fat

	Group	Participant	Percentage Below 30%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	1	100.00%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	11	100.00%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	12	100.00%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	4	98.21%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	14	98.18%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	2	97.78%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	7	93.62%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	20	92.86%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	21	92.45%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	23	89.09%
Exp. Gr.	1 - Lean Bodies Non-Shift Study	10	82.61%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	3	96.36%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	18	95.24%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	5	94.44%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	6	75.86%
Exp. Gr.	2 - Nutrition Non-Shift Study	3	96.36%
Exp. Gr.	2 - Nutrition Non-Shift Study	9	95.08%
Exp. Gr.	2 - Nutrition Non-Shift Study	11	94.12%
Exp. Gr.	2 - Nutrition Non-Shift Study	2	91.67%
Exp. Gr.	2 - Nutrition Non-Shift Study	7	87.80%
Exp. Gr.	2 - Nutrition Non-Shift Study	4	85.19%
Exp. Gr.	2 - Nutrition Non-Shift Study	10	71.70%

Best Performing Grp. Ranked % of Days Below 30% Fat Non-Shift

Rank of Best Performing Group as Ranked by Percentage of Days Below 30%

of Daily Calories From Fat

Rank of Best Performing Group as Ranked By Percentage of Days Below 30% of Daily Calories From Fat

	Group	**Percentage Below 30%**
Exp. Gr.	1 - Lean Bodies Non-Shift Study	94.98%
Exp. Gr.	1 - Lean Bodies Reality Non-Shift Study	90.48%
Exp. Gr.	2 - Nutrition Non-Shift Study	88.85%

Discussion

As previously discussed the typical approach for gathering "food diary" data is a "sample days" approach. Although, this is an acceptable approach, it does have its limitations. The Non-Shift Study incorporated a "daily food diary" approach. This method opens many venues for exploration. Because of its characteristics, various "trends" can be followed.

In the Non-Shift Study, what emerges is the ability to look at daily energy through-put and how it correlates with percentage of daily calories coming from fat. The "Tabular Data By Participant of Daily Calories" and "Tabular Data By Participant of Fat Above/Below 30% of Daily Calories" along with each Participant's "Linear Graph of Total Fat In Grams of Participant," reveals the significant consistency of days of the Participants in the Non-Shift Study that contain 30% or less of daily calories from fat. Each of these methods for displaying this data was designed to clearly show the results/findings in a straight-forward manner. A manner that is " self-explanatory" by simply viewing the tabular and graphical data.

The emerging picture that "stands out" is the importance of "consistency." Long term lifestyle changes are born out of behavior patterns that are consistent and geared toward results.

Correlation trend of physiological change for Non-Shift Study

Descriptive notes

The data is displayed in the following order:

Participants are ranked "by Participant" in a correlation trend in accordance to their points of physiological change in Pounds of Body fat (% of Change) on one page. The next page displays the Participants ranked "by Participant" in accordance to their points of physiological change in Total Cholesterol. The next page exhibits the Participants ranked "by Participant" in accordance to their points of physiological change in Diastolic Blood Pressure. The next page shows the Participants ranked "by Participant" in accordance to their points of physiological Overall Change in Body Fat, Total Cholesterol and Diastolic Blood Pressure. The next page displays the Participants ranked "by Participant" in accordance to their points of physiological Overall Change in Body Fat, Total Cholesterol and Diastolic Blood Pressure with each of the physiological change categories displayed for each Participant for overview purposes.

The next page exhibits the Participants ranked "by Group" in a correlation trend in accordance to their points of physiological change in Pounds of Body fat (% of Change) on one page. The next page displays the Participants ranked "by Group" in accordance to their points of physiological change in Total Cholesterol. The next page exhibits the Participants ranked "by Group" in accordance to their points of physiological change in Diastolic Blood

Pressure. The next page shows the Participants ranked "by Group" in accordance to their points of physiological Overall change in Body fat, Total Cholesterol and Diastolic Blood Pressure. The next page displays the Participants ranked "by Group" in accordance to their points of physiological Overall change in Body Fat, Total Cholesterol and Diastolic Blood Pressure with each of the physiological change categories displayed for each Participant for overview purposes.

Correlation trend of physiological change for Non-Shift Study by Participant

Group	Participant	Pounds of Body Fat (% of Change)
Exp. Group 1 NR (Reality)	17	-43.167
Exp. Group 1 Lean Bodies	1	-40.21
Exp. Group 1 Lean Bodies	21	-39.637
Exp. Group 1 NR (Reality)	6	-27.33
Exp. Group 1 Lean Bodies	7	-25.239
Exp. Group 1 Lean Bodies	14	-25.15
Exp. Group 2 Nutrition	6	-24.234
Exp. Group 1 Lean Bodies	4	-23.906
Exp. Group 1 Lean Bodies	2	-22.862
Exp. Group 1 NR (Reality)	5	-22.77
Exp. Group 2 Nutrition	9	-22.746
Exp. Group 2 Nutrition	10	-22.257
Exp. Group 1 Lean Bodies	23	-21.384
Exp. Group 1 Lean Bodies	15	-20.865
Exp. Group 2 Nutrition	3	-19.641
Exp. Group 1 NR (Reality)	18	-19.444
Exp. Group 2 Nutrition	11	-19.295
Exp. Group 1 Lean Bodies	9	-19.076
Exp. Group 1 Lean Bodies	10	-18.4
Exp. Group 2 Nutrition	8	-18.203
Exp. Group 1 Lean Bodies	11	-17.611
Exp. Group 1 Lean Bodies	20	-15.04
Exp. Group 1 Lean Bodies	12	-14.33
Exp. Group 2 Nutrition	7	-12.935
Exp. Group 2 Nutrition	4	-11.08
Exp. Group 1 NR (Reality)	3	-10.643
Exp. Group 1 Lean Bodies	13	-9.893
Exp. Group 2 Nutrition	2	-9.315
Exp. Group 1 Lean Bodies	22	-6.806
Exp. Group 1 Lean Bodies	19	X

Correlation trend of physiological change for Non-Shift Study by Participant

Group	Participant	Change in Total Cholesterol
Exp. Group 1 NR (Reality)	5	-87
Exp. Group 1 Lean Bodies	22	-78
Exp. Group 2 Nutrition	8	-74
Exp. Group 1 Lean Bodies	2	-72
Exp. Group 1 Lean Bodies	11	-56
Exp. Group 2 Nutrition	4	-56
Exp. Group 1 Lean Bodies	19	-56
Exp. Group 1 Lean Bodies	13	-53
Exp. Group 1 Lean Bodies	1	-45
Exp. Group 1 Lean Bodies	7	-45
Exp. Group 1 Lean Bodies	20	-43
Exp. Group 1 NR (Reality)	17	-42
Exp. Group 1 Lean Bodies	12	-38
Exp. Group 1 NR (Reality)	6	-35
Exp. Group 1 Lean Bodies	14	-25
Exp. Group 2 Nutrition	11	-24
Exp. Group 2 Nutrition	9	-20
Exp. Group 1 Lean Bodies	15	-19
Exp. Group 1 NR (Reality)	3	-18
Exp. Group 2 Nutrition	3	-17
Exp. Group 1 NR (Reality)	18	-17
Exp. Group 1 Lean Bodies	10	-15
Exp. Group 2 Nutrition	2	-15
Exp. Group 1 Lean Bodies	23	-14
Exp. Group 1 Lean Bodies	4	-12
Exp. Group 2 Nutrition	6	-8
Exp. Group 2 Nutrition	7	-6
Exp. Group 1 Lean Bodies	21	1
Exp. Group 2 Nutrition	10	5
Exp. Group 1 Lean Bodies	9	X

Correlation trend of physiological change for Non-Shift Study by Participant

Group	Participant	Change in Diastolic Blood Pressure
Exp. Group 1 Lean Bodies	11	-22
Exp. Group 1 Lean Bodies	22	-14
Exp. Group 1 Lean Bodies	19	-14
Exp. Group 1 NR (Reality)	5	-13
Exp. Group 1 NR (Reality)	17	-12
Exp. Group 2 Nutrition	9	-12
Exp. Group 1 Lean Bodies	7	-10
Exp. Group 1 Lean Bodies	2	-8
Exp. Group 1 Lean Bodies	12	-8
Exp. Group 1 Lean Bodies	1	-7
Exp. Group 2 Nutrition	4	-6
Exp. Group 1 Lean Bodies	14	-6
Exp. Group 1 Lean Bodies	4	-6
Exp. Group 2 Nutrition	8	-5
Exp. Group 2 Nutrition	2	-4
Exp. Group 1 Lean Bodies	20	-2
Exp. Group 1 NR (Reality)	6	0
Exp. Group 1 Lean Bodies	23	0
Exp. Group 2 Nutrition	6	0
Exp. Group 2 Nutrition	7	0
Exp. Group 2 Nutrition	11	2
Exp. Group 1 Lean Bodies	15	2
Exp. Group 2 Nutrition	10	4
Exp. Group 1 Lean Bodies	13	5
Exp. Group 2 Nutrition	3	6
Exp. Group 1 NR (Reality)	3	17
Exp. Group 1 Lean Bodies	10	18
Exp. Group 1 NR (Reality)	18	X
Exp. Group 1 Lean Bodies	21	X
Exp. Group 1 Lean Bodies	9	X

Correlation trend of physiological change for Non-Shift Study by Participant

Group	Participant	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 NR (Reality)	5	-122.77
Exp. Group 1 Lean Bodies	2	-102.86
Exp. Group 1 Lean Bodies	22	-98.91
Exp. Group 2 Nutrition	8	-97.2
Exp. Group 1 NR (Reality)	17	-97.17
Exp. Group 1 Lean Bodies	11	-95.61
Exp. Group 1 Lean Bodies	1	-92.21
Exp. Group 1 Lean Bodies	7	-80.24
Exp. Group 2 Nutrition	4	-73.08
Exp. Group 1 Lean Bodies	19	-70
Exp. Group 1 NR (Reality)	6	-62.33
Exp. Group 1 Lean Bodies	12	-60.33
Exp. Group 1 Lean Bodies	20	-60.04
Exp. Group 1 Lean Bodies	13	-57.89
Exp. Group 1 Lean Bodies	14	-56.15
Exp. Group 2 Nutrition	9	-54.75
Exp. Group 1 Lean Bodies	4	-41.91
Exp. Group 2 Nutrition	11	-41.3
Exp. Group 1 Lean Bodies	21	-38.64
Exp. Group 1 Lean Bodies	15	-37.87
Exp. Group 1 NR (Reality)	18	-36.44
Exp. Group 1 Lean Bodies	23	-35.38
Exp. Group 2 Nutrition	6	-32.23
Exp. Group 2 Nutrition	3	-30.64
Exp. Group 2 Nutrition	2	-28.32
Exp. Group 1 Lean Bodies	9	-19.08
Exp. Group 2 Nutrition	7	-18.94
Exp. Group 1 Lean Bodies	10	-15.4
Exp. Group 2 Nutrition	10	-13.26
Exp. Group 1 NR (Reality)	3	-11.64

Correlation trend of physiological change for Non-Shift Study by Participant

Group	Participant	Pounds of Body Fat (% of Change)	Change in Total Cholesterol	Change in Diastolic Blood Pressure	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 NR (Reality)	5	-22.77	-87	-13	-122.77
Exp. Group 1 Lean Bodies	2	-22.862	-72	-8	-102.86
Exp. Group 1 Lean Bodies	22	-6.806	-78	-14	-98.81
Exp. Group 2 Nutrition	8	-18.203	-74	-5	-97.20
Exp. Group 1 NR (Reality)	17	-43.167	-42	-12	-97.17
Exp. Group 1 Lean Bodies	11	-17.611	-56	-22	-95.61
Exp. Group 1 Lean Bodies	1	-40.21	-45	-7	-92.21
Exp. Group 1 Lean Bodies	7	-25.239	-45	-10	-80.24
Exp. Group 2 Nutrition	4	-11.08	-56	-6	-73.08
Exp. Group 1 Lean Bodies	19	X	-56	-14	-70.00
Exp. Group 1 NR (Reality)	6	-27.33	-35	0	-62.33
Exp. Group 1 Lean Bodies	12	-14.33	-38	-8	-60.33
Exp. Group 1 Lean Bodies	20	-15.04	-43	-2	-60.04
Exp. Group 1 Lean Bodies	13	-9.893	-53	5	-57.89
Exp. Group 1 Lean Bodies	14	-25.15	-25	-6	-56.15
Exp. Group 2 Nutrition	9	-22.746	-20	-12	-54.75
Exp. Group 1 Lean Bodies	4	-23.906	-12	-6	-41.91
Exp. Group 2 Nutrition	11	-19.295	-24	2	-41.30
Exp. Group 1 Lean Bodies	21	-39.637	1	X	-38.64
Exp. Group 1 Lean Bodies	15	-20.865	-19	2	-37.87
Exp. Group 1 NR (Reality)	18	-19.444	-17	X	-36.44
Exp. Group 1 Lean Bodies	23	-21.384	-14	0	-35.38
Exp. Group 2 Nutrition	6	-24.234	-8	0	-32.23
Exp. Group 2 Nutrition	3	-19.641	-17	6	-30.64
Exp. Group 2 Nutrition	2	-9.315	-15	-4	-28.32
Exp. Group 1 Lean Bodies	9	-19.076	X	X	-19.08
Exp. Group 2 Nutrition	7	-12.935	-6	0	-18.94
Exp. Group 1 Lean Bodies	10	-18.4	-15	18	-15.40
Exp. Group 2 Nutrition	10	-22.257	5	4	-13.26
Exp. Group 1 NR (Reality)	3	-10.643	-18	17	-11.64

Correlation trend of physiological change for Non-Shift Study by Group

Group	Participant	Pounds of Body Fat (% of Change)
Exp. Group 1 Lean Bodies	1	-40.21
Exp. Group 1 Lean Bodies	21	-39.637
Exp. Group 1 Lean Bodies	7	-25.239
Exp. Group 1 Lean Bodies	14	-25.15
Exp. Group 1 Lean Bodies	4	-23.906
Exp. Group 1 Lean Bodies	2	-22.862
Exp. Group 1 Lean Bodies	23	-21.384
Exp. Group 1 Lean Bodies	15	-20.865
Exp. Group 1 Lean Bodies	9	-19.076
Exp. Group 1 Lean Bodies	10	-18.4
Exp. Group 1 Lean Bodies	11	-17.611
Exp. Group 1 Lean Bodies	20	-15.04
Exp. Group 1 Lean Bodies	12	-14.33
Exp. Group 1 Lean Bodies	13	-9.893
Exp. Group 1 Lean Bodies	22	-6.806
Exp. Group 1 Lean Bodies	19	X
Exp. Group 1 NR (Reality)	17	-43.167
Exp. Group 1 NR (Reality)	6	-27.33
Exp. Group 1 NR (Reality)	5	-22.77
Exp. Group 1 NR (Reality)	18	-19.444
Exp. Group 1 NR (Reality)	3	-10.643
Exp. Group 2 Nutrition	6	-24.234
Exp. Group 2 Nutrition	9	-22.746
Exp. Group 2 Nutrition	10	-22.257
Exp. Group 2 Nutrition	3	-19.641
Exp. Group 2 Nutrition	11	-19.295
Exp. Group 2 Nutrition	8	-18.203
Exp. Group 2 Nutrition	7	-12.935
Exp. Group 2 Nutrition	4	-11.08
Exp. Group 2 Nutrition	2	-9.315

Correlation trend of physiological change for Non-Shift Study by Group

Group	Participant	Change in Total Cholesterol
Exp. Group 1 Lean Bodies	22	-78
Exp. Group 1 Lean Bodies	2	-72
Exp. Group 1 Lean Bodies	11	-56
Exp. Group 1 Lean Bodies	19	-56
Exp. Group 1 Lean Bodies	13	-53
Exp. Group 1 Lean Bodies	1	-45
Exp. Group 1 Lean Bodies	7	-45
Exp. Group 1 Lean Bodies	20	-43
Exp. Group 1 Lean Bodies	12	-38
Exp. Group 1 Lean Bodies	14	-25
Exp. Group 1 Lean Bodies	15	-19
Exp. Group 1 Lean Bodies	10	-15
Exp. Group 1 Lean Bodies	23	-14
Exp. Group 1 Lean Bodies	4	-12
Exp. Group 1 Lean Bodies	21	1
Exp. Group 1 Lean Bodies	9	X
Exp. Group 1 NR (Reality)	5	-87
Exp. Group 1 NR (Reality)	17	-42
Exp. Group 1 NR (Reality)	6	-35
Exp. Group 1 NR (Reality)	3	-18
Exp. Group 1 NR (Reality)	18	-17
Exp. Group 2 Nutrition	8	-74
Exp. Group 2 Nutrition	4	-56
Exp. Group 2 Nutrition	11	-24
Exp. Group 2 Nutrition	9	-20
Exp. Group 2 Nutrition	3	-17
Exp. Group 2 Nutrition	2	-15
Exp. Group 2 Nutrition	6	-8
Exp. Group 2 Nutrition	7	-6
Exp. Group 2 Nutrition	10	5

Correlation trend of physiological change for Non-Shift Study by Group

Group	Participant	Change in Diastolic Blood Pressure
Exp. Group 1 Lean Bodies	11	-22
Exp. Group 1 Lean Bodies	22	-14
Exp. Group 1 Lean Bodies	19	-14
Exp. Group 1 Lean Bodies	7	-10
Exp. Group 1 Lean Bodies	2	-8
Exp. Group 1 Lean Bodies	12	-8
Exp. Group 1 Lean Bodies	1	-7
Exp. Group 1 Lean Bodies	14	-6
Exp. Group 1 Lean Bodies	4	-6
Exp. Group 1 Lean Bodies	20	-2
Exp. Group 1 Lean Bodies	23	0
Exp. Group 1 Lean Bodies	15	2
Exp. Group 1 Lean Bodies	13	5
Exp. Group 1 Lean Bodies	10	18
Exp. Group 1 Lean Bodies	21	X
Exp. Group 1 Lean Bodies	9	X
Exp. Group 1 NR (Reality)	5	-13
Exp. Group 1 NR (Reality)	17	-12
Exp. Group 1 NR (Reality)	6	0
Exp. Group 1 NR (Reality)	3	17
Exp. Group 1 NR (Reality)	18	X
Exp. Group 2 Nutrition	9	-12
Exp. Group 2 Nutrition	4	-6
Exp. Group 2 Nutrition	8	-5
Exp. Group 2 Nutrition	2	-4
Exp. Group 2 Nutrition	6	0
Exp. Group 2 Nutrition	7	0
Exp. Group 2 Nutrition	11	2
Exp. Group 2 Nutrition	10	4
Exp. Group 2 Nutrition	3	6

Correlation trend of physiological change for Non-Shift Study by Group

Group	Participant	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 Lean Bodies	2	-102.86
Exp. Group 1 Lean Bodies	22	-98.91
Exp. Group 1 Lean Bodies	11	-95.61
Exp. Group 1 Lean Bodies	1	-92.21
Exp. Group 1 Lean Bodies	7	-80.24
Exp. Group 1 Lean Bodies	19	-70
Exp. Group 1 Lean Bodies	12	-60.33
Exp. Group 1 Lean Bodies	20	-60.04
Exp. Group 1 Lean Bodies	13	-57.89
Exp. Group 1 Lean Bodies	14	-56.15
Exp. Group 1 Lean Bodies	4	-41.91
Exp. Group 1 Lean Bodies	21	-38.64
Exp. Group 1 Lean Bodies	15	-37.87
Exp. Group 1 Lean Bodies	23	-35.38
Exp. Group 1 Lean Bodies	9	-19.08
Exp. Group 1 Lean Bodies	10	-15.4
Exp. Group 1 NR (Reality)	5	-122.77
Exp. Group 1 NR (Reality)	17	-97.17
Exp. Group 1 NR (Reality)	6	-62.33
Exp. Group 1 NR (Reality)	18	-36.44
Exp. Group 1 NR (Reality)	3	-11.64
Exp. Group 2 Nutrition	8	-97.2
Exp. Group 2 Nutrition	4	-73.08
Exp. Group 2 Nutrition	9	-54.75
Exp. Group 2 Nutrition	11	-41.3
Exp. Group 2 Nutrition	6	-32.23
Exp. Group 2 Nutrition	3	-30.64
Exp. Group 2 Nutrition	2	-28.32
Exp. Group 2 Nutrition	7	-18.94
Exp. Group 2 Nutrition	10	-13.26

Correlation trend of physiological change for Non-Shift Study by Group

Group	Participant	Pounds of Body Fat (% of Change)	Change in Total Cholesterol	Change in Diastolic Blood Pressure	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 Lean Bodies	2	-22.862	-72	-8	-102.86
Exp. Group 1 Lean Bodies	22	-6.806	-78	-14	-98.81
Exp. Group 1 Lean Bodies	11	-17.611	-56	-22	-95.61
Exp. Group 1 Lean Bodies	1	-40.21	-45	-7	-92.21
Exp. Group 1 Lean Bodies	7	-25.239	-45	-10	-80.24
Exp. Group 1 Lean Bodies	19	X	-56	-14	-70.00
Exp. Group 1 Lean Bodies	12	-14.33	-38	-8	-60.33
Exp. Group 1 Lean Bodies	20	-15.04	-43	-2	-60.04
Exp. Group 1 Lean Bodies	13	-9.893	-53	5	-57.89
Exp. Group 1 Lean Bodies	14	-25.15	-25	-6	-56.15
Exp. Group 1 Lean Bodies	4	-23.906	-12	-6	-41.91
Exp. Group 1 Lean Bodies	21	-39.637	1	X	-38.64
Exp. Group 1 Lean Bodies	15	-20.865	-19	2	-37.87
Exp. Group 1 Lean Bodies	23	-21.384	-14	0	-35.38
Exp. Group 1 Lean Bodies	9	-19.076	X	X	-19.08
Exp. Group 1 Lean Bodies	10	-18.4	-15	18	-15.40
Exp. Group 1 NR (Reality)	5	-22.77	-87	-13	-122.77
Exp. Group 1 NR (Reality)	17	-43.167	-42	-12	-97.17
Exp. Group 1 NR (Reality)	6	-27.33	-35	0	-62.33
Exp. Group 1 NR (Reality)	18	-19.444	-17	X	-36.44
Exp. Group 1 NR (Reality)	3	-10.643	-18	17	-11.64
Exp. Group 2 Nutrition	8	-18.203	-74	-5	-97.20
Exp. Group 2 Nutrition	4	-11.08	-56	-6	-73.08
Exp. Group 2 Nutrition	9	-22.746	-20	-12	-54.75
Exp. Group 2 Nutrition	11	-19.295	-24	2	-41.30
Exp. Group 2 Nutrition	6	-24.234	-8	0	-32.23
Exp. Group 2 Nutrition	3	-19.641	-17	6	-30.64
Exp. Group 2 Nutrition	2	-9.315	-15	-4	-28.32
Exp. Group 2 Nutrition	7	-12.935	-6	0	-18.94
Exp. Group 2 Nutrition	10	-22.257	5	4	-13.26

Discussion

The physiological rewards of a healthy body fat level, healthy cholesterol and healthy blood pressure are obvious. On a daily basis Physicians exhort their overweight patients to lose fat. They are continually encouraging their " high cholesterol patients" to reduce their cholesterol. Also, doctors consistently counsel their borderline and frank high blood pressure patients about the importance of lowering their blood pressure to reduce health risk. The results/findings exhibiting a decrease in "physiological health predictive points" in each of the aforementioned areas for many of the Non-Shift Participants is impressive.

In the Non-Shift Study significant body fat change took place for the majority of the Participants in all of the Groups. The Participants' rankings demonstrate that the combination of Nutrition and Exercise can yield very impressive results for lowering body fat. This is demonstrated by the top six Participants belonging to Groups that were taught the Lean Bodies nutrition program and participated in the exercise/training program. Interestingly, all of the Participants with the exception of one (who is shown as no assessment of Body fat) demonstrated improved physiological health pertaining to Body fat decrease.

In the area of Change in Total Cholesterol, significant improvement is demonstrated by the "physiological health predictive points" decrease for the majority of the Participants in the Study, with the exception of three Participants (one of which is shown as no assessment of Blood Lipid Profile) Half of the Participants listed exhibit "physiological health predictive points" decrease of at least twenty-five points in Total Cholesterol. The top four "rankings" boast a decrease of at least seventy-two points, with the largest drop at eighty-seven points.

In the area of Change in Diastolic Blood Pressure, sixteen of the thirty Participants listed showed decreases in Diastolic Blood Pressure. Three Participants exhibited no change, while five Participants displayed a slight increase and two showed a significant increase in Diastolic pressure. Three Participants were shown as no assessment.

Although, the "Overall Change in Body Fat, Cholesterol, and Blood Pressure" results have their limits due to the fact that some of the Participants were not assessed in all three areas, the correlation trend that emerges from the "physiological health predictive points" is significant. Many Participants exhibited improvement in minimizing health risk factors. Overall, these results/findings demonstrate the significant impact a healthy lifestyle change can make in only eight weeks.

Correlation trend of overall change in Food Attitude for Non-Shift

Descriptive notes

The data is displayed in the following order:

1. Participants are ranked "by Participant" in a correlation trend in accordance to their points of overall change in Food Attitude.

2. The next page exhibits the Participants ranked "by Group" in a correlation trend in accordance to their points of overall change in Food Attitude.

Correlation trend of overall change in Food Attitude for Non-Shift Study by Participant

Group	Participant	Overall Change in Food Attitude
Exp. Group 1 Lean Bodies	1	11
Exp. Group 1 NR (Reality)	17	11
Exp. Group 1 Lean Bodies	19	10
Exp. Group 1 NR (Reality)	5	10
Exp. Group 1 Lean Bodies	7	9
Exp. Group 1 Lean Bodies	13	9
Exp. Group 2 Nutrition	10	9
Exp. Group 2 Nutrition	3	9
Exp. Group 2 Nutrition	6	9
Exp. Group 1 Lean Bodies	2	8
Exp. Group 1 Lean Bodies	12	8
Exp. Group 1 NR (Reality)	3	8
Exp. Group 2 Nutrition	9	8
Exp. Group 1 Lean Bodies	20	7
Exp. Group 2 Nutrition	4	7
Exp. Group 1 Lean Bodies	22	5
Exp. Group 1 Lean Bodies	11	5
Exp. Group 1 Lean Bodies	14	5
Exp. Group 2 Nutrition	11	5
Exp. Group 1 Lean Bodies	21	3
Exp. Group 1 Lean Bodies	15	2

Correlation trend of overall change in Food Attitude for Non-Shift Study by Group

Group	Participant	Overall Change in Food Attitude
Exp. Group 1 Lean Bodies	1	11
Exp. Group 1 Lean Bodies	19	10
Exp. Group 1 Lean Bodies	7	9
Exp. Group 1 Lean Bodies	13	9
Exp. Group 1 Lean Bodies	2	8
Exp. Group 1 Lean Bodies	12	8
Exp. Group 1 Lean Bodies	20	7
Exp. Group 1 Lean Bodies	22	5
Exp. Group 1 Lean Bodies	11	5
Exp. Group 1 Lean Bodies	14	5
Exp. Group 1 Lean Bodies	21	3
Exp. Group 1 Lean Bodies	15	2
Exp. Group 1 NR (Reality)	17	11
Exp. Group 1 NR (Reality)	5	10
Exp. Group 1 NR (Reality)	3	8
Exp. Group 2 Nutrition	10	9
Exp. Group 2 Nutrition	3	9
Exp. Group 2 Nutrition	6	9
Exp. Group 2 Nutrition	9	8
Exp. Group 2 Nutrition	4	7
Exp. Group 2 Nutrition	11	5

Discussion

In the area of patterns of attitudes/beliefs about food, the Non-Shift Study Participants demonstrated the importance of education as an effective element of psychology of change. Any effective nutrition program must be applied in the "real world." A major component for success involves an understanding of the major premises of the program. In other words, how does it work? Next, the decision must be made whether or not the program is feasible. Can it really be done in an effective manner in the "real world?" As the learning process takes place over time, the patterns surrounding the attitudes/beliefs about food begin to change. This process of change replaces "wrong thinking" with correct and reasonable patterns of attitudes/beliefs about food. This in turn builds a course leading to long-term healthy lifestyle change.

According to the correlation trend of the Overall Change in Food Attitude based on the scores of the Comparative Food Interviews, the Non-Shift Study Participants exhibited significant signs of improved patterns of attitudes/beliefs surrounding food and its role in health. They begin to view food as fuel. They ate with a purpose, instead of simply following their cravings or hunger mechanism. The Participants Overall Change in Food Attitude change/improvement scores display correlation ranking trends with "depth."

Data by Part. of Daily Calories/Fat above/below 30% of Calories Hitachi

Hitachi Study

Tabular data by Participant of Daily Calories

Tabular Data by Participant of Fat Above/Below 30% of Daily Calories

Descriptive notes

The data is laid-out in the following order:

1. Tabular data by Participant of Daily Calories is on the left side of the tabular page. The right side of the same page contains tabular data for the same Participant of fat above/below 30% of Daily calories. The 30% of Daily Calories from fat criteria is taken from the following source:

The Food Guide Pyramid

U.S. Department of Agriculture

Human Nutrition Information Service

Home & Garden Bulletin, 52

2. The next page (Graphical page) following the tabular data is the same tabular data for the same Participant displayed in a Daily Graphical format of Total Fat in Grams of the Participant. The "green dot" signifies that Fat came in at 30% or less of Daily Calories for the Participant for that day. The "red dot" signifies that Fat came in above 30% of the Daily Calories for the

Participant for that day. A "linear trend" analysis is shown for total Fat in Grams.

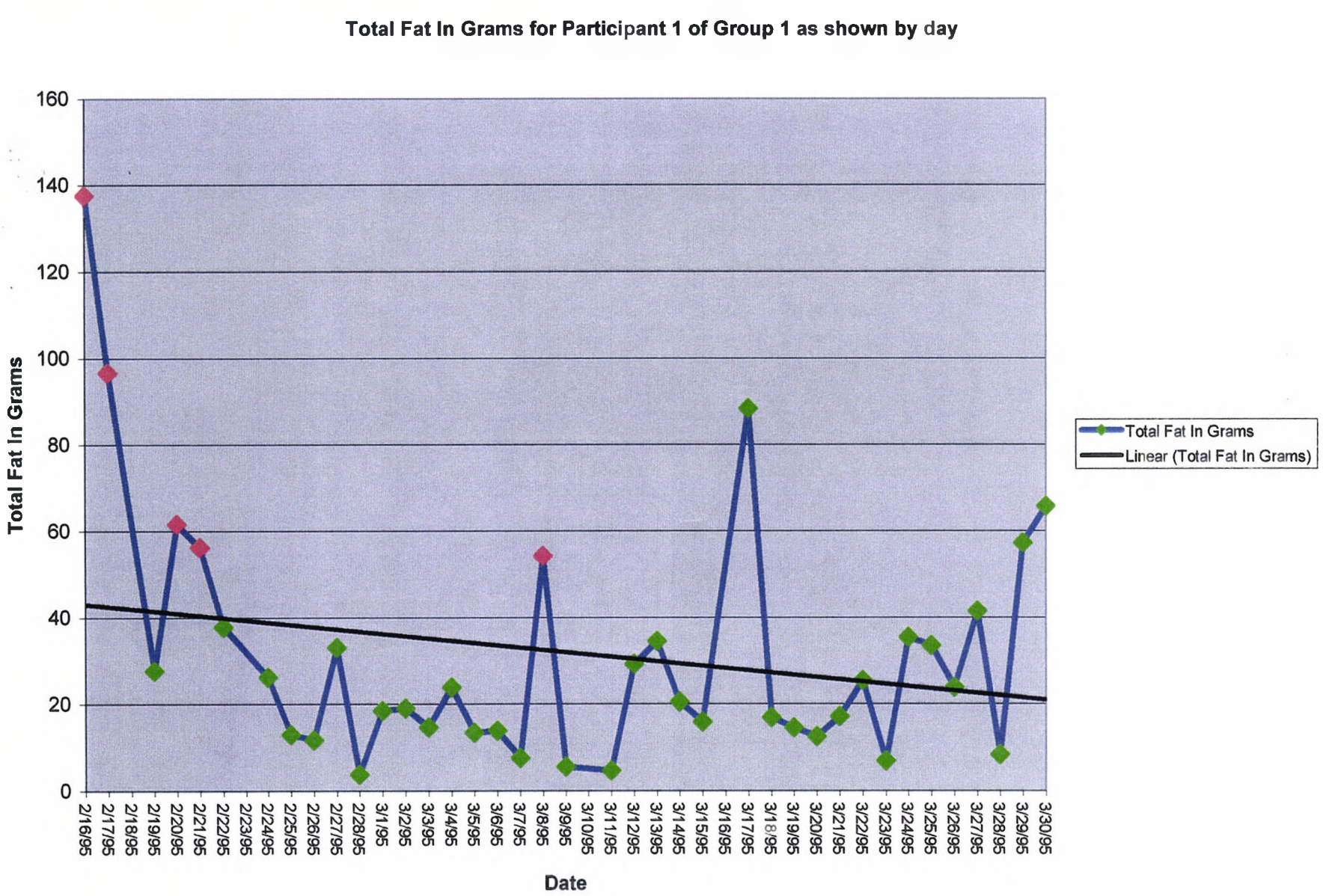
Note: All of the above data includes week # 1, which is the Participant's normal recorded eating habits prior to starting the Lean Bodies eating program. After week # 1, eating habits would be expected to change for Participants who belonged to a Group that was taught the Lean Bodies eating program.

Experimental Group 1 Lean Bodies

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
2/16/95	1	1	137.6	3261.22	108.71	X	
2/17/95	1	1	96.82	2229.67	74.32	X	
2/19/95	1	1	27.77	896.43	29.88		X
2/20/95	1	1	61.6	1688.21	56.27	X	
2/21/95	1	1	56.24	1436.77	47.89	X	
2/22/95	1	1	37.82	1560.88	52.03		X
2/24/95	1	1	26.26	1415.88	47.20		X
2/25/95	1	1	13.12	1283.2	42.77		X
2/26/95	1	1	11.91	534.4	17.81		X
2/27/95	1	1	33.13	1336.42	44.55		X
2/28/95	1	1	3.88	368.61	12.29		X
3/1/95	1	1	18.62	1210.65	40.36		X
3/2/95	1	1	19.11	1541.3	51.38		X
3/3/95	1	1	14.82	1000.91	33.36		X
3/4/95	1	1	23.91	1311.73	43.72		X
3/5/95	1	1	13.53	901.12	30.04		X
3/6/95	1	1	14.01	878.47	29.28		X
3/7/95	1	1	7.76	503.18	16.77		X
3/8/95	1	1	54.31	1586.25	52.88	X	
3/9/95	1	1	5.69	560.67	18.69		X
3/11/95	1	1	4.77	590.61	19.69		X
3/12/95	1	1	29.27	1911.38	63.71		X
3/13/95	1	1	34.61	1339.77	44.66		X
3/14/95	1	1	20.56	804.54	26.82		X
3/15/95	1	1	16.02	872.11	29.07		X
3/17/95	1	1	88.53	4139.45	137.98		X
3/18/95	1	1	16.97	1431.13	47.70		X
3/19/95	1	1	14.61	1139.98	38.00		X
3/20/95	1	1	12.6	1296.13	43.20		X
3/21/95	1	1	17.22	1411.98	47.07		X
3/22/95	1	1	25.56	1217.84	40.59		X
3/23/95	1	1	7	837.52	27.92		X
3/24/95	1	1	35.47	2680.39	89.35		X
3/25/95	1	1	33.62	1191.88	39.73		X
3/26/95	1	1	23.94	1169.83	38.99		X
3/27/95	1	1	41.56	1947.02	64.90		X
3/28/95	1	1	8.45	1751.52	58.38		X
3/29/95	1	1	57.32	2221.93	74.06		X
3/30/95	1	1	65.79	2264.61	75.49		X


Total Fat In Grams for Participant 1 of Group 1 as shown by day
Total Fat In Grams
160
140
120
100
80
60
40
20
0
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
3/7/95
3/8/95
3/9/95
3/10/95
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3/13/95
3/14/95
3/15/95
3/16/95
3/17/95
3/18/95
3/19/95
3/20/95
3/21/95
3/22/95
3/23/95
3/24/95
3/25/95
3/26/95
3/27/95
3/28/95
3/29/95
3/30/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

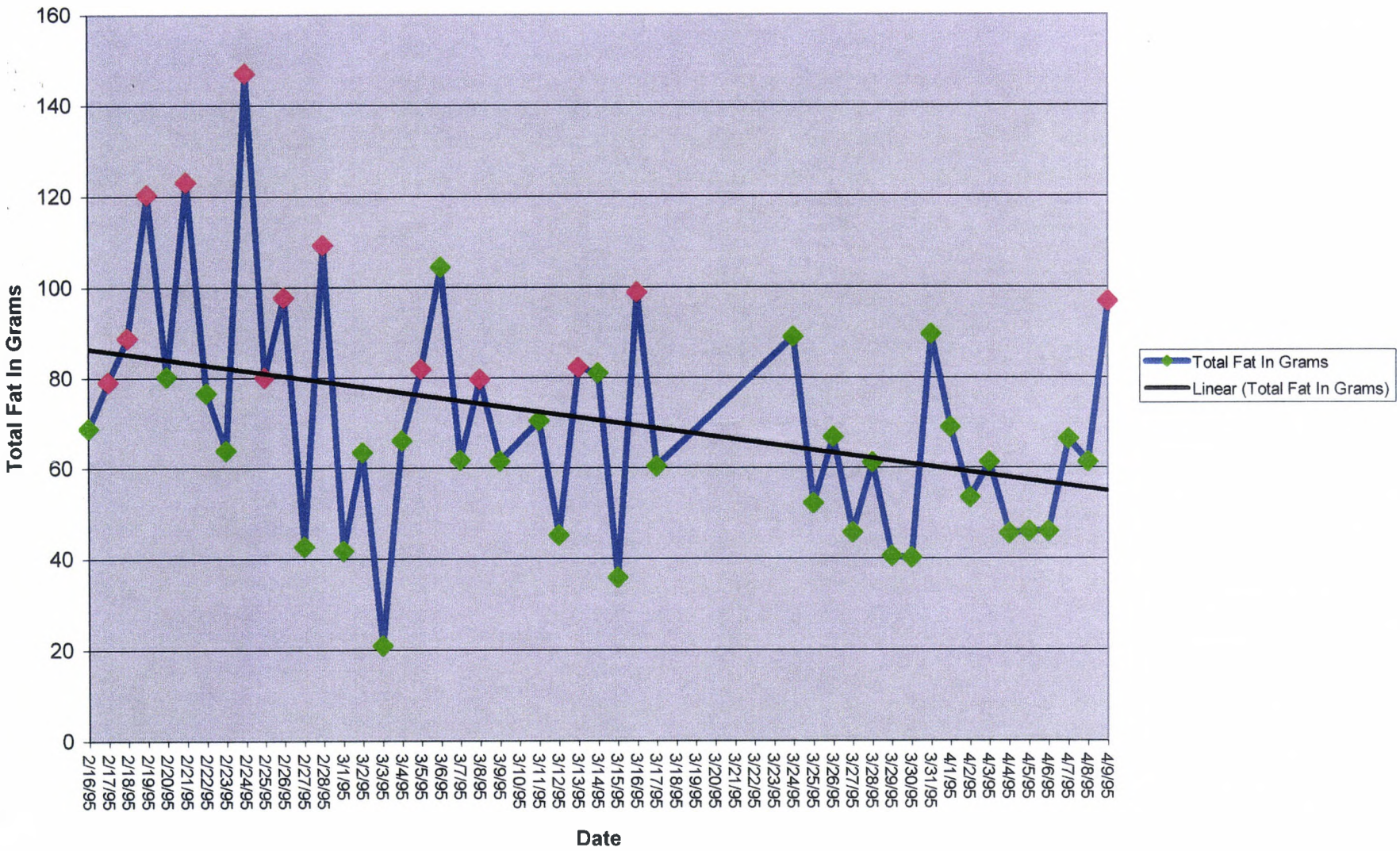
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/16/95	1	5	68.89	2506.28	83.54		X
02/17/95	1	5	79.19	2236.02	74.53	X	
02/18/95	1	5	88.85	2435.04	81.17	X	
02/19/95	1	5	120.47	2558.49	85.28	X	
02/20/95	1	5	80.27	2706.52	90.22		X
02/21/95	1	5	123.12	3659.61	121.99	X	
02/22/95	1	5	76.69	3007.7	100.26		X
02/23/95	1	5	64.04	2910.43	97.01		X
02/24/95	1	5	147.12	3616.33	120.54	X	
02/25/95	1	5	80.12	1725.27	57.51	X	
02/26/95	1	5	97.77	2334.84	77.83	X	
02/27/95	1	5	42.76	2264.28	75.48		X
02/28/95	1	5	109.31	3054.36	101.81	X	
03/01/95	1	5	41.86	1846.71	61.56		X
03/02/95	1	5	63.58	3029.06	100.97		X
03/03/95	1	5	21.06	1570.21	52.34		X
03/04/95	1	5	66.13	2462.19	82.07		X
03/05/95	1	5	81.96	2094.55	69.82	X	
03/06/95	1	5	104.51	3510.29	117.01		X
03/07/95	1	5	61.8	2520.06	84.00		X
03/08/95	1	5	79.77	2360.89	78.70	X	
03/09/95	1	5	61.64	2307.42	76.91		X
03/11/95	1	5	70.61	2534.83	84.49		X
03/12/95	1	5	45.2	2584.8	86.16		X
03/13/95	1	5	82.3	2286.44	76.21	X	
03/14/95	1	5	81.12	2713.2	90.44		X
03/15/95	1	5	35.93	2204.23	73.47		X
03/16/95	1	5	98.96	2609.5	86.98	X	
03/17/95	1	5	60.51	2818.54	93.95		X
03/24/95	1	5	89.09	3416.42	113.88		X
03/25/95	1	5	52.24	2573.19	85.77		X
03/26/95	1	5	66.93	2847.87	94.93		X
03/27/95	1	5	45.84	2517.86	83.93		X
03/28/95	1	5	61.23	2174.85	72.50		X
03/29/95	1	5	40.57	2282.69	76.09		X
03/30/95	1	5	40.3	2367.84	78.93		X
03/31/95	1	5	89.65	2837.34	94.58		X
04/01/95	1	5	69.11	3108.54	103.62		X
04/02/95	1	5	53.54	2184.48	72.82		X
04/03/95	1	5	61.41	2727.56	90.92		X
04/04/95	1	5	45.52	2351.4	78.38		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
04/05/95	1	5	46.01	2815.84	93.86		X
04/06/95	1	5	45.99	2475.41	82.51		X
04/07/95	1	5	66.51	2783.79	92.79		X
04/08/95	1	5	61.41	1986.53	66.22		X
04/09/95	1	5	96.91	1796	59.87	X	


Total Fat In Grams for Participant 5 of Group 1 as shown by day
Total Fat In Grams
160
140
120
100
80
60
40
20
0
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
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3/24/95
3/25/95
3/26/95
3/27/95
3/28/95
3/29/95
3/30/95
3/31/95
4/1/95
4/2/95
4/3/95
4/4/95
4/5/95
4/6/95
4/7/95
4/8/95
4/9/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

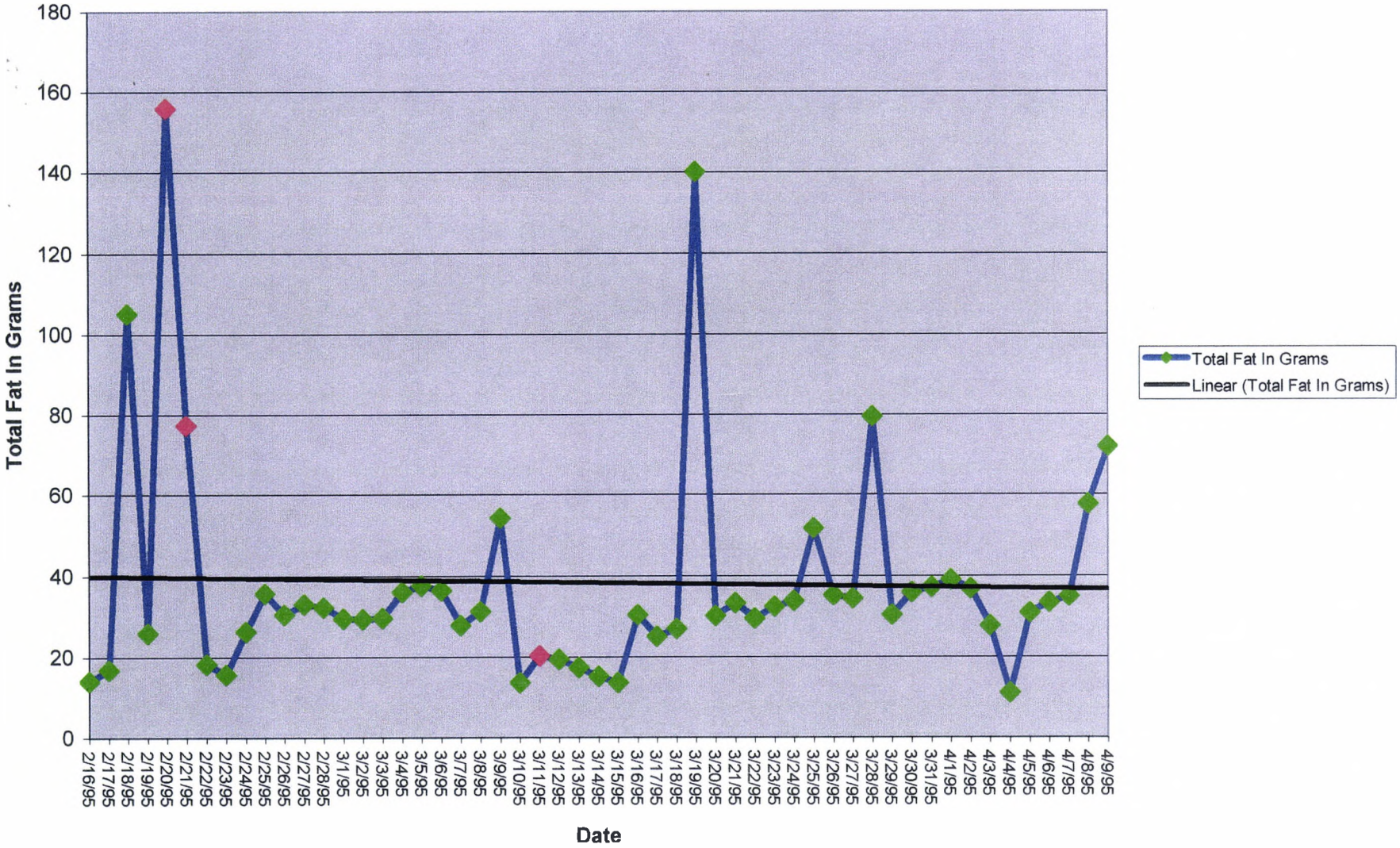
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/16/95	1	8	14.17	1789.4	59.65		X
02/17/95	1	8	16.89	1869.36	62.31		X
02/18/95	1	8	105.21	4261.24	142.04		X
02/19/95	1	8	25.91	2419.9	80.66		X
02/20/95	1	8	155.96	3273.71	109.12	X	
02/21/95	1	8	77.44	2178.45	72.62	X	
02/22/95	1	8	18.27	2074.72	69.16		X
02/23/95	1	8	15.78	1804.71	60.16		X
02/24/95	1	8	26.32	1949.57	64.99		X
02/25/95	1	8	35.77	2548.8	84.96		X
02/26/95	1	8	30.59	1996.66	66.56		X
02/27/95	1	8	33.03	2243.48	74.78		X
02/28/95	1	8	32.37	2145.54	71.52		X
03/01/95	1	8	29.48	1610.51	53.68		X
03/02/95	1	8	29.34	1963.52	65.45		X
03/03/95	1	8	29.6	1747.79	58.26		X
03/04/95	1	8	36.09	2915.59	97.19		X
03/05/95	1	8	37.69	2268.46	75.62		X
03/06/95	1	8	36.57	2498.68	83.29		X
03/07/95	1	8	27.87	1797.57	59.92		X
03/08/95	1	8	31.25	2092.86	69.76		X
03/09/95	1	8	54.28	2507.58	83.59		X
03/10/95	1	8	13.68	1926.29	64.21		X
03/11/95	1	8	20.38	24.62	0.82	X	
03/12/95	1	8	19.5	2585.93	86.20		X
03/13/95	1	8	17.41	2242.48	74.75		X
03/14/95	1	8	15.27	2021.21	67.37		X
03/15/95	1	8	13.76	1495.37	49.85		X
03/16/95	1	8	30.38	2720.21	90.67		X
03/17/95	1	8	25.04	2563.52	85.45		X
03/18/95	1	8	27.03	2921.92	97.40		X
03/19/95	1	8	140.13	4836.65	161.22		X
03/20/95	1	8	30.09	3181.25	106.04		X
03/21/95	1	8	33.27	2582.52	86.08		X
03/22/95	1	8	29.48	3158.59	105.29		X
03/23/95	1	8	32.41	3211.06	107.04		X
03/24/95	1	8	33.84	3518.75	117.29		X
03/25/95	1	8	51.81	4902.51	163.42		X
03/26/95	1	8	35.19	3386.52	112.88		X
03/27/95	1	8	34.47	3433.92	114.46		X
03/28/95	1	8	79.65	3406.87	113.56		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
03/29/95	1	8	30.43	2251	75.03		X
03/30/95	1	8	36.03	3574.46	119.15		X
03/31/95	1	8	37.33	3584.44	119.48		X
04/01/95	1	8	39.06	4723.74	157.46		X
04/02/95	1	8	36.88	3608.66	120.29		X
04/03/95	1	8	27.71	3784.52	126.15		X
04/04/95	1	8	11.18	1410.99	47.03		X
04/05/95	1	8	30.86	2740.04	91.33		X
04/06/95	1	8	33.5	3134.82	104.49		X
04/07/95	1	8	34.94	3447.11	114.90		X
04/08/95	1	8	57.72	4257.15	141.91		X
04/09/95	1	8	72.09	3359.71	111.99		X

Total Fat In Grams for Participant 8 of Group 1 as shown by day



Tabular Data By Participant of Daily Calories

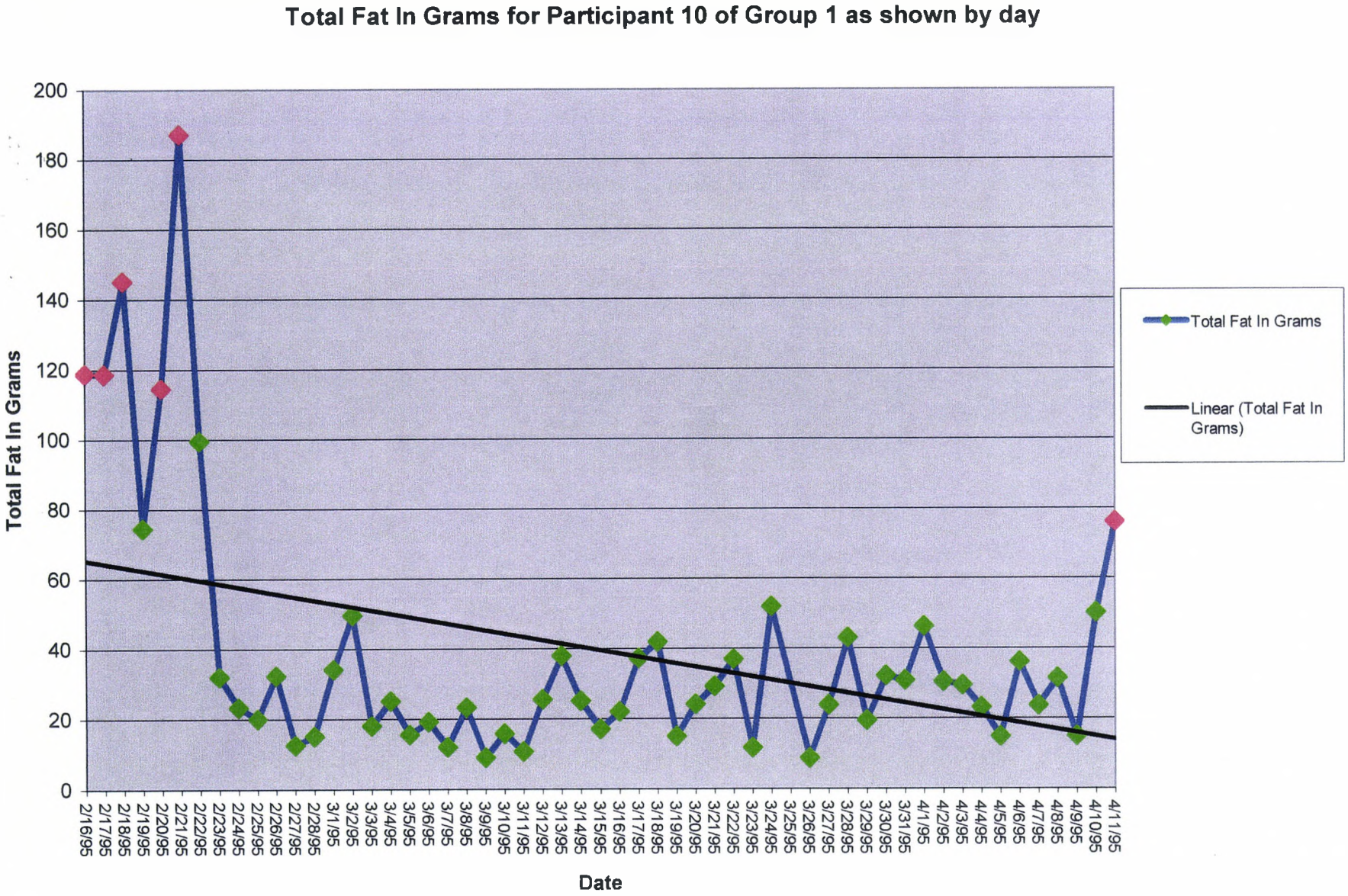
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/16/95	1	10	118.83	2718.01	90.60	X	
02/17/95	1	10	118.71	2699.73	89.99	X	
02/18/95	1	10	145.26	3017.7	100.59	X	
02/19/95	1	10	74.52	2475.78	82.53		X
02/20/95	1	10	114.68	3237.96	107.93	X	
02/21/95	1	10	187.12	4313.17	143.77	X	
02/22/95	1	10	99.6	3072.76	102.43		X
02/23/95	1	10	32.12	2018.51	67.28		X
02/24/95	1	10	23.38	1639.94	54.66		X
02/25/95	1	10	20.2	1807.58	60.25		X
02/26/95	1	10	32.5	1436.3	47.88		X
02/27/95	1	10	12.74	1351.96	45.07		X
02/28/95	1	10	15.19	1896.66	63.22		X
03/01/95	1	10	34.3	3101.01	103.37		X
03/02/95	1	10	49.7	2735.12	91.17		X
03/03/95	1	10	18.25	1972.13	65.74		X
03/04/95	1	10	25.18	1738.39	57.95		X
03/05/95	1	10	15.69	1579.03	52.63		X
03/06/95	1	10	19.28	1587.96	52.93		X
03/07/95	1	10	12.11	1340.66	44.69		X
03/08/95	1	10	23.39	2343.19	78.11		X
03/09/95	1	10	9.23	1217.55	40.59		X
03/10/95	1	10	15.88	2037.06	67.90		X
03/11/95	1	10	10.93	1756.76	58.56		X
03/12/95	1	10	25.74	1774.7	59.16		X
03/13/95	1	10	38.14	2974.79	99.16		X
03/14/95	1	10	25.31	2992.08	99.74		X
03/15/95	1	10	17.19	1721.41	57.38		X
03/16/95	1	10	22.15	2820.39	94.01		X
03/17/95	1	10	37.35	3577.67	119.26		X
03/18/95	1	10	42.09	4134.25	137.81		X
03/19/95	1	10	15.08	2445.15	81.51		X
03/20/95	1	10	24.29	3041.51	101.38		X
03/21/95	1	10	29.4	2812.62	93.75		X
03/22/95	1	10	37.11	3214.23	107.14		X
03/23/95	1	10	11.91	2074.77	69.16		X
03/24/95	1	10	52.03	3315.47	110.52		X
03/26/95	1	10	8.85	1820.09	60.67		X
03/27/95	1	10	23.99	1691.58	56.39		X
03/28/95	1	10	43.09	2134.91	71.16		X
03/29/95	1	10	19.67	3485.13	116.17		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
03/30/95	1	10	32.29	3528.22	117.61		X
03/31/95	1	10	31.02	4158.15	138.61		X
04/01/95	1	10	46.43	3059.37	101.98		X
04/02/95	1	10	30.58	2895.15	96.51		X
04/03/95	1	10	29.57	3434.05	114.47		X
04/04/95	1	10	23.32	1921.02	64.03		X
04/05/95	1	10	14.89	2663.86	88.80		X
04/06/95	1	10	36.24	3462.15	115.41		X
04/07/95	1	10	23.88	2852.5	95.08		X
04/08/95	1	10	31.58	2234.58	74.49		X
04/09/95	1	10	15.09	1416.51	47.22		X
04/10/95	1	10	50.19	2970.12	99.00		X
04/11/95	1	10	76.2	2139.15	71.31	X	


Total Fat In Grams for Participant 10 of Group 1 as shown by day
Total Fat In Grams
200
180
160
140
120
100
80
60
40
20
0
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
3/7/95
3/8/95
3/9/95
3/10/95
3/11/95
3/12/95
3/13/95
3/14/95
3/15/95
3/16/95
3/17/95
3/18/95
3/19/95
3/20/95
3/21/95
3/22/95
3/23/95
3/24/95
3/25/95
3/26/95
3/27/95
3/28/95
3/29/95
3/30/95
3/31/95
4/1/95
4/2/95
4/3/95
4/4/95
4/5/95
4/6/95
4/7/95
4/8/95
4/9/95
4/10/95
4/11/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

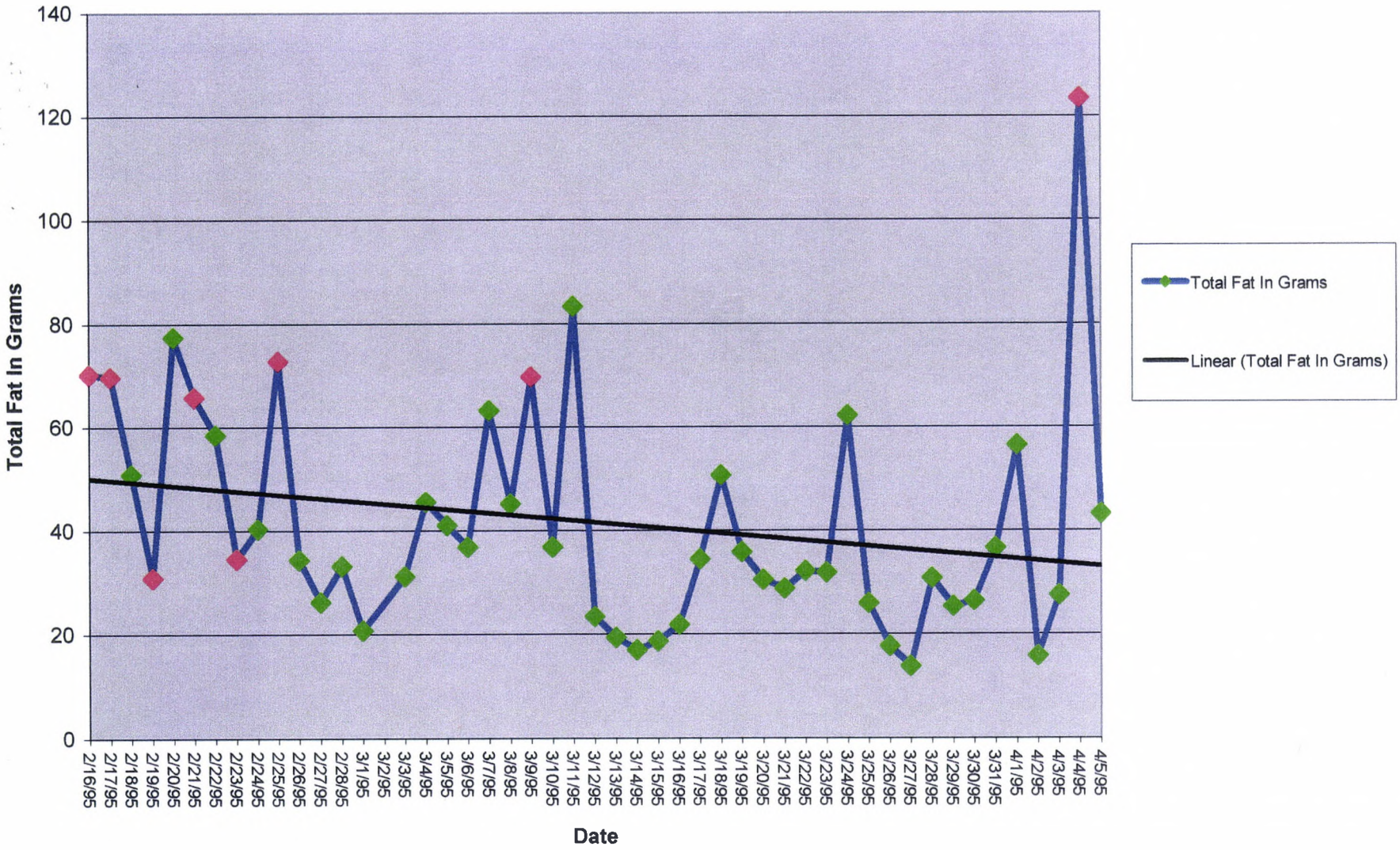
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/16/95	1	12	70.31	1847.03	61.57	X	
02/17/95	1	12	69.85	1763.32	58.78	X	
02/18/95	1	12	50.91	1713.53	57.12		X
02/19/95	1	12	31.03	692.01	23.07	X	
02/20/95	1	12	77.5	2595.6	86.52		X
02/21/95	1	12	65.88	1736.47	57.88	X	
02/22/95	1	12	58.53	2379.65	79.32		X
02/23/95	1	12	34.65	1007.12	33.57	X	
02/24/95	1	12	40.41	1628.45	54.28		X
02/25/95	1	12	72.87	1740.22	58.01	X	
02/26/95	1	12	34.48	1472.94	49.10		X
02/27/95	1	12	26.41	1160.8	38.69		X
02/28/95	1	12	33.31	1483.36	49.45		X
03/01/95	1	12	20.83	985.7	32.86		X
03/03/95	1	12	31.26	1536.85	51.23		X
03/04/95	1	12	45.6	2341.51	78.05		X
03/05/95	1	12	41.08	1259.36	41.98		X
03/06/95	1	12	36.94	1322.6	44.09		X
03/07/95	1	12	63.33	2155.33	71.84		X
03/08/95	1	12	45.24	1819.85	60.66		X
03/09/95	1	12	69.85	2033.72	67.79	X	
03/10/95	1	12	36.96	1826.83	60.89		X
03/11/95	1	12	83.4	2706.47	90.22		X
03/12/95	1	12	23.46	1037.03	34.57		X
03/13/95	1	12	19.43	1455.58	48.52		X
03/14/95	1	12	17.06	1587.2	52.91		X
03/15/95	1	12	18.71	1886.71	62.89		X
03/16/95	1	12	21.88	2383.36	79.45		X
03/17/95	1	12	34.51	2687.13	89.57		X
03/18/95	1	12	50.7	2589.49	86.32		X
03/19/95	1	12	35.96	1619.56	53.99		X
03/20/95	1	12	30.61	2458.88	81.96		X
03/21/95	1	12	28.89	1876.29	62.54		X
03/22/95	1	12	32.26	3193.3	106.44		X
03/23/95	1	12	31.96	3026.6	100.89		X
03/24/95	1	12	62.27	3077.92	102.60		X
03/25/95	1	12	26.11	2398.63	79.95		X
03/26/95	1	12	17.77	1134.83	37.83		X
03/27/95	1	12	13.9	1379.24	45.97		X
03/28/95	1	12	30.91	1166.52	38.88		X
03/29/95	1	12	25.44	2332.89	77.76		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
03/30/95	1	12	26.54	2014.62	67.15		X
03/31/95	1	12	36.75	3100.52	103.35		X
04/01/95	1	12	56.59	2817.05	93.90		X
04/02/95	1	12	15.89	1468.58	48.95		X
04/03/95	1	12	27.66	2349.54	78.32		X
04/04/95	1	12	123.52	3397.35	113.25	X	
04/05/95	1	12	43.2	2342.33	78.08		X

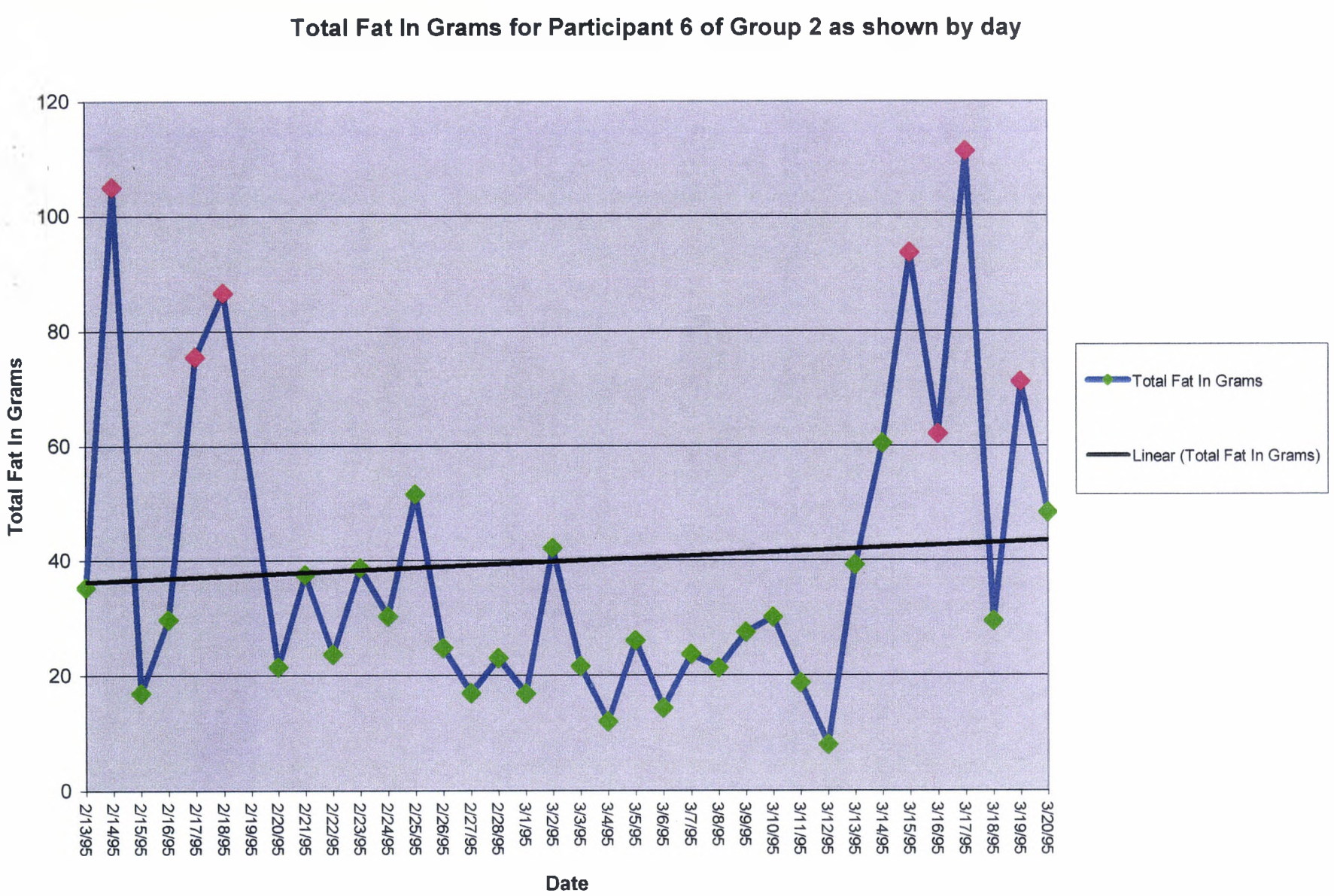

Total Fat In Grams for Participant 12 of Group 1 as shown by day
Total Fat In Grams
140
120
100
80
60
40
20
0
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
3/7/95
3/8/95
3/9/95
3/10/95
3/11/95
3/12/95
3/13/95
3/14/95
3/15/95
3/16/95
3/17/95
3/18/95
3/19/95
3/20/95
3/21/95
3/22/95
3/23/95
3/24/95
3/25/95
3/26/95
3/27/95
3/28/95
3/29/95
3/30/95
3/31/95
4/1/95
4/2/95
4/3/95
4/4/95
4/5/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Experimental Group 2 Nutrition

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

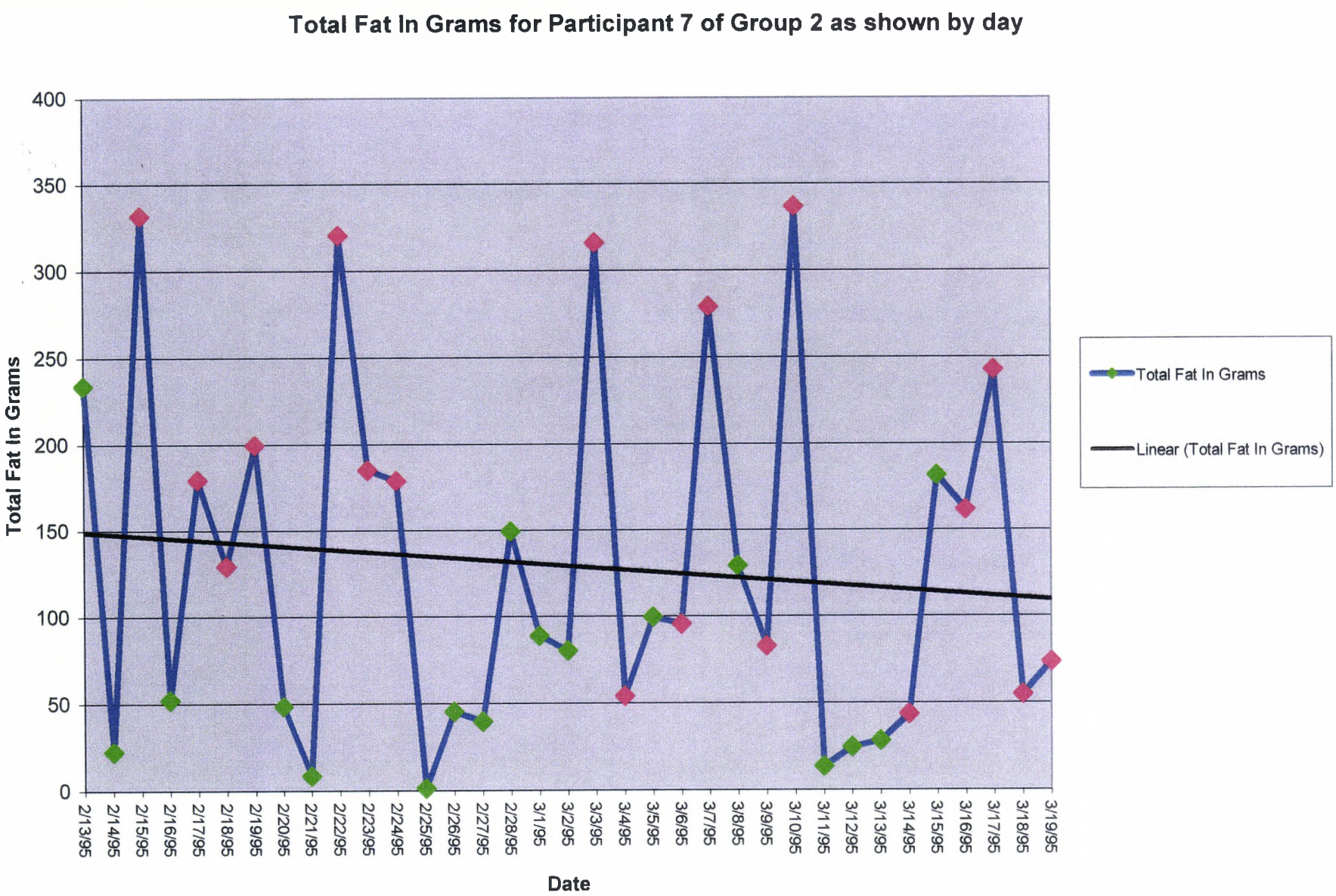
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
2/13/95	2	6	35.38	1788.07	59.60		X
2/14/95	2	6	105.04	2334.73	77.82	X	
2/15/95	2	6	16.98	1161.89	38.73		X
2/16/95	2	6	29.79	1148.39	38.28		X
2/17/95	2	6	75.56	2006.37	66.88	X	
2/18/95	2	6	86.71	1840.67	61.36	X	
2/20/95	2	6	21.56	1411.95	47.07		X
2/21/95	2	6	37.6	2421.58	80.72		X
2/22/95	2	6	23.76	1673.89	55.80		X
2/23/95	2	6	38.72	1906.48	63.55		X
2/24/95	2	6	30.35	1459.56	48.65		X
2/25/95	2	6	51.64	2106.03	70.20		X
2/26/95	2	6	24.81	1530.51	51.02		X
2/27/95	2	6	16.98	1005.82	33.53		X
2/28/95	2	6	23.05	2094.63	69.82		X
3/1/95	2	6	16.84	1211.23	40.37		X
3/2/95	2	6	42.25	1436.37	47.88		X
3/3/95	2	6	21.62	778.66	25.96		X
3/4/95	2	6	12.08	947.36	31.58		X
3/5/95	2	6	26.12	1219.34	40.64		X
3/6/95	2	6	14.38	1695.4	56.51		X
3/7/95	2	6	23.77	1604.21	53.47		X
3/8/95	2	6	21.39	1447.2	48.24		X
3/9/95	2	6	27.56	1885.23	62.84		X
3/10/95	2	6	30.15	1127.5	37.58		X
3/11/95	2	6	18.78	1378.16	45.94		X
3/12/95	2	6	8.08	2025.44	67.51		X
3/13/95	2	6	39.3	1884.39	62.81		X
3/14/95	2	6	60.5	1974.67	65.82		X
3/15/95	2	6	93.62	2334.44	77.81	X	
3/16/95	2	6	62.15	1515.69	50.52	X	
3/17/95	2	6	111.39	2910.3	97.01	X	
3/18/95	2	6	29.49	1454.35	48.48		X
3/19/95	2	6	71.22	2078.25	69.28	X	
3/20/95	2	6	48.41	1966.39	65.55		X


Total Fat In Grams for Participant 6 of Group 2 as shown by day
Total Fat In Grams
120
100
80
60
40
20
0
2/13/95
2/14/95
2/15/95
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
3/7/95
3/8/95
3/9/95
3/10/95
3/11/95
3/12/95
3/13/95
3/14/95
3/15/95
3/16/95
3/17/95
3/18/95
3/19/95
3/20/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/13/95	2	7	233.92	7851.46	261.72		X
02/14/95	2	7	22.48	1721.72	57.39		X
02/15/95	2	7	332	7303.26	243.44	X	
02/16/95	2	7	52.41	1881.15	62.71		X
02/17/95	2	7	179.57	4716.61	157.22	X	
02/18/95	2	7	129.34	3082.59	102.75	X	
02/19/95	2	7	199.52	3901.08	130.04	X	
02/20/95	2	7	48.5	2130.62	71.02		X
02/21/95	2	7	8.72	817.6	27.25		X
02/22/95	2	7	320.55	8308.33	276.94	X	
02/23/95	2	7	185.29	4235.39	141.18	X	
02/24/95	2	7	178.83	3400.52	113.35	X	
02/25/95	2	7	1.33	347.15	11.57		X
02/26/95	2	7	45.62	1956.14	65.20		X
02/27/95	2	7	39.94	2290.05	76.34		X
02/28/95	2	7	149.56	5232.75	174.43		X
03/01/95	2	7	89.09	3072.25	102.41		X
03/02/95	2	7	80.56	3632.42	121.08		X
03/03/95	2	7	316.16	6557.96	218.60	X	
03/04/95	2	7	54.33	833.79	27.79	X	
03/05/95	2	7	99.69	3604.25	120.14		X
03/06/95	2	7	95.96	2638.89	87.96	X	
03/07/95	2	7	279.33	5587.25	186.24	X	
03/08/95	2	7	129.42	4755.45	158.52		X
03/09/95	2	7	82.99	2334.3	77.81	X	
03/10/95	2	7	336.92	7823.34	260.78	X	
03/11/95	2	7	13.73	522.16	17.41		X
03/12/95	2	7	24.88	1405.59	46.85		X
03/13/95	2	7	28.6	1226.66	40.89		X
03/14/95	2	7	43.94	984.89	32.83	X	
03/15/95	2	7	181.9	5511.72	183.72		X
03/16/95	2	7	161.88	3852.89	128.43	X	
03/17/95	2	7	242.69	6173.1	205.77	X	
03/18/95	2	7	55.17	1084.02	36.13	X	
03/19/95	2	7	73.71	2171.61	72.39	X	


Total Fat In Grams for Participant 7 of Group 2 as shown by day
Total Fat In Grams
400
350
300
250
200
150
100
50
0
2/13/95
2/14/95
2/15/95
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
3/7/95
3/8/95
3/9/95
3/10/95
3/11/95
3/12/95
3/13/95
3/14/95
3/15/95
3/16/95
3/17/95
3/18/95
3/19/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Experimental Group 3 Exercise

Tabular Data By Participant of Daily Calories

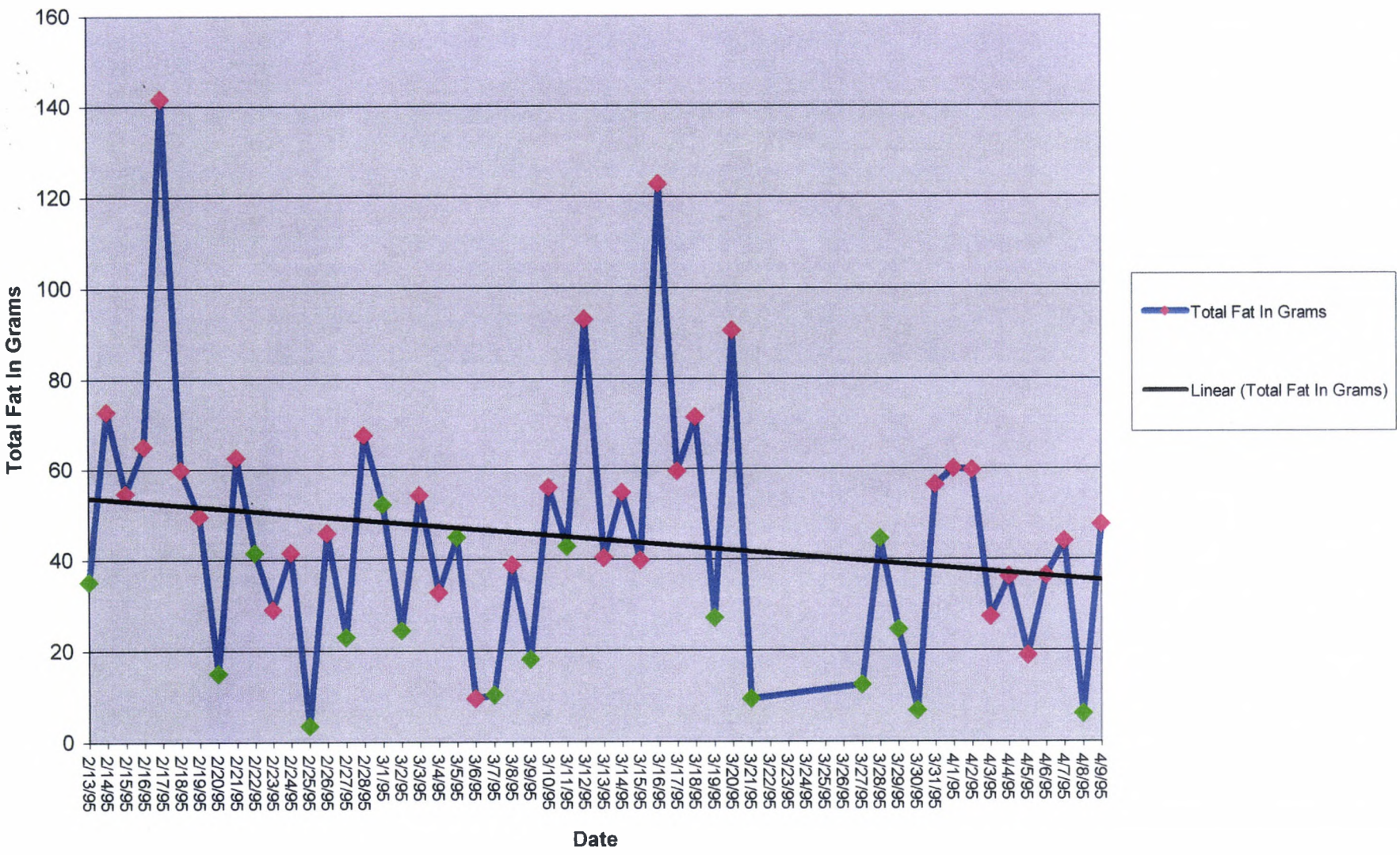
Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/13/95	3	5	35.28	1410.43	47.01		X
02/14/95	3	5	72.83	1855.95	61.87	X	
02/15/95	3	5	54.74	1502.34	50.08	X	
02/16/95	3	5	65.16	1577.63	52.59	X	
02/17/95	3	5	141.65	2938.32	97.94	X	
02/18/95	3	5	59.88	1080.3	36.01	X	
02/19/95	3	5	49.6	1134.84	37.83	X	
02/20/95	3	5	15.13	741.36	24.71		X
02/21/95	3	5	62.67	1611.37	53.71	X	
02/22/95	3	5	41.61	1282.85	42.76		X
02/23/95	3	5	29.17	502.45	16.75	X	
02/24/95	3	5	41.6	988.34	32.94	X	
02/25/95	3	5	3.63	222.97	7.43		X
02/26/95	3	5	45.88	1200.61	40.02	X	
02/27/95	3	5	23.03	692.31	23.08		X
02/28/95	3	5	67.65	1664.16	55.47	X	
03/01/95	3	5	52.26	1789.41	59.65		X
03/02/95	3	5	24.56	1000.04	33.33		X
03/03/95	3	5	54.23	1459.2	48.64	X	
03/04/95	3	5	32.92	964.03	32.13	X	
03/05/95	3	5	45.02	1351.47	45.05		X
03/06/95	3	5	9.63	208.66	6.96	X	
03/07/95	3	5	10.39	601.83	20.06		X
03/08/95	3	5	38.89	1162.02	38.73	X	
03/09/95	3	5	18.15	1191.37	39.71		X
03/10/95	3	5	55.94	1030.58	34.35	X	
03/11/95	3	5	42.98	1324.21	44.14		X
03/12/95	3	5	93.15	2662.1	88.74	X	
03/13/95	3	5	40.47	1120.44	37.35	X	
03/14/95	3	5	54.84	1563.66	52.12	X	
03/15/95	3	5	39.89	1102.72	36.76	X	
03/16/95	3	5	122.9	2144.07	71.47	X	
03/17/95	3	5	59.61	1677.4	55.91	X	
03/18/95	3	5	71.58	1579.33	52.64	X	
03/19/95	3	5	27.23	837.19	27.91		X
03/20/95	3	5	90.66	2001.32	66.71	X	
03/21/95	3	5	9.45	616.54	20.55		X
03/27/95	3	5	12.57	589.29	19.64		X
03/28/95	3	5	44.65	1342.3	44.74		X
03/29/95	3	5	24.68	1160.81	38.69		X
03/30/95	3	5	6.86	696.6	23.22		X

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
03/31/95	3	5	56.5	816.87	27.23	X	
04/01/95	3	5	60.12	1437.27	47.91	X	
04/02/95	3	5	59.79	1198.65	39.96	X	
04/03/95	3	5	27.45	785.68	26.19	X	
04/04/95	3	5	36.34	1058.52	35.28	X	
04/05/95	3	5	19.02	506.64	16.89	X	
04/06/95	3	5	36.5	703.27	23.44	X	
04/07/95	3	5	44.14	795.95	26.53	X	
04/08/95	3	5	6.17	347.75	11.59		X
04/09/95	3	5	47.72	904.9	30.16	X	


Total Fat In Grams for Participant 5 of Group 3 as shown by day
Total Fat In Grams
160
140
120
100
80
60
40
20
0
2/13/95
2/14/95
2/15/95
2/16/95
2/17/95
2/18/95
2/19/95
2/20/95
2/21/95
2/22/95
2/23/95
2/24/95
2/25/95
2/26/95
2/27/95
2/28/95
3/1/95
3/2/95
3/3/95
3/4/95
3/5/95
3/6/95
3/7/95
3/8/95
3/9/95
3/10/95
3/11/95
3/12/95
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3/14/95
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3/24/95
3/25/95
3/26/95
3/27/95
3/28/95
3/29/95
3/30/95
3/31/95
4/1/95
4/2/95
4/3/95
4/4/95
4/5/95
4/6/95
4/7/95
4/8/95
4/9/95
Date
Total Fat In Grams
Linear (Total Fat In Grams)

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

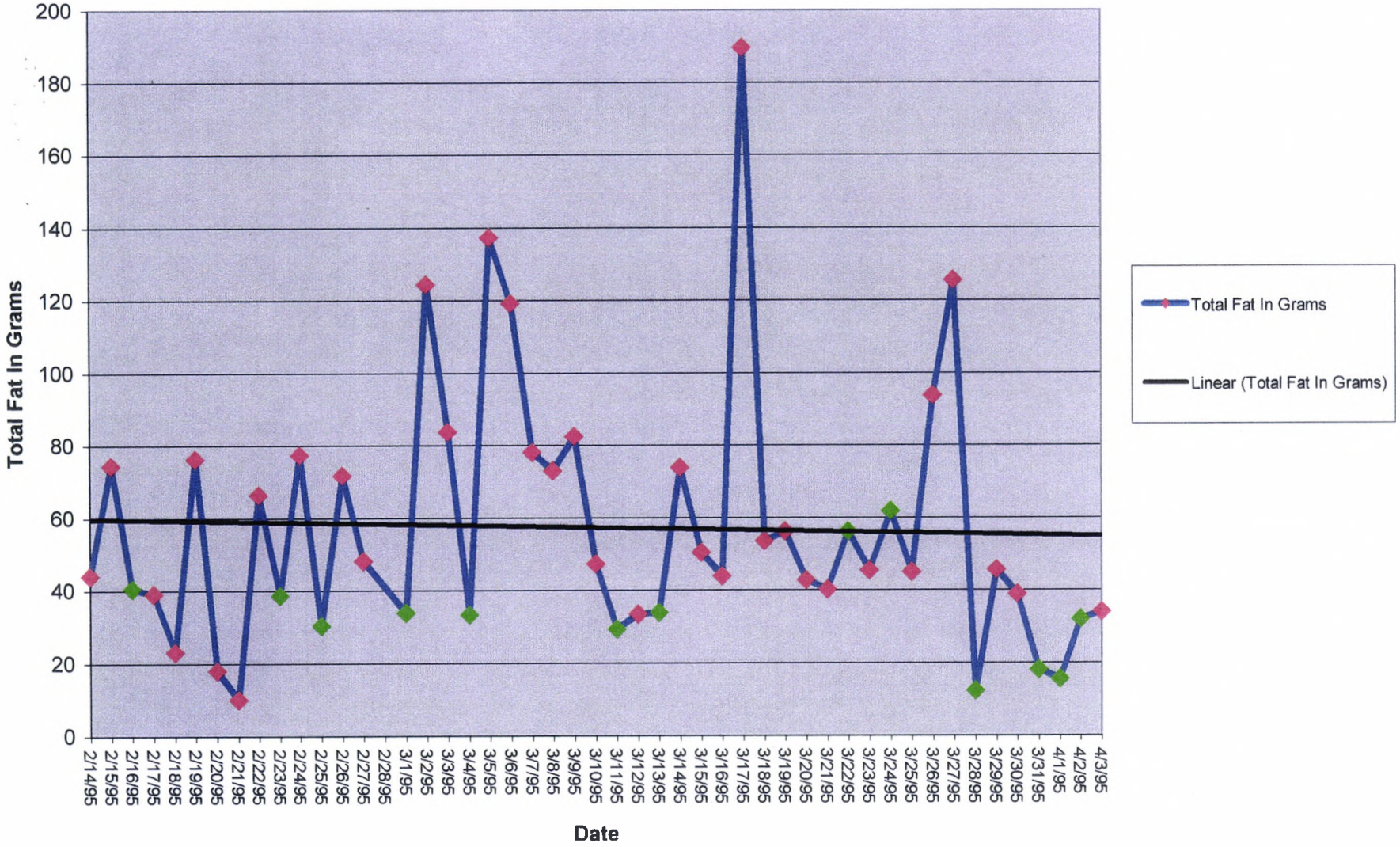
Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
02/14/95	3	8	44.12	1258.62	41.95	X	
02/15/95	3	8	74.49	1242.4	41.41	X	
02/16/95	3	8	40.57	1479.35	49.31		X
02/17/95	3	8	39.11	884.6	29.49	X	
02/18/95	3	8	23.12	636.48	21.22	X	
02/19/95	3	8	76.29	1191.37	39.71	X	
02/20/95	3	8	18.11	393.79	13.13	X	
02/21/95	3	8	10.17	146.37	4.88	X	
02/22/95	3	8	66.5	1314.75	43.83	X	
02/23/95	3	8	38.74	1348.16	44.94		X
02/24/95	3	8	77.5	2019.44	67.31	X	
02/25/95	3	8	30.39	1287.26	42.91		X
02/26/95	3	8	71.83	1529.82	50.99	X	
02/27/95	3	8	48.24	1248.14	41.60	X	
03/01/95	3	8	33.99	1184.3	39.48		X
03/02/95	3	8	124.55	2190.1	73.00	X	
03/03/95	3	8	83.75	1571.5	52.38	X	
03/04/95	3	8	33.36	1278.87	42.63		X
03/05/95	3	8	137.37	2146.35	71.55	X	
03/06/95	3	8	119.29	2315.03	77.17	X	
03/07/95	3	8	78.15	1599.43	53.31	X	
03/08/95	3	8	73.07	1472.78	49.09	X	
03/09/95	3	8	82.59	1786.43	59.55	X	
03/10/95	3	8	47.34	1037.85	34.60	X	
03/11/95	3	8	29.35	1205.67	40.19		X
03/12/95	3	8	33.54	711.84	23.73	X	
03/13/95	3	8	33.97	1277.98	42.60		X
03/14/95	3	8	73.98	1677.34	55.91	X	
03/15/95	3	8	50.4	1155.17	38.51	X	
03/16/95	3	8	44	938.88	31.30	X	
03/17/95	3	8	189.73	2799.85	93.33	X	
03/18/95	3	8	53.6	1104.22	36.81	X	
03/19/95	3	8	56.3	1341.35	44.71	X	
03/20/95	3	8	42.88	934.28	31.14	X	
03/21/95	3	8	40.35	902.99	30.10	X	
03/22/95	3	8	56.32	1992.46	66.42		X
03/23/95	3	8	45.5	1111.56	37.05	X	
03/24/95	3	8	61.87	2682.41	89.41		X
03/25/95	3	8	45.07	907.32	30.24	X	
03/26/95	3	8	93.79	1778.55	59.29	X	
03/27/95	3	8	125.62	1814.54	60.48	X	

Tabular Data By Participant of Daily Calories

Tabular Data By Participant of Fat Above/Below 30% of Daily Calories

Date	Group	Participant #	Total Fat In Grams	Total Calories	30% Fat in Grams	Above 30%	Below 30%
03/28/95	3	8	12.4	465.29	15.51		X
03/29/95	3	8	45.6	1286.13	42.87	X	
03/30/95	3	8	39.06	1038.06	34.60	X	
03/31/95	3	8	18.24	830.06	27.67		X
04/01/95	3	8	15.68	668.23	22.27		X
04/02/95	3	8	32.11	1029.94	34.33		X
04/03/95	3	8	34.13	871.36	29.05	X	

Total Fat In Grams for Participant 8 of Group 3 as shown by day



Best Performing Part. Ranked % of Days Below 30% Calories Fat Hitachi

Hitachi Study

Rank of Best Performing Participant as Ranked by Percentage of Days

Below

30% of Daily calories From Fat

Rank of Best Performing Participant as Ranked By Percentage of Days Below 30% of Daily Calories From Fat

	Group	Participant	Percentage Below 30%
Exp. Gr.	1 - Lean Bodies Hitachi Study	8	94.34%
Exp. Gr.	1 - Lean Bodies Hitachi Study	10	88.89%
Exp. Gr.	1 - Lean Bodies Hitachi Study	1	87.18%
Exp. Gr.	1 - Lean Bodies Hitachi Study	12	83.33%
Exp. Gr.	2 - Nutrition Hitachi Study	6	80.00%
Exp. Gr.	1 - Lean Bodies Hitachi Study	5	71.74%
Exp. Gr.	2 - Nutrition Hitachi Study	7	48.57%
Exp. Gr.	3 - Exercise Hitachi Study	5	35.29%
Exp. Gr.	3 - Exercise Hitachi Study	8	27.08%

Best Performing Part. by Grp. Ranked % of Days Below 30% Fat Hitachi

Hitachi Study

Rank of Best Performing Participant by Group as Ranked by Percentage of Days

Below 30% of Daily Calories From Fat

Rank of Best Performing Participant by Group as Ranked By Percentage of Days Below 30% of Daily Calories From Fat

Group	Participant	Percentage Below 30%
Exp. Gr. 1 - Lean Bodies Hitachi Study	8	94.34%
Exp. Gr. 1 - Lean Bodies Hitachi Study	10	88.89%
Exp. Gr. 1 - Lean Bodies Hitachi Study	1	87.18%
Exp. Gr. 1 - Lean Bodies Hitachi Study	12	83.33%
Exp. Gr. 1 - Lean Bodies Hitachi Study	5	71.74%
Exp. Gr. 2 - Nutrition Hitachi Study	6	80.00%
Exp. Gr. 2 - Nutrition Hitachi Study	7	48.57%
Exp. Gr. 3 - Exercise Hitachi Study	5	35.29%
Exp. Gr. 3 - Exercise Hitachi Study	8	27.08%

Best Performing Grp. Ranked % of Days Below 30% Fat Hitachi

Hitachi Study

Rank of Best Performing Group as Ranked by Percentage

of

Days Below 30% of Daily Calories From Fat

Rank of Best Performing Group as Ranked By Percentage of Days Below 30% of Daily Calories From Fat

Group	Percentage Below 30%
Exp. Gr. 1 - Lean Bodies Hitachi Study	85.10%
Exp. Gr. 2 - Nutrition Hitachi Study	64.38%
Exp. Gr. 3 - Exercise Hitachi Study	31.19%

Discussion

As discussed previously, the more typical approach found in the Literature involving "food diary" data, is a "sample days" approach. This method is an acceptable approach, however it carries limitations. The Hitachi Study incorporated a "daily food diary" approach. This opens numerous venues for exploration. Various "trends" can be followed because of its characteristics.

What emerges in the Hitachi Study, is the ability to look at daily energy through-put and how it correlates with percentage of daily calories coming from fat. The "Tabular data By Participant of Daily Calories" and Tabular Data By Participant of Fat Above/Below 30% of Daily Calories" along with each Participant's "Linear Graph of Total Fat In Grams of Participant," displays the consistency of days of the Participants in the Hitachi Study that contain 30% or less of Daily Calories from Fat. Experimental Group 1 Lean Bodies performed the best in the rankings. This Group was taught the Lean Bodies nutrition program and also participated in the exercise/training sessions. There is something to be said for the comprehensiveness of the nutrition/exercise combination training that these Participants received over the other Participants in the Hitachi Study. Although, this "trend" is good, the Non-Shift Study revealed the stronger positive "trend" analysis. Each of the aforementioned methods for displaying this data was designed to plainly

reveal the results/findings in as much of a straightforward manner as possible. Thus, it is simply "self-explanatory by viewing the tabular and graphical data. The "trend" analysis reveals the importance of "consistency" and its role in long term lifestyle change. Also, the emergence of possible better "consistency" may be realized with the combination of nutrition education and exercise as a comprehensive package.

Correlation trend of physiological change for Hitachi Study

Descriptive notes

The data is displayed in the following order:

1. Participants are ranked "by Participant" in a correlation trend in accordance to

their points of physiological change in Pounds of Body fat (% of Change) on one page. The next page displays the Participants ranked "by Participant" in accordance to their points of physiological change in Total Cholesterol. The next page exhibits the Participants ranked "by Participant" in accordance to their points of physiological change in Diastolic Blood Pressure. The next page shows the Participants ranked "by Participant" in accordance to their points of physiological Overall Change in Body Fat, Total Cholesterol and Diastolic Blood Pressure. The next page displays the Participants ranked "by Participant" in accordance to their points of physiological Overall Change in Body Fat, Total Cholesterol and Diastolic Blood Pressure with each of the physiological change categories displayed for each Participant for overview purposes.

2. The next page exhibits the Participants ranked "by Group" in a correlation trend in accordance to their points of physiological change in Pounds of Body fat (% of Change) on one page. The next page displays the Participants

ranked "by Group" in accordance to their points of physiological change in Total Cholesterol. The next page exhibits the Participants ranked " by Group" in accordance to their points of physiological change in Diastolic Blood Pressure. The next page shows the Participants ranked "by Group" in accordance to their physiological Overall Change in Body Fat, Total Cholesterol and Diastolic Blood Pressure. The next page displays the Participants ranked " by Group" in accordance to their points of Physiological Overall Change in Body Fat, Total Cholesterol and Diastolic Blood Pressure with each of the physiological change categories displayed for each Participant for overview purposes.

Correlation trend of physiological change for Hitachi Study by Participant

Group	Participant	Pounds of Body Fat (% of Change)
Exp. Group 1 Lean Bodies	7	-28.23
Exp. Group 2 Nutrition	5	-27.99
Exp. Group 1 Lean Bodies	5	-27.077
Exp. Group 3 Exercise	6	-26.973
Exp. Group 2 Nutrition	3	-24.066
Exp. Group 1 Lean Bodies	8	-23.809
Exp. Group 1 Lean Bodies	10	-21.026
Exp. Group 4 Control	7	-19.806
Exp. Group 1 Lean Bodies	9	-19.59
Exp. Group 1 Lean Bodies	12	-18.83
Exp. Group 2 Nutrition	6	-18.309
Exp. Group 1 Lean Bodies	1	-16.402
Exp. Group 1 Lean Bodies	4	-15.789
Exp. Group 2 Nutrition	4	-15.481
Exp. Group 4 Control	8	-8.794
Exp. Group 1 Lean Bodies	3	-8.307
Exp. Group 3 Exercise	5	-7.48
Exp. Group 3 Exercise	8	-6.08
Exp. Group 4 Control	5	-5.205
Exp. Group 4 Control	6	-1.807
Exp. Group 4 Control	1	-0.156
Exp. Group 4 Control	9	X
Exp. Group 3 Exercise	2	X
Exp. Group 4 Control	10	X
Exp. Group 2 Nutrition	7	X

Correlation trend of physiological change for Hitachi Study by Participant

Group	Participant	Change in Total Cholesterol
Exp. Group 1 Lean Bodies	10	-67
Exp. Group 1 Lean Bodies	1	-47
Exp. Group 4 Control	6	-45
Exp. Group 1 Lean Bodies	7	-36
Exp. Group 4 Control	9	-25
Exp. Group 1 Lean Bodies	3	-24
Exp. Group 1 Lean Bodies	9	-18
Exp. Group 1 Lean Bodies	12	-18
Exp. Group 4 Control	7	-16
Exp. Group 1 Lean Bodies	4	-16
Exp. Group 2 Nutrition	4	-15
Exp. Group 4 Control	8	-14
Exp. Group 3 Exercise	6	-13
Exp. Group 3 Exercise	8	-9
Exp. Group 4 Control	1	-9
Exp. Group 3 Exercise	2	-8
Exp. Group 4 Control	10	-6
Exp. Group 2 Nutrition	5	-3
Exp. Group 1 Lean Bodies	5	-1
Exp. Group 2 Nutrition	3	5
Exp. Group 2 Nutrition	6	5
Exp. Group 2 Nutrition	7	7
Exp. Group 1 Lean Bodies	8	8
Exp. Group 4 Control	5	43
Exp. Group 3 Exercise	5	X

Correlation trend of physiological change for Hitachi Study by Participant

Group	Participant	Change in Diastolic Blood Pressure
Exp. Group 4 Control	1	-12
Exp. Group 1 Lean Bodies	7	-10
Exp. Group 4 Control	9	-6
Exp. Group 1 Lean Bodies	9	-6
Exp. Group 1 Lean Bodies	10	-4
Exp. Group 1 Lean Bodies	1	-4
Exp. Group 2 Nutrition	6	-4
Exp. Group 4 Control	6	-2
Exp. Group 2 Nutrition	5	-2
Exp. Group 1 Lean Bodies	8	-2
Exp. Group 1 Lean Bodies	3	0
Exp. Group 1 Lean Bodies	12	0
Exp. Group 1 Lean Bodies	4	0
Exp. Group 1 Lean Bodies	5	0
Exp. Group 3 Exercise	5	0
Exp. Group 4 Control	8	1
Exp. Group 2 Nutrition	3	2
Exp. Group 4 Control	5	2
Exp. Group 3 Exercise	2	8
Exp. Group 3 Exercise	8	10
Exp. Group 4 Control	10	10
Exp. Group 3 Exercise	6	18
Exp. Group 4 Control	7	X
Exp. Group 2 Nutrition	4	X
Exp. Group 2 Nutrition	7	X

Correlation trend of physiological change for Hitachi Study by Participant

Group	Participant	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 Lean Bodies	10	-92.03
Exp. Group 1 Lean Bodies	7	-74.23
Exp. Group 1 Lean Bodies	1	-67.40
Exp. Group 4 Control	6	-48.81
Exp. Group 1 Lean Bodies	9	-43.59
Exp. Group 1 Lean Bodies	12	-36.83
Exp. Group 4 Control	7	-35.81
Exp. Group 2 Nutrition	5	-32.99
Exp. Group 1 Lean Bodies	3	-32.31
Exp. Group 1 Lean Bodies	4	-31.79
Exp. Group 4 Control	9	-31.00
Exp. Group 2 Nutrition	4	-30.48
Exp. Group 1 Lean Bodies	5	-28.08
Exp. Group 3 Exercise	6	-21.97
Exp. Group 4 Control	8	-21.79
Exp. Group 4 Control	1	-21.16
Exp. Group 1 Lean Bodies	8	-17.81
Exp. Group 2 Nutrition	6	-17.31
Exp. Group 2 Nutrition	3	-17.07
Exp. Group 3 Exercise	5	-7.48
Exp. Group 3 Exercise	8	-5.08
Exp. Group 3 Exercise	2	0.00
Exp. Group 4 Control	10	4.00
Exp. Group 2 Nutrition	7	7.00
Exp. Group 4 Control	5	39.80

Correlation trend of physiological change for Hitachi Study by Participant

Group	Participant	Pounds of Body Fat (% of Change)	Change in Total Cholesterol	Change in Diastolic Blood Pressure	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 Lean Bodies	10	-21.026	-67	-4	-92.03
Exp. Group 1 Lean Bodies	7	-28.23	-36	-10	-74.23
Exp. Group 1 Lean Bodies	1	-16.402	-47	-4	-67.40
Exp. Group 4 Control	6	-1.807	-45	-2	-48.81
Exp. Group 1 Lean Bodies	9	-19.59	-18	-6	-43.59
Exp. Group 1 Lean Bodies	12	-18.83	-18	0	-36.83
Exp. Group 4 Control	7	-19.806	-16	X	-35.81
Exp. Group 2 Nutrition	5	-27.99	-3	-2	-32.99
Exp. Group 1 Lean Bodies	3	-8.307	-24	0	-32.31
Exp. Group 1 Lean Bodies	4	-15.789	-16	0	-31.79
Exp. Group 4 Control	9	X	-25	-6	-31.00
Exp. Group 2 Nutrition	4	-15.481	-15	X	-30.48
Exp. Group 1 Lean Bodies	5	-27.077	-1	0	-28.08
Exp. Group 3 Exercise	6	-26.973	-13	18	-21.97
Exp. Group 4 Control	8	-8.794	-14	1	-21.79
Exp. Group 4 Control	1	-0.156	-9	-12	-21.16
Exp. Group 1 Lean Bodies	8	-23.809	8	-2	-17.81
Exp. Group 2 Nutrition	6	-18.309	5	-4	-17.31
Exp. Group 2 Nutrition	3	-24.066	5	2	-17.07
Exp. Group 3 Exercise	5	-7.48	X	0	-7.48
Exp. Group 3 Exercise	8	-6.08	-9	10	-5.08
Exp. Group 3 Exercise	2	X	-8	8	0.00
Exp. Group 4 Control	10	X	-6	10	4.00
Exp. Group 2 Nutrition	7	X	7	X	7.00
Exp. Group 4 Control	5	-5.205	43	2	39.80

Correlation trend of physiological change for Hitachi Study by Group

Group	Participant	Pounds of Body Fat (% of Change)
Exp. Group 1 Lean Bodies	7	-28.23
Exp. Group 1 Lean Bodies	5	-27.077
Exp. Group 1 Lean Bodies	8	-23.809
Exp. Group 1 Lean Bodies	10	-21.026
Exp. Group 1 Lean Bodies	9	-19.59
Exp. Group 1 Lean Bodies	12	-18.83
Exp. Group 1 Lean Bodies	1	-16.402
Exp. Group 1 Lean Bodies	4	-15.789
Exp. Group 1 Lean Bodies	3	-8.307
Exp. Group 2 Nutrition	5	-27.99
Exp. Group 2 Nutrition	3	-24.066
Exp. Group 2 Nutrition	6	-18.309
Exp. Group 2 Nutrition	4	-15.481
Exp. Group 2 Nutrition	7	X
Exp. Group 3 Exercise	6	-26.973
Exp. Group 3 Exercise	5	-7.48
Exp. Group 3 Exercise	8	-6.08
Exp. Group 3 Exercise	2	X
Exp. Group 4 Control	7	-19.806
Exp. Group 4 Control	8	-8.794
Exp. Group 4 Control	5	-5.205
Exp. Group 4 Control	6	-1.807
Exp. Group 4 Control	1	-0.156
Exp. Group 4 Control	9	X
Exp. Group 4 Control	10	X

Correlation trend of physiological change for Hitachi Study by Group

Group	Participant	Change in Total Cholesterol
Exp. Group 1 Lean Bodies	10	-67
Exp. Group 1 Lean Bodies	1	-47
Exp. Group 1 Lean Bodies	7	-36
Exp. Group 1 Lean Bodies	3	-24
Exp. Group 1 Lean Bodies	9	-18
Exp. Group 1 Lean Bodies	12	-18
Exp. Group 1 Lean Bodies	4	-16
Exp. Group 1 Lean Bodies	5	-1
Exp. Group 1 Lean Bodies	8	8
Exp. Group 2 Nutrition	4	-15
Exp. Group 2 Nutrition	5	-3
Exp. Group 2 Nutrition	3	5
Exp. Group 2 Nutrition	6	5
Exp. Group 2 Nutrition	7	7
Exp. Group 3 Exercise	6	-13
Exp. Group 3 Exercise	8	-9
Exp. Group 3 Exercise	2	-8
Exp. Group 3 Exercise	5	X
Exp. Group 4 Control	6	-45
Exp. Group 4 Control	9	-25
Exp. Group 4 Control	7	-16
Exp. Group 4 Control	8	-14
Exp. Group 4 Control	1	-9
Exp. Group 4 Control	10	-6
Exp. Group 4 Control	5	43

Correlation trend of physiological change for Hitachi Study by Group

Group	Participant	Change in Diastolic Blood Pressure
Exp. Group 1 Lean Bodies	7	-10
Exp. Group 1 Lean Bodies	9	-6
Exp. Group 1 Lean Bodies	10	-4
Exp. Group 1 Lean Bodies	1	-4
Exp. Group 1 Lean Bodies	8	-2
Exp. Group 1 Lean Bodies	3	0
Exp. Group 1 Lean Bodies	12	0
Exp. Group 1 Lean Bodies	4	0
Exp. Group 1 Lean Bodies	5	0
Exp. Group 2 Nutrition	6	-4
Exp. Group 2 Nutrition	5	-2
Exp. Group 2 Nutrition	3	2
Exp. Group 2 Nutrition	4	X
Exp. Group 2 Nutrition	7	X
Exp. Group 3 Exercise	5	0
Exp. Group 3 Exercise	2	8
Exp. Group 3 Exercise	8	10
Exp. Group 3 Exercise	6	18
Exp. Group 4 Control	1	-12
Exp. Group 4 Control	9	-6
Exp. Group 4 Control	6	-2
Exp. Group 4 Control	8	1
Exp. Group 4 Control	5	2
Exp. Group 4 Control	10	10
Exp. Group 4 Control	7	X

Correlation trend of physiological change for Hitachi Study by Group

Group	Participant	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 Lean Bodies	10	-92.03
Exp. Group 1 Lean Bodies	7	-74.23
Exp. Group 1 Lean Bodies	1	-67.40
Exp. Group 1 Lean Bodies	9	-43.59
Exp. Group 1 Lean Bodies	12	-36.83
Exp. Group 1 Lean Bodies	3	-32.31
Exp. Group 1 Lean Bodies	4	-31.79
Exp. Group 1 Lean Bodies	5	-28.08
Exp. Group 1 Lean Bodies	8	-17.81
Exp. Group 2 Nutrition	5	-32.99
Exp. Group 2 Nutrition	4	-30.48
Exp. Group 2 Nutrition	6	-17.31
Exp. Group 2 Nutrition	3	-17.07
Exp. Group 2 Nutrition	7	7.00
Exp. Group 3 Exercise	6	-21.97
Exp. Group 3 Exercise	5	-7.48
Exp. Group 3 Exercise	8	-5.08
Exp. Group 3 Exercise	2	0.00
Exp. Group 4 Control	6	-48.81
Exp. Group 4 Control	7	-35.81
Exp. Group 4 Control	9	-31.00
Exp. Group 4 Control	8	-21.79
Exp. Group 4 Control	1	-21.16
Exp. Group 4 Control	10	4.00
Exp. Group 4 Control	5	39.80

Correlation trend of physiological change for Hitachi Study by Group

Group	Participant	Pounds of Body Fat (% of Change)	Change in Total Cholesterol	Change in Diastolic Blood Pressure	Overall Change in Body Fat, Cholesterol, and Blood Pressure
Exp. Group 1 Lean Bodies	10	-21.026	-67	-4	-92.03
Exp. Group 1 Lean Bodies	7	-28.23	-36	-10	-74.23
Exp. Group 1 Lean Bodies	1	-16.402	-47	-4	-67.40
Exp. Group 1 Lean Bodies	9	-19.59	-18	-6	-43.59
Exp. Group 1 Lean Bodies	12	-18.83	-18	0	-36.83
Exp. Group 1 Lean Bodies	3	-8.307	-24	0	-32.31
Exp. Group 1 Lean Bodies	4	-15.789	-16	0	-31.79
Exp. Group 1 Lean Bodies	5	-27.077	-1	0	-28.08
Exp. Group 1 Lean Bodies	8	-23.809	8	-2	-17.81
Exp. Group 2 Nutrition	5	-27.99	-3	-2	-32.99
Exp. Group 2 Nutrition	4	-15.481	-15	X	-30.48
Exp. Group 2 Nutrition	6	-18.309	5	-4	-17.31
Exp. Group 2 Nutrition	3	-24.066	5	2	-17.07
Exp. Group 2 Nutrition	7	X	7	X	7.00
Exp. Group 3 Exercise	6	-26.973	-13	18	-21.97
Exp. Group 3 Exercise	5	-7.48	X	0	-7.48
Exp. Group 3 Exercise	8	-6.08	-9	10	-5.08
Exp. Group 3 Exercise	2	X	-8	8	0.00
Exp. Group 4 Control	6	-1.807	-45	-2	-48.81
Exp. Group 4 Control	7	-19.806	-16	X	-35.81
Exp. Group 4 Control	9	X	-25	-6	-31.00
Exp. Group 4 Control	8	-8.794	-14	1	-21.79
Exp. Group 4 Control	1	-0.156	-9	-12	-21.16
Exp. Group 4 Control	10	X	-6	10	4.00
Exp. Group 4 Control	5	-5.205	43	2	39.80

Discussion

In the area of physiology, the advantages of a healthy body fat level, healthy cholesterol and healthy blood pressure are important elements in relation to overall health. Physicians continually encourage their overweight patients to lose fat. Health practitioners consistently exhort their "high cholesterol patients" to reduce their cholesterol. Also, doctors tell their borderline and frank high blood pressure patients to lower their blood pressure due to various health risks. The results/findings displaying a decrease in "physiological health predictive points" in each of the aforementioned areas for many of the Hitachi Participants is significant.

In the Hitachi Study significant body fat change took place for many of the Participants. In Experimental Group1 Lean Bodies (which was taught the Lean Bodies nutrition program and participated in the exercise/training program), all but one of the Participants showed significant change in lowering body fat. Although, a little over half of the Participants assessed in this area displayed significant change in body fat levels, the amount of change is not as great as that of the Non-Shift Study Participants. Interestingly, one Participant from the Control Group exhibited a significant change in body fat. If this Participant was recording what he or she ate in a "food diary" for any period of time this may have made the Participant more

aware of food choice. Even if the Participant did not keep regular food records, he or she was exposed to weekly discussion involving "food recording protocol" with this Researcher, even though they were not taught the Lean Bodies nutrition program.

In the area of change in Total Cholesterol, double-digit numbers representing "points of drop" are reported in a little over half of the Participants assessed in this area. The amount of decrease in Total Cholesterol in some of these Participants is quite impressive, but again not as great as that of the Non-Shift Study Participants. Two Participants from the Control Group ranked in the "upper level" of the rankings in regards to "points of drop" of Total Cholesterol. If these Participants were recording their food intake for any amount of time, or even their exposure to discussions surrounding "food recording protocol" involved in the weekly breakfast meetings with the Control Group and this Researcher, a better awareness of food choice could have taken place. This could be feasible, even though they were not taught the Lean Bodies nutrition program. For example, they may have decided to cut back on fatty foods on their own accord.

In the area of change in Diastolic Blood Pressure, the overall results were not significant. This could have been due to many factors as discussed earlier in the Discussion section of this hypothesis area.

Although, the "Overall Change in Body Fat, Cholesterol, and Blood Pressure" results have their limits due to fact that some of the Participants were not assessed in all three areas, the correlation trend that emerges form the "physiological health predictive points" is significant. Many Participants exhibited improvement in minimizing health risk factors. Overall, these results/findings demonstrate the significant change that can come from a healthy lifestyle change in a reasonably short period of time (eight weeks).

Correlation trend of overall change in Food Attitude for Hitachi Study

Descriptive notes

The data is displayed in the following order:

1. Participants are ranked "by Participant" in a correlation trend in accordance to their points of overall change in Food Attitude
2. The next page exhibits the Participants ranked "by Group" in a correlation trend in accordance to their points of overall change in Food Attitude.

Correlation trend of overall change in Food Attitude for Hitachi Study by Participant

Group	Participant		Overall Change in Food Attitude
Exp. Group 1 Lean Bodies	10		9
Exp. Group 1 Lean Bodies	5		9
Exp. Group 1 Lean Bodies	8		7
Exp. Group 3 Exercise	2		6
Exp. Group 1 Lean Bodies	4		5
Exp. Group 1 Lean Bodies	1		4
Exp. Group 2 Nutrition	6		4
Exp. Group 1 Lean Bodies	12		3
Exp. Group 3 Exercise	6		3
Exp. Group 1 Lean Bodies	9		2
Exp. Group 1 Lean Bodies	3		2
Exp. Group 2 Nutrition	4		2
Exp. Group 2 Nutrition	3		2
Exp. Group 2 Nutrition	7		2
Exp. Group 3 Exercise	8		2
Exp. Group 4 Control	7		2
Exp. Group 1 Lean Bodies	7		1
Exp. Group 3 Exercise	5		1
Exp. Group 4 Control	6		1
Exp. Group 4 Control	1		1
Exp. Group 4 Control	10		1
Exp. Group 4 Control	9		0
Exp. Group 4 Control	8		0

Correlation trend of overall change in Food Attitude for Hitachi Study by Group

Group	Participant		Overall Change in Food Attitude
Exp. Group 1 Lean Bodies	10		9
Exp. Group 1 Lean Bodies	5		9
Exp. Group 1 Lean Bodies	8		7
Exp. Group 1 Lean Bodies	4		5
Exp. Group 1 Lean Bodies	1		4
Exp. Group 1 Lean Bodies	12		3
Exp. Group 1 Lean Bodies	9		2
Exp. Group 1 Lean Bodies	3		2
Exp. Group 1 Lean Bodies	7		1
Exp. Group 2 Nutrition	6		4
Exp. Group 2 Nutrition	4		2
Exp. Group 2 Nutrition	3		2
Exp. Group 2 Nutrition	7		2
Exp. Group 3 Exercise	2		6
Exp. Group 3 Exercise	6		3
Exp. Group 3 Exercise	8		2
Exp. Group 3 Exercise	5		1
Exp. Group 4 Control	7		2
Exp. Group 4 Control	6		1
Exp. Group 4 Control	1		1
Exp. Group 4 Control	10		1
Exp. Group 4 Control	9		0
Exp. Group 4 Control	8		0

Discussion

As discussed earlier, any effective nutrition program must be applied in the "real world." Over time the learning takes place and along with it comes a change in the patterns surrounding attitudes/beliefs about food and their role in health. According to the correlation trend of the Overall Change in Food Attitude based on the scores of the Comparative Food Interviews, some of the Hitachi Study Participants exhibited more improvement in their patterns of attitudes/beliefs surrounding food than others. Furthermore, the Hitachi Study Participants did not exhibit as much significant improvement overall in comparison to the Non-Shift Study Participants. For the ones who began to view food as fuel, there emerged the freedom of eating for a purpose. This process involves replacing "wrong thinking" with appropriate patterns of attitudes/beliefs about food.

Conclusions

In conclusion, various elements have demonstrated limited effectiveness in the area of fat loss, lean body mass gain and up-regulation of metabolic rate. However, the Non-Shift Study and the Hitachi Night-Shift Study have helped to fill gaps in science by drawing us nearer to long-term fat loss. Each of the six tested hypotheses has shed light on the path toward this goal.

Upon analysis of the data in the area of lean mass gain and body fat loss, the importance of distinguishing body composition from weight is critical. Permanent fat loss is within reach for the Participants who lost fat and not muscle, while following the components of the Lean Bodies program. However, for those Participants who adhered to the program and received a gain of lean mass and loss of body fat, the physiological status of their body improved. The addition of muscle tissue has dramatic positive effects on metabolism, utilization of glucose, oxygenation and strength. Furthermore, the validity of the results are solid. All Participants were assessed by an independent health professional. The measured results speak for themselves and were completely "untouched" by the researcher.

Constant to increased energy through-put carries with it positive physiological change. The trends observed in the Non-Shift and Hitachi Night-Shift Studies are intriguing, to say the least. With the Participants who exhibited a trend of calorie increase (increased energy through-put), coupled with an improved body composition, the prognosis is excellent for the long-

term. However, we must approach this with caution. There are other factors that can affect the scope of long-term/permanent fat loss that need additional study.

The Participants' daily recording of diet track sheets was the data that guided the energy through-put trends. There appears to be a gap in the literature of daily recorded "food records" over the extended duration demonstrated in the Non-Shift and Hitachi Night-Shift Studies. The diet track sheets for the Non-Shift Study and the Hitachi Study were analyzed by the researcher. Pains were taken to insure accuracy before entering each food item into "Food Processor Plus, which is a state of the art computer software program with the most expansive data base of its kind. It is true that the diet track sheets are inherent food records. However, for the purposes of this research, these analyzed records were a level above the more common "sample days" approach found in many instances in the literature. There was quality daily data and numerous days in length, allowing for each trend to emerge.

Many nutritional approaches designed to improve lipid profiles are short-lived. Possible reasons for this is the lack of calories, the lack of balance in protein and carbohydrates to control insulin and glucagon properly, and the lack of food variety. The results of improved lipid profiles in the Non-Shift and Hitachi Night-Shift Studies are exciting. However, they are results driven. If a Participant puts in 40% effort on the program, then that is what they can expect in return. If the Participant puts in 90% effort, they can expect a 90% return. Furthermore, the results/findings from the Studies of total cholesterol paint a clear picture of what can be accomplished for those willing to follow the methods of the program. As an elevated blood lipid

intervention approach, the Lean Bodies program is especially attractive because of its bountiful calorie basis. Furthermore, in light of the more recent research surrounding the relationship of blood lipids and insulin, the Lean Bodies program puts control of the insulin/glucagon axis back into the hands of the Participant.

It was interesting that some of the HDL cholesterol levels were not more increased for some Participants, especially those that had significantly increased exercise activity. However, during literature review it was observed that HDL cholesterol took longer than eight weeks to positively increase.

The blood pressure research findings were not as significant compared to other aspects of the research. There were healthy decreases of blood pressure in some of the Participants who had elevated readings before the Study. However, many of the Participants in both Studies had excellent blood pressure measurements in pre Study measuring. In reviewing the literature, the majority of blood pressure studies dealt with participants who had at least high-normal readings as a prerequisite for entering the study.

Those Participants who took the research Study seriously and applied the methodology of the Lean Bodies program, reaped rewards in the area of patterns of food attitudes/beliefs. The analyzed data from the comparative food interviews provides clear tracking of the patterns of food attitudes/beliefs from pre Study to post Study. The results from the comparative food interviews reveal that significant changes in attitudes and food beliefs can emerge in a relatively brief period of time through a nutrition education

course and lifestyle change over a period of approximately eight weeks. However, the area of psychology of change is very complex.

The well-known saying of "dropping calories to drop pounds" describes the approach that has plagued dieters for decades. The general public needs to give themselves what a Lean Bodies' client once referred to as "permission to eat again." God created us to be active and to fuel our bodies with nutrient dense foods, not to succumb to diet drugs and low calorie diet plans that result in a large degree of muscle loss forcing a down regulation of metabolic rate. Individuals who have a history of repeated dieting, in many cases, feel like a failure. This feeling of failure is reinforced every time the "on again off again dieter" loses and regains the pounds through low calorie dieting. The first step is teaching the dieter that they are not a failure. As it was once put, "they did not fail, but the diet failed them." Health professionals and educators should understand that it is not "just" nutrition, nor is it "just" psychology. It is a combination of both sciences focusing on the proposition of an "eating program" that builds metabolism from the proper foods eaten in the correct combinations, spread over the course of the day, along with psychological education aimed toward changing the patterns of attitudes/beliefs surrounding food.

The Job In General scale provided useful data for discovering the general/overall morale and contentment of the Participants in relation to their jobs. It is clear that many of the Non-Shift Study Participants are much happier with their job in comparison to the Hitachi Night-Shift Participants. To some extent, it was predictable that the Participants in the Hitachi Night-Shift Study would score less on the Job In General scale because of the

common problems associated with night-shift work. However, the overall morale was so low at Hitachi (with a few exceptions), that no amount of nutrition education, exercise or lifestyle change could be expected to make a significant difference in this area.

There are limits to what can be concluded from this research. In some cases the results can only be conservative extrapolations. In retrospect, some things could have been done differently and possibly resulted in an improved outcome of certain parameters in the research. Furthermore, some areas need more investigation. An example of this is the trends that emerged regarding energy through-put. These findings have their boundaries, due to the limits of the method. However, the diet track sheets became a significant part of the work for revealing trends to be studied further. In comparison to the majority of dietary analysis procedures similar to this research (Non-Shift Study and Hitachi Study) found in the literature, the Non-Shift Study and Hitachi Study methodology of dietary analysis is superior to much of what is in existence in the literature. The initial purpose of these research Studies were to provide learning and gather data within a "real world" approach. That goal has been accomplished by this work. The Lean Bodies program has improved directly from these Studies. For example, the Hitachi Night-Shift Study has given rise to more adaptability and flexibility within the Lean Bodies program.

Of course, the heroes of this research are the Participants. The learning experience of working with all of the Participants was invaluable. Without doubt, the Lean Bodies program today, is definitely a better program than it was before the Non-Shift Study and Hitachi Night-Shift Study. Hopefully, this

research will encourage future research in methods that positively affect the metabolic pathways of the body. The aspects of psychology of change in relation to the patterns of attitudes/beliefs surrounding food are impacted significantly by this research. Hopefully, future work will be stimulated incorporating "eating" instead of "dieting" to lose fat. The positive psychological and emotional features of this "eating to be lean" lifestyle are without limits.

The present "diet" back- drop is a psychological/physiological disaster. For the purpose of comprehending its magnitude, consider the following analogy: Let's propose that the average number of breaths taken by a healthy adult in a minute's time falls normally between thirteen (13) and twenty (20). Now, ask that same person to take only eight (8) breaths per minute, and to continue this on a regular basis. This is the way a "dieter" feels when a health professional prescribes for them a low calorie diet. It goes something like this: "Now Mrs. Jones, you are not the spring chicken that you once were, therefore we are going to have to "cut your calories" in order for you to lose weight." "You see, your metabolism has slowed over the years and the only answer is to drop your calories low enough so that you begin dropping weight." "We can't change your metabolism, so we have to limit your food." Mrs. Jones returns after a couple of weeks of attempting the prescribed low calorie plan with some success of losing overall weight on the scale. The health professional compliments her on sticking to her one thousand (1000) calories diet plan for the previous two (2) weeks. After approximately three (3) months, Mrs. Jones has regained all of her lost weight plus a few additional pounds. She is chastised by the health professional and made to feel guilty for her lack of discipline. Various behavior modifications are

employed by the "well meaning" health professional such as: "chew your food slowly," "when you get hungry drink copious amounts of water," "when you get hungry divert your attention to something else in order to get your mind off of food." These various approaches are without success, so the health professional prescribes "diet pills" that suppress the appetite and act as a stimulant to cause weight loss. Over the course of several years, Mrs. Jones becomes a "yo-yo' dieter. Her attempts to lose weight on various "diet plans" have failed to yield long-term results. She feels like a failure and complains of daily fatigue. She has developed a low self- esteem. Her patterns of attitudes/beliefs about food are very negative. She attributes the fact that she is obese to age and lack of discipline to "stick to a diet."

The story described above is all too common. In fact, it has become a consistent pattern for many, both female and male. The proverbial "dieter" has literally slowed their metabolism to the point where the body no longer has the ability to burn fat effectively. In an effort to cope with this metabolic hopelessness, many individuals have resigned themselves to taking the position that they "choose to be the way they are."

In this researcher's opinion, when an individual chooses to embark on a low calorie diet plan, they succumb to irrational thinking patterns. Common sense should tell them that they can only follow a "diet" for a "vacuum" of time, because it is not a lifestyle change. When they resume eating, their body is not going to automatically begin handling calories differently. What they fail to understand is that they will gain back more fat than before starting the "diet" because they starved away much of their lean muscle tissue. Their "short lived" diet simply produced weight loss in the form of water, muscle

and glycogen. All along it was just another "diet" masquerading as "the answer." This type of pattern leaves the victim emotionally bankrupt. Did the "dieter" believe that he or she could actually live with starvation for the rest of their life?

As a youngster who enjoyed wrestling on his school's wrestling team, a gentleman relayed the story of the time he was injured in a match. It seems that he received a serious "cut" in the area of his sternum. After a period of time his cut healed nicely. Several years later as an adult, this man lost weight through a popular medically supervised "very low calorie" weight loss program. After some weight loss success while on the program, a severe infection came about involving his old "wrestling wound". This escalated to a serious situation, which required medical action. He was told that his "weight loss" program caused a depression of his immune system. Stories like this one are frightening. Common sense seems to go "out the window" when it comes to "dieting."

Low calorie diets have become so popularized that "wrong thinking" has taken over in "international proportions." What is "vogue" today is "how little can I eat...and how much more can I work out!" This "dieting mentality" has "sown bad seed" in regards to how people think about food. The enjoyment of eating the wonderful foods our Creator has placed on earth for us to consume over and over again for the purpose of sustaining a healthy life is sadly not enjoyed by many in our society. Eating should be viewed as sheer enjoyment with no guilt! Food is fuel that nourishes our bodies, it stimulates metabolic responses, strengthens the body and helps fight disease.

How we eat affects our job, family and relationships. Our job performance is tied directly to our energy level. Employers don't hire individuals who are tired, slumped over and washed out. Today's job market is wide open for qualified people who are fit, strong, and positive. The right nutrition program fuels the healthy employee. "Diets" spell disaster for job performance.

The family member who has chosen the "couch potato" lifestyle along with a diet high in processed/refined foods and saturated fat is "missing the boat." All of the wonderful experiences just waiting to be enjoyed with family members are robbed away.

Many of today's children are falling into a sedentary lifestyle by choice. Processed/refined foods make up almost all of their overall diet. Furthermore, their diet is very high in sugar and saturated fats. A large percentage of today's young people do not engage in regular exercise. Learning difficulties are more prevalent today than ever before. Research has shown promising results in this area regarding nutrition.

How we look and feel can be regulated by a reaction of hormones in relation to what we eat. The proper ratio of protein and unrefined/unprocessed carbohydrates at a meal has shown to deliver optimal hormonal response. In fact, individuals eating on the Lean Bodies program actually control the two (2) major hormones in their body. These hormones are insulin and glucagon. The insulin/glucagon axis can be manipulated through these macro-nutrients' amounts and frequency/timing of meals. These two (2) hormones dictate whether an individual becomes leaner or gains fat. This can be regulated by selecting the proper foods from protein, unrefined/unprocessed starchy

carbohydrates and fibrous vegetables in the correct ratio of each at each meal. Meal frequency of five (5) feedings spread throughout the day containing the proper balance of these foods ensures a "slow release" of glucose or "energy release" over the course of the day. This has great impact on emotional/psychological health. The brain is bathed in a delicate balance of glucose at all times. Eating in this fashion provides optimal levels of this precious fuel around the clock. This directly impacts emotional health. Less depression, mood swings and anxiety are within grasp for the individual who chooses to follow these guidelines.

All the elements of the Lean Bodies program are contained in the five (5) components of its method. This structure provides a life-long realistic approach for building metabolism, consistent exercise and the proper perspective surrounding the attitudes/beliefs about food. These components are summarized as follows for the benefit of categorizing all the elements into the method. The first (1st) component is: "Gradually increase calories from the proper foods." Do not follow a "low calorie" diet that "cuts calories" in order to drop weight." The old adage "if you don't use it you lose it" applies here. People that "diet" and cut calories slow down their metabolism. Their body perceives this as "starvation." It holds onto fat for survival purposes. It has been demonstrated that much of the weight loss that occurs under these conditions is muscle tissue, water and glycogen. On top of that, this method carries a 95% failure rate. Many "yo-yo" dieters have "cut" their eating to a large degree. Their metabolism is so slow, it has become almost impossible for them to burn fat. Many are not eating enough food to stimulate their metabolism. On the other hand, building a metabolism is much like building a muscle. In the gym you "use the muscle," you "stimulate the muscle" and

you gradually "increase the stimulation" by steadily adding more weight. This in turn stimulates the muscle to respond by getting stronger and the addition of more lean muscle tissue takes place. This process in exercise physiology is referred to as "progressive resistance training." In the same light, the metabolism is built by "gradually increasing calories from the proper foods."

The second component is "spread the calories out through-out the day." Each time a meal is consumed containing the correct foods with a suitable ratio of proteins and unrefined/unprocessed carbohydrates, the metabolism speeds up. Furthermore, "only a certain amount of energy" that comes from each meal can be utilized by the body. Building metabolism requires spreading the calories over five (5) meals a day. This method incorporates consuming three (3) major meals (breakfast, lunch and dinner) with two (2) in-between mini-meals or "mock-meals in the form of a supplement for convenience.

The third (3) component is to "choose the metabolic activating foods." Certain foods contain a make-up "chemically" that speeds-up/up-regulates metabolism more so than other foods. For example, protein has the highest specific dynamic action on metabolism. This is caused by the amino acids contained in protein. However the proper ratio of protein to unrefined/unprocessed carbohydrates at each meal allows for proper manipulation of the insulin/glucagon axis.

The fourth (4th) component is surrounding exercise. It has been said that seventy five percent (75%) of the results in the gym is nutrition. This does not mean that exercise only accounts for twenty-five percent (25%) of this

equation. The point is made to magnify the importance of nutrition. Exercise is work, yet "working smart" is the key. Too many people spend hours in the gym with limited results. As one of my colleagues explained " you have been going to your aerobic class or gym for over a year and noticed that no one has changed." The reason is that the exercisers for the most part do not know how to eat. A respected trainer put it this way "give me a client with an incredible work-out program and a mediocre nutrition program and we will get mediocre results every time." Weight training performed twice weekly with sufficient intensity to cause muscle adaptation coupled with three (3) days of aerobic exercise for thirty (30) minutes per session allowing the participant to breathe hard, is ideal.

The fifth (5th) component involves the attitudes/beliefs about food. Many people in today's society have wrong attitudes/beliefs surrounding food. What is vogue in our society today is following a low calorie diet and adhering to a great degree of exercise. The victim wants quick, instant results. So, the way to get "quick and instant" is to "starve the body" and at the same time "force the body" to meet excessive exercise demands. The victim mistakenly thinks that this will provide the quickest route to weight loss. This form of "irrational thinking" can lead to psychological/emotional disaster. A recent television program epitomizes this "wrong thinking" in its description of "Diet Debbie." The program explains that "Diet Debbie" must lose twenty-five (25) pounds in approximately thirty (30) days. It describes that "Diet Debbie" must eat only "celery" until she reaches her goal weight. These patterns of attitudes/beliefs about food must stop. An education process must take place to evoke change in one's attitudes/belief about food. The component of "attitudes/beliefs" about food involved in the Lean Bodies

program is a "rescue" from the irrational thinking of the "Diet Debbie" mentality. The eating program involved in the Lean Bodies method is bountiful in calories from the proper foods. In fact, eating is encouraged to stimulate and build metabolism. Participants are taught to look at food as "fuel." Eating "enough calories to stimulate metabolism" is emphasized for "building a faster metabolism." "Permission to eat again" is granted by each person to their self in following the Lean Bodies eating plan.

It is exciting to review the present literature in the fields of nutrition, physiology and psychology of change. Many great laboratory research studies along with important field studies have been published to help pave the way for better understanding of how these disciplines impact our lives. However, there is a great need for more "real world" research studies relationally tying together the inter-disciplinary areas of nutrition, physiology and psychology of change. The Non-Shift Study and Hitachi Study were developed to assist in filling gaps in science from a "real world" perspective. This type of research structure is difficult, to say the least. Dealing with people in their normal everyday environment reveals what is realistic and workable for their "world." Time constraints, work related problems, physical plant shortfalls, stress, deadlines, employee to family relationships, employee to employee relationships, employee to management relationships and scheduling constraints are only a portion of the "realisms" that are inherent within "real world" experiments. Unlike lab studies, the Non-Shift Study and Hitachi Study provided an investigation of finding out what works best in real life. In both Studies, many Participants incorporated lifestyle changes in regards to nutrition, physiology and psychology of change. This was not just something that was "seen" in lab under "ideal world" settings, but actually

applied in "every day life." Furthermore, the results/findings that have come out of this research have a strong likelihood for replication in the mainstream population.

Significant emergence factors have come out of the Non-Shift Study and Hitachi Study. In the area of patterns of attitudes/beliefs surrounding food, a very significant development appeared. It was demonstrated that the "Lean Bodies" eating program positively influenced numerous Participants' attitude regarding food. Many embraced the concept of "food as fuel." This in turn affected their daily nutrition education/application. Furthermore, physiology was positively affected in regards to exercise recovery and results.

In the area of physiology, a combination of aerobic exercise and "highlighted" shorter strength training sessions allowed for more intensity resulting in maximum lean mass gain in many Participants over the course of the Studies. This is an important finding for the busy person in the "work world" who is looking for maximum results in as little time as possible.

Without a doubt one of the most important findings involved energy through-put. The Non-Shift Study and Hitachi Study demonstrated that busy people can realize significant change in their body composition by manipulating the composition of their diet, incorporating meal frequency (eating 5 times a day) while eating the proper ratio of protein and unrefined/unprocessed carbohydrates at each meal. Most importantly, many of the Participants demonstrated these positive body composition changes maintaining a trend of constant to increased energy through-put without lowering energy through-put. The results speak for themselves in a gain of lean muscle mass and

reduction of body fat.

The first week of the Studies, the recorded food was a representation of the Participants' normal eating patterns. What was observed was very interesting. In many cases, these "normal/usual" trends revealed more erratic patterns in comparison to eating on the Lean Bodies nutrition program. These eating patterns, in all probability, were habitually "slipped into" over the years. Many of the Participants simply did not understand how to eat with purpose. They did not know how to take advantage of food combinations or meal frequency to assist in improved energy levels and more positive emotional health. Furthermore, many did not understand how to eat for recovery from "hard days" and/or longer days at work, let alone recovery from exercise. Therefore, their ability to adhere to a consistent exercise program would have been difficult. Mood swings from these "eating patterns " most likely developed due to blood sugar fluctuations. These "swings" could have possibly been severe in more susceptible individuals.

As discussed in the "Real World Approach Research Application Overview for Hitachi Corporation Night Shift Workers" section of this thesis, Experimental Group 3 Exercise participated in the prescribed strength training and aerobic exercise program, but was not taught the Lean Bodies Nutrition program. This particular Group exhibited a significant "drop out" rate in the Study. In reflection, this would not necessarily be unexpected. Due to various factors inherent to this Group and correlating generalized patterns that this researcher has observed from the exercise/nutrition equation arena, this is not a surprise. In this section ("Real World Approach Research Application Overview for Hitachi Corporation Night Shift Workers")

this researcher explains that some of the Participants in this Group did ask general questions regarding nutrition. We answered their questions, but did not initiate information about the "Lean Bodies" nutrition program. Given as an example in that section ("Real World Approach Research Application Overview for Hitachi Corporation Night Shift Workers"), a notation regarding a Participant in Experimental Group 3 Exercise is described as follows: "For example, a Participant was complaining of fatigue during his exercise class." We discussed with him about his need to eat to have the energy to exercise, helping him to remember that he is coming off of a twelve hour work shift and expecting his body to perform." This is a clear example of the importance of nutrition in fueling the body with energy and achieving the goal of losing body fat and gaining lean mass. For too long, much emphasis has been placed on exercise with too little emphasis on nutrition. As this researcher has quoted earlier from a respected professional trainer, "give me a client with a great exercise program and a mediocre nutrition program and we will get mediocre results every time." This is not only common in regards to success of improved body composition, but critical to the aspects of energy through-put and energy storage. It is this researcher's opinion that the majority of Participants from Experimental Group 3 Hitachi, who "dropped out" of the Study did so for one of two reasons. Some may have experienced both reasons. The first reason is that they were too fatigued after a twelve-hour work shift, being unequipped with the knowledge of "fueling properly" for energy stores and recovery from exercise. The second "drop out" reason is a little more detailed. It involves the real possibility of the Participants' frustration of past experience of exercising consistently with little to no significant results. In other words, they may have already known that they needed more than "just exercise" to produce an improvement in their body

composition (loss of body fat and gain of lean mass) Even though they received "supervised exercise training", it is not unreasonable to assume that they recognized their need to "learn how to eat." Furthermore, the realization could have been evident to them that "nutrition is the step limiting factor."

Recorded food after the first (1st) week of the Studies (week 2 and beyond) for those Participants following the components of the Lean Bodies eating program was very interesting. The trends that emerged for many of these Participants revealed positive change in several areas. The eating patterns were less erratic, more consistent and more purposeful. Many of the Participants applied their acquired knowledge in regards to food combinations and meal frequency. This led to improved energy levels and more positive emotional health. Observably, many Participants realized structure and organization in their eating patterns intertwined with their schedules. This possibly provided many benefits in the area of recovery from "hard days" and/or "longer days" of work. Furthermore, this would cause improved recovery from exercise and positively influence exercise consistency for those Participants who engaged in exercise training.

Many Participants experienced improved attitudes/ beliefs surrounding food from their newly developed eating patterns. One component from this could be improved glucose tolerance factors. In theory, this would give rise to an "leveling out" of blood sugar and less "mood" fluctuations for those individuals who were experiencing any "emotional swings." Furthermore, these "learned" eating patterns could influence the attitudes/beliefs about food in the area surrounding the importance of "food as fuel." This would allow for the Participant "eating" on the Lean Bodies program to give himself

or herself permission to eat again, if they had come from a "dieting" background". In all practicality, this would give rise to rational thinking toward food, which could initiate a "no more dieting" attitude. Thus, the Participant would "hopefully" be less likely to succumb to any "cutting calories" approaches in the future. Ideally, the Participant is equipped with the proper way to eat, providing a healthy nutritionally balanced "eating program" for life.

It is appropriate to discuss future research needs stemming from the Non-Shift Study and Hitachi Study. Additional "intra-study" investigative techniques could be beneficial. A "comparative food interview" battery of questions might be posed to the Participants on a weekly basis throughout the study term. This might be graded in a similar fashion as the "comparative food interviews" created and utilized in the Non-Shift and Hitachi Studies. This more frequent testing method could provide a "tracking" system to uncover chronological time periods of change that surround patterns of attitudes/beliefs about food. In turn, this could advance predictability measures.

If future research would apply "weekly" assessment testing for each of the six (6) hypotheses, this could reveal several "trend analyses." By conducting the assessments on a weekly basis, the researcher would have data that could demonstrate "minimum time parameter requirements" necessary for change in each hypothesis area. This could be valuable information for corporations that provide "corporate wellness" programs for their employees. The efficiency of their programs could improve drastically from this model.

Future research might incorporate "follow up" testing assessments in each

hypothesis area conducted periodically over a twelve (12) month period. If this was instituted for each hypothesis, it could provide "predictive data" involving vulnerability periods of "slipping" off certain aspects of the healthy life style change. Thus, preventive applications could be applied at specific times to avoid "slipping" back into old unhealthy nutritional, psychological and physiological patterns.

The "tightly analyzed" inherent diet track records have demonstrated their importance in assisting to fill gaps in science as revealed in their roles in the Non-Shift and Hitachi Studies. This data could be useful in future research in several areas. The following areas of research might incorporate the "eating patterns" utilized in the Non-Shift Study and Hitachi Study: hormonal balancing (insulin/glucagon axis), exercise recovery adaptations, exercise performance, protein/carbohydrate ratios coupled with exercise timing aimed at improvement of body composition, type II onset diabetes research, modulation of immune function, anxiety/panic disorder, hypoglycemia, exhausted adrenal protocol, effects on aging, biochemical/metabolic influences in regards to depression, AIDS research and chronic fatigue, to name a few.

In self-reflection, the Non-Shift Study and Hitachi Study provided a tremendous arena for learning. Every step of the learning process was an exciting adventure. Conducting the actual research studies was an experience of a lifetime. The involvement of the "real world" approach utilized by these Studies proved to be priceless in the context of research style. All of the results/findings in each hypothesis area offer high probability in replication in the "real world." Clearly, the reason for this confidence is the

factor that each of the results/findings was based on "real people" in "real places" engaged in "real life" research. Although, this type of research is difficult, it is well worth the work. Many great discoveries have been made in the laboratory. However, the actual application and hope of improvement for nutritional/physiological and psychological change are played out in the "real world." Someone must take the elements of laboratory experiments and apply them in "real world" settings in order for the "usefulness" to be fully embraced and applied. This ensures the full potential of positive change to take place.

Both the Non-Shift Study and Hitachi Study were unique in their own right. The Non-Shift Study tended to provide an environment of experimentation that was more "idealistic" in nature. Better facilities along with normal Non-Shift schedules provided "less of a challenge" for both the researcher and the Participants. The Hitachi Study was very unique. It proved to offer an environment of experimentation that was not as "idealistic" in nature as the Non-Shift Study. The facilities and equipment were sufficient, yet not at the level of the Non-Shift Study standards. The Hitachi Study Participants were "night-shift" workers involved in a compressed work week schedule. For the night-shift worker, the research Study was not as easy to be involved in compared to the normal schedule advantages of the Non-Shift Study Participant. However, the fortitude of the Hitachi Participant was a lesson in determination. The Hitachi Study provided a great example of why a "real world" approach is so important. Components of research must be capable of being carried out in the "day to day" lives of the "average" person on the street. Any element of research that cannot be tested and utilized in "real life" settings loses its effectiveness.

The Non-Shift Study and Hitachi Study provided an environment that greatly impacted the Lean Bodies program. Through the research protocol experience of these Studies, better teaching techniques materialized, improved structure emerged and enhanced communication skills developed. Furthermore, the Hitachi Study caused the Lean Bodies program to be more flexible and adaptive because of the night-shift workers' schedule. This change may have never taken place apart from the uniqueness of this Study.

It is this researcher's hope that the Non-Shift Study and Hitachi Study will assist in turning the tide toward more "real world" research involving the interdisciplinary aspects of nutrition, physiology and psychology of change.

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Effects of energy through-put and food attitude patterns in response to food choice, amount and combination while following a strength training and aerobic exercise program.

Dietary composition: psychological and nutritional/biochemical perspectives

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Thesis submitted for the degree of Doctor of Philosophy,

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Appendix

Contents

Section 1	Research Protocol
Section 2	Lean Bodies Workbook

Research Protocol (Part A)

for

Hitachi Corporation Night Shift Workers (compressed work week)

Background

The Hitachi Research Study grew out of the interest of Debbie Lantz. Mrs. Lantz is Hitachi's Human Resource Specialist and holds a Master of Science degree in the field of exercise. The great need of a lifestyle change in many of the night shift workers posed a challenge, because of their unique work schedule (compressed work week) and job pressures so ever present. Morale problems, emotional swings, sleep deprivation, low energy levels and productivity set the stage for chronic fatigue, sub-par health and probable future degenerative diseases. The foresight of Mrs. Lantz helped to identify the need of a change of course for these Hitachi employees. The project could realistically provide the tools to educate them in a healthy lifestyle change. Also, the corporation would be able to ascertain "hard numbers" from research to provide a clear direction for a wellness program.

Mrs. Lantz was familiar with the "Lean Bodies" approach of lifestyle change through nutrition and fitness. Through her academic background and understanding of physiology and nutrition, many of the components of "Lean Bodies" showed promise. When a staff member of "Lean Bodies" approached Mrs. Lantz to see if their might be interest from Hitachi to sponsor "Lean Bodies" classes for their employees, the "Research Project" idea was born. Mrs. Lantz received approval for the "Lean Bodies Research"

to be carried out with the night shift manufacturing employees. I had several meetings with Mrs. Lantz to formulate the project and scheduling of the Participants. The following research protocol lays out the "recipe" step by step from recruitment to completion.

The Physical Plant

Hitachi Semiconductor (America) Inc. facility in Irving, Texas is the company's first full process semiconductor assembly and test facility outside of Japan. At the physical plant in Irving, workers are developing and producing semiconductors, memory chips, microconductors and various other components in a sterile environment.

The Participants

The Participants in this Study are night shift workers involved in a compressed work week schedule. The stress of production, quality and quantity of product is ever present with the worker. Schedules are erratic and non-conducive to a healthy lifestyle. I had several meetings with Debbie Lantz to formulate the framework of the project and scheduling of Participants. We decided that we needed to hold recruitment meetings with one-hundred-twenty (120) night shift employees to form a pool for our random selection process. We had a total of four (4) recruitment meetings that lasted approximately thirty (30) minutes each. Mrs. Lantz used the first fifteen (15) minutes of the meeting to communicate the Corporation's interest in the project. She also explained what would be expected of each Participant and the scheduling of the various components of the project. I

used the remainder of the meeting to explain the tremendous potential that each of them had for a higher quality of health, if they were willing to make a lifestyle change. I referred to a high tech racing car as my analogy to help motivate and peak their interest to sign up for the research project. For example, I asked the question...Who wants to be like a Ferrari? I explained that you must use premium fuel in a Ferrari. Next, I told them that God created their bodies to be much like a high tech machine that is capable of great potential if given the proper nutrition. I brought along with me a plastic/rubber model of five (5) pounds of muscle and a plastic/rubber model of five (5) pounds of fat. I utilized these visual aids to help them focus on their personal body composition. These aids stimulated the sleepy audience (it was their lunch hour at 6:00 a.m.) to begin comprehending the fact that they needed help. With the conclusion of the recruitment meetings, we successfully received enough individuals to make our random selection.

Research Team

I am fortunate to have two (2) highly capable research assistants in the projects, Mr. Wes Cade and Mr. Dwayne Wilson. I have found it very helpful to discuss many of the components of this Study with these two (2) assistants. The fact that they are full time staff members of "Lean Bodies" and working "hands on" with clients each day, makes Mr. Wilson and Mr. Cade invaluable in their input to both research projects. At this writing, I asked Mr. Cade to briefly recount some of his involvement in the projects. For example, in the wording of my hypothesis, after returning from the U.K.

with what seemed to be a good hypothesis, Mr. Cade reminded me that we had some individuals attending our program that had not come from a background of dropping calories, and suggested that I add in some additional wording in regards to what I was already stating about energy through-put. I had stated "increased energy through-put", (suggestions from Dr. Stanley and Dr. Lane) but Mr. Cade felt that stating only "increased energy through-put" could be limiting to the hypothesis. He stated that he had worked with some clients in our program that observably had not come to us from a "dropping calorie" background like many we see in our "Lean Bodies" classes at out clinic. Also, we discussed that the hypothesis needed to include wording about not dropping calories. I concurred, and after some discussion of the wording that could best describe this in a broader sense, we decided that "constant energy through-put" added before the phrase... " or increased energy through-put" and "without reduction of energy through-put"...better explained the broader scope. Thus it reads... "constant energy through-put or increased energy through-put, without reduction of energy through-put." This type of collaborative teamwork helped to refine the research process. Mr. Wilson's and Mr. Cade's availability for feedback and discussion lended accuracy in my describing the components of the project that best fit the "reality" of what we have anecdotally been observing daily in my program. This was helpful in creating more of a "mirror image" of what we observe in the "Lean Bodies" classes. In our "Lean Bodies" program at our clinic in Dallas, we encourage our clients to call or come by the clinic (in

addition to their class time) for any additional individual time they desire with Mr. Cade, regarding their eating and exercise program. This is utilized by many of the class Participants as additional "tweaking" of their program. I offered this to the Hitachi research Study Participants as well. However, being that they were (for the most part) sleeping during our business hours, they were unable to take advantage of this as much as we would have preferred. Experimental Group 1 Lean Bodies had the advantage of additional time with myself and Mr. Cade, as we trained them in their exercise class periods. We were able to answer any questions and discuss with them the nutrition part of the program in addition to what they were getting from me in their nutritional components class. This was an advantage that Experimental Group 2 Nutrition did not have, because they were not participating in the exercise portion of the Study.

In our "Lean Bodies" program (ongoing classes at out clinic), both Mr. Cade and Mr. Wilson are available at no additional charge to answer questions regarding the "Lean Bodies" program during our business hours. Mr. Cade and Mr. Wilson consult with me if they are unsure of how to handle certain questions from the clients. Another area of Mr. Cade's expertise at "Lean Bodies", is filling the position of body composition analysis technician. He has tested a large number of our clients with our ultra-sound analysis unit and some with skin-fold calipers. In early discussions with him, (after I had returned from the U.K. with an effective hypothesis), regarding the way I was wording my hypothesis in the relation of "lean mass" and "body fat", he

suggested that the word "ratio" would add more broad scale understanding of what we had been observing with our clients. I agreed and decided to add the additional terminology to the statement. The directness and clarity of the hypothesis was aided by these staff members' (who have become research assistants) input and sensitivity in relation to the reality of the typical "Lean Bodies" client. Mr. Cade and Mr. Wilson have been involved in the research since the inception. It has been supportive to communicate with them my thoughts regarding certain aspects of the research. My being able to read to them or discuss with them something I am writing in the protocol, and my ability to ask them..."what do you think ?'...and know I will receive an honest evaluation, has been valuable. For example, on occasion I would call my supervisors about a certain aspect of the research, and say "we've been discussing ... this or that "..referring to myself and my staff. I have learned to listen to my staff and have gained much insight. It has been of value to receive their input regarding practical application into the research, because of their "day to day" reality in working with our "Lean Bodies" clients. This includes clients in our classes and from all over the nation via phone counseling. My staff has been a great resource of on-going value, resulting in practicum that lends itself well to the research. These gentlemen work together as a "conduit of information" reporting to me the daily pulse of the "Lean Bodies" program. Truly, they have been an asset to the team. This is one of the reasons why I refer to them as "team lean".

Random Selection

The source of the statistical tables of random numbers was taken from Table 33 of Fisher and Yates, Statistical Tables for Biological, Agricultural and Medical Research, published by Oliver and Boyd Ltd.,Edinburgh.

Mrs. Lantz performed the random selection using the aforesaid statistical tables of random numbers. As mentioned earlier, our random selection pool contained volunteers from "A shift" and "C shift" assembly line workers. These Hitachi employees worked from 12:00 midnight to 12:00 noon on a compressed work week schedule.

The Participants were randomly selected for the following Groups:

Experimental Group 1 Lean Bodies (15 initial Participants)

Experimental Group 2 Lean Bodies Nutrition (14 initial Participants)

Experimental Group 3 Lean Bodies Exercise (16 initial Participants)

Experimental Group 4 Control (14 initial Participants)

Group Descriptions

Experimental Group 1 Lean Bodies:

This Group was taught the Lean Bodies Nutrition program and participated in the prescribed strength training and aerobic exercise program.

Experimental Group 2 Nutrition:

This Group was taught the Lean Bodies Nutrition program, but did not participate in the prescribed strength training and aerobic exercise program.

Experimental Group 3 Exercise:

This Group participated in the prescribed strength training and aerobic exercise program, but was not taught the Lean Bodies Nutrition program. However, some of the Participants in this Group did ask general questions regarding nutrition. We answered their questions, but did not initiate information about the "Lean Bodies" Nutrition program. For example, a Participant was complaining of fatigue during his exercise class. We discussed with him about his need to eat to have the energy to exercise, helping him to remember that he is coming off of a twelve (12) hour work shift and expecting his body to perform.

Experimental Group 4 Control:

This Group served as a control for the Study. These Participants were not taught the Lean Bodies Nutrition program, nor did they participate in the prescribed strength training and aerobic exercise program.

Study Method

The Study method involves nutritional and biochemical components to establish the relationship between loss of body fat and gain of lean mass following dietary composition and exercise with constant to increased energy through-put, and the psychology of change of patterns of attitudes/beliefs which support nonconstrutive dieting and the restructuring of "food" attitudes/beliefs that takes place in a controlled "Real World" approach Study during a dietary composition (food) and exercise education program.

The Study encompassed teaching the nutritional components of the "Lean Bodies" program to Experimental Group 1 Lean Bodies and

Experimental Group 2 Nutrition once a week. The exercise portion of the Study amounted to conducting exercise classes for the Participants in Experimental Group 1 Lean Bodies and Experimental Group 3 Exercise, two(2) days per week each.

The Study involved collecting data from the four (4) arms (Groups) participating in the various components of the "Lean Bodies" program. From the nutritional portion, Participants kept a weekly food diary that was collected each week. From the exercise portion, Participants received instruction for both strength training and aerobic exercise during each exercise session. Exercise was documented for each individual involved. Each training session lasted approximately sixty (60) minutes and met twice a week on consecutive days. The exercises, sets, repetitions and weight amounts were recorded, as well as the aerobic training. A few of the Participants said that they were doing some aerobics on their own time. I asked them to record this information on their "diet track" sheets. Any Participants that were doing aerobic exercise other than what was a part of the Study seemed to be minimal. There was some reporting on the "diet track" sheets from these Participants. I can only recall one (1) Participant referring to other weight training sessions at a gym where he was a member. However, this was in a casual reference. I don't believe that it was of any consistency.

The schedule for each Group was as follows:

Experimental Group 1 Lean Bodies met each Thursday at 6:00 a.m.

for nutritional training and various aspects of the "Lean Bodies" approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. Each class time lasted approximately between forty-five (45) and sixty (60) minutes. The Group was scheduled to meet for exercise classes at 12:15 p.m. on Thursday and Friday each week. At these times, Participants engaged in weight training and aerobic exercise. These sessions lasted for approximately sixty (60) minutes each (slightly longer on some days and slightly shorter on others).

Experimental Group 2 Nutrition was scheduled to meet each Monday at 6:00 a.m. for nutritional training and various aspects of the "Lean Bodies" approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. Each class time lasted approximately between forty-five (45) and sixty (60) minutes. This Group did not participate in the exercise classes.

Experimental Group 3 Exercise was scheduled to meet for exercise classes at 12:15 p.m. on Monday and Tuesday each week. At these times, Participants engaged in weight training and aerobic exercise. These sessions lasted for approximately sixty (60) minutes each (slightly longer on some days and slightly shorter on others). This Group did not participate in the nutritional training and emotional and psychological aspects about food.

Experimental Group 4 Control was scheduled to meet each Thursday at 7:00 a.m. for a breakfast meeting. Each week this Group served as a control only. They did not participate in any portion of the nutritional training,

emotional or psychological aspects about food or exercise. Lean Bodies Inc. provided breakfast each week for the Control Group.

Hypothesis

Can we establish the relationship of improved lean mass to body-fat ratio (% of change) following diet and exercise modification by manipulation of types of foods with constant energy through-put, or increased energy through-put without reduction

of energy through-put.

Null Hypothesis

There is no relationship of improved lean mass to body-fat ratio (% of change) following:

1. Diet and exercise modification by manipulation of types of foods
2. With constant energy throughput, or increased energy through-put without reduction of energy through-put.

Duration of Study

February 6th through April 13th

Descriptive Class Summary and Design

for

Experimental Group 2 Nutrition

(note: this was the first class to be taught in the schedule)

Week #1 Nutritional Components Class:

The class schedules were arranged to accommodate the shift

schedules. This Group was scheduled to meet every Monday morning at 6:00 a.m. for the duration of the Study. My first classroom meeting was with Experimental Group 2 Nutrition. The first meeting was a time of teaching them how to record their dietary intake onto their "diet track" sheets. I explained that we needed them to record everything they ate for the next week, in order for us to have a sampling of their food intake. I asked them to record the amount/quantity in ounces (for solid foods) and cups (for volume). Also, I requested that they be as exact as possible. I explained that if they were dining out and unsure of the serving size of an item, to ask the waiter for details. For example, a chicken breast is 4-6 ounces (small one 4 oz., large one 6 oz), one cup of cooked rice (cup measures) and 16 fl. oz. (label reading) for beverages. I gave them simple examples of common foods and serving sizes. I encouraged them to focus on being as descriptive and accurate as possible. These individuals were not motivated to the extent of the clients we normally have participating in our "Lean Bodies" classes, that come to us needing our help.

The "diet track" sheets contain spaces for the following information: name, class day, class time, weight and food quantity, calories, protein, fat, carbohydrates, sodium and potassium. The Participants were asked to record everything they ate each day for the duration of the Study. The first week, they were asked to record their normal daily dietary intake. This gave me a "bench mark" for a "norm" prior to any nutritional changes that the Study would produce.

I made the mistake of handing out workbooks and teaching the nutrition program the first week (forgetting about the need for pre-start eating) to Experimental Group 2 Nutrition, because this is how I have normally taught this class for years at our "Lean Bodies" clinic. I caught my mistake a few hours later. I met the majority of the Participants in Experimental Group 2 Nutrition at the gate that night (at almost midnight) as they came to work, and told them of my mistake and informed them not to deviate from their normal eating habits. The Participants that I did not see at the gate, I got word to through the others. Each person had basically completed their shift and gone home to sleep a few hours afterward in order to return that night to begin another shift. Upon receiving their "diet track" sheets at the next week's class, it was clear that they had not changed their usual eating habits. This gave me a solid full week's example of their "norm". This Group was taught the "Lean Bodies" nutrition program the following week (as scheduled), and was a review of their first week due to my aforesaid mistake.

Week #2 Nutritional Components Class:

Before giving the details of the Nutritional Components covered, I would like to give a brief summary of the uniqueness of the situation analysis.

As mentioned, they turned in their "diet track" sheets in class for the previous week's food intake. It became clear to me that I needed to work with them on clarifying what they had written on their sheets. I found this to be the case with each Group for the first few weeks of the Study. Much of

our class period was spent going over their "diet track" sheets for clarification.

The following weeks required rethinking my teaching methodology and being very sensitive to data collection. I was constantly reminding the Participants of the importance of their food data. In class, some of the Participants would not have their "diet track" sheets to turn in, and I would do everything in my power to collect their sheets as soon as possible. I began waiting for them at the gate as they would get off their shift to remind them about their sheets. I employed many creative ways of obtaining their sheets, such as promising gifts at the conclusion of the Study. I found that the highly unusual working conditions, schedule and sleep deprivation were too great for my expectations of these individuals. Creativity in class, encouraging and using visual teaching aids helped to keep the Participants awake during each of our brief class times. I discovered early on, that holding their attention was challenging as they fought the urge to sleep. It was routine for me to wake someone during class by calling their name, then using them in an analogy in my teaching to keep their attention. Some days were better than others, depending on their schedules. A trip to the cafeteria one day, revealed heads down on the table and sleeping employees. I really began to appreciate the determined spirit of our Participants, who were giving up their nap for my class. Communication was very limited due to the tight restraints of the Participants. They had few breaks at work, and if they had a break it was very short. Even stopping to use the restroom was time consuming and

cumbersome because it required the removal of their "smock" suits and re-dressing before entering back into their sterile environment.

In general, the Hitachi Study Participants were significantly disadvantaged compared to our later study with non-shift, office workers at our clinic in Dallas.

The Hitachi Participants were limited in rest, recovery, sleep, learning environment, classroom time, rest/work structure (compressed work week), motivation, exposure to me and my staff and job regulations. Overall, their exposure to the "Lean Bodies" program was limited compared to the Non-Shift Office Workers Study. Compliance numbers per week were less in the Hitachi Night-Shift Workers Study.

Nutritional Components (2nd week):

I taught the "Lean Bodies" eating program as follows:

I explained the five (5) basic principles of the program. I also explained that any eating program should build the metabolism. I asked if any of the Participants had been on a diet in the past. Some Participants said that they had dieted in the past. I explained that "all diets are essentially the same". They are all based on the premise of dropping calories to lose weight. I explained that an individual will definitely lose weight that way and "shrink". However, the method is counter productive for many reasons. The "dieter" loses muscle, water and glycogen. Also, this method is a "form of starvation" and the body "down regulates" the metabolism. When an individual goes on a hypo-caloric diet, the body perceives starvation and hordes fat for energy

and down regulates metabolism as a defense against famine. As mentioned earlier, losing weight via hypo-caloric dieting induces weight loss. However, much of the loss is lean mass, water and glycogen. Muscle is the major metabolically active tissue in the body, and a direct indicator of metabolism. When I made this correlation, I could tell that the class was beginning to understand where we were headed. When I explained that a metabolism fast enough to burn fat was the answer to the "long term success" of a healthy body composition, the class realized they were in for a lifestyle change. I was discussing this with them as I was holding in my hands a five(5) pound plastic/rubber model of fat and a five(5) pound plastic/rubber model of muscle.

I discussed briefly "diet backdrop" information regarding "yo-yo dieting". When I explained that ninety-five percent (95%) of Americans that lost weight by the traditional "dropping calorie" (low calorie) approach five years ago, had gained all their weight back within five (5) years, it really hit home. This 95% statistic relates to "low calorie" diets. In my opinion, dropping calories even a small amount below day to day activities over a period of time influences metabolism. I explained that if anyone in the class had experienced "diet failure" in the past, they needed to realize that they did not fail, the diet failed them. I don't recall where I first heard it put in this way, but it is certainly the truth in most cases.

Next, I had them write down the five (5) components of the "Lean Bodies" Program:

#1- Gradually increasing calories from the proper foods: Don't decrease calories, the body perceives starvation and down regulates metabolism and hoards fat. Gradually build a metabolism with the foods that the body uses to stimulate the metabolism.

#2- Spread the calories out throughout the day. Every time you eat a meal your metabolism speeds up. You can only use so much energy from each meal that you consume. On my program, you eat five (5) times per day; three (3) major meals per day and two (2) mini meals. For convenience, a mini-meal can be a mock meal, utilizing a supplement in the form of a slow-release energy bar or metabolic optimizer powdered drink consisting of a form of slow-release carbohydrates and a small amount of protein in the formula.

#3- Choose metabolic activating foods: Certain foods affect the metabolism by their chemical make-up alone, protein is one of these foods. According to Guyton's Textbook of Medical Physiology, a high protein meal can raise the metabolism as high as thirty percent (30%) (8th edition. W.B. Saunders Co.: 1991.p. 794.). Older Guyton's text state as high as seventy percent (70%)(Guyton, A.C. Textbook of Medical Physiology . W.B. Saunders Co. : 1976. p. 829).

#4- Exercise: Both aerobic and strength training (I omitted this for Experimental Group 2 Nutrition because they were not involved in the exercise portion of the Study.) However, with Experimental Group 1 Lean Bodies, I explained the importance of aerobic exercise and strength training.

#5- Attitudes toward food as "fuel" principle: This involves the principle that "food is fuel" and the Participant hopefully embraces this concept for long term success. There is much to explore in this area. I believe that "behavioral modification" in regards to eating, needs more defining than what has been demonstrated in the past. For example, the nutritional biochemical effects of "craving certain foods" that make us fat should be approached on a broader basis. The "Lean Bodies" program effectively enables the successful Participant to control the two (2) major hormones in their bodies, insulin and glucagon. In discussing this with my staff, we have observed that the control of these hormones through what our clients eat, sheds new light on the biochemical/emotional pathways of each person.

John Parrillo, who pioneered the increasing calories approach to building the metabolism in body builders and strength athletes, has defined that the body uses various foods in the metabolic pathways differently as follows: "Eat the foods that go into running the metabolism and energy stores, not fat depots".

In discussing “cravings” with Mr. Cade, who spends most of his work day counseling individuals on my program, his description to me is that he has observed that because “Lean Bodies” clients are eating sufficient amounts of these foods, they report that their cravings are curtailed. I have observed this as well, in my classes and in “one on one” communication with my clients.

Foods To Limit

Next, I discussed the advantage of "limiting certain foods" for the duration of the Study. However, I explained to the Participants that we would be re-introducing these foods later on a maintenance basis. I directed them in their class workbooks, to pages 64 and 65, which contains the eating program condensed into two (2) pages. I covered this with the assistance of an overhead projector as follows:

*refined carbohydrates

*saturated fats

*processed/refined bread products, processed/refined pastas, processed/refined bagels and noodles

*sweet fruits and fruit juices (water down juices 50/50)

*dairy products (limited to eight(8) ounces per day for duration of the study).

I explained that refined carbohydrates, like simple sugars can be converted by the liver to a long chain triglyceride. So be careful of those "fat free" products that contain sugar. These products can be fat producing.

I explained to the class that saturated fat was an area of concern if their goal was to "lean out". A diet consisting of a high percentage of saturated fat could lead to higher levels of body fat.

In my "Lean Bodies" classes we have observed that processed/refined foods can be fat producing foods. I explained to the group (in layman's terms) about insulin and glucagon, and how processed/refined foods elicit a sharper insulin response than foods that are unrefined and unprocessed (such as brown rice and whole grains). The

processing takes out much of the fiber and nutrient density and results in a faster release of glucose. I emphasized mainly, that it is important to "slow release glucose" (the wording that I chose was for layman level). I was able to effectively get across the idea that processing and refining of foods can be fat producing for those individuals who consume a diet high in these types of foods. I usually explain in my classes at "Lean Bodies" about lipogenesis by separating out "lipo" (meaning fat) and "genesis" (meaning beginning). I chose wording that was appropriate for this group to understand, without scientific jargon. I was able to convey the importance of nutrient density and fiber. Of course, this is getting into the regulation of insulin and glucagon. These hormones are significant in the metabolic pathways involved in the "Lean Bodies" eating program.

Next on the agenda came "sweet fruits and fruit juices". I told them that all of the fruits that God created are extremely healthy and loaded with vitamins and minerals. However, I explained that if their goal was to lean out as much as possible over the next several weeks, selecting the higher fiber and lower sugar fruits could be beneficial for body-fat loss. I gave the example that a banana is very healthy, but has more of the simple sugar fructose, plus other simple sugars, where as a green apple has more fiber and less sugar. So, I said "don't stop eating bananas, raisins, grapes, and dates etc.---- in the next few weeks, just limit sweeter fruits and consume more green apples, black berries, blueberries, strawberries, raspberries, cranberries, etc." Also, I instructed them to water down their fruit juices to

fifty percent (50%) juice and fifty percent (50%) water.

I discussed that dairy is very healthy, however it does contain the simple sugar, lactose. I asked them to limit dairy to one time per day (approximately 8 oz.) for the duration of the Study. The best forms would be nonfat yogurts and skim milk. I explained that we would reintroduce many of these foods later in the maintenance phase of the program.

Foods To Eat

Next, I discussed the "foods to eat" on the program. I began with "Lean Proteins" such as the following:

Lean Proteins

Egg Whites

Fish (especially white fish), tuna, trout, cod, flounder, shark, orange roughy, salmon, bass, ocean catfish, snapper, haddock, halibut, sea bass, swordfish etc. (I don't recall if I stated each of these types of fish in the class, however I named many of them).

Shrimp

Lean Meats (chicken, turkey and lean red meat such as round steak, venison, Longhorn beef).

Skim milk (limited to eight ounces per day in the first few weeks)

Nonfat/sugar free yogurt (limited to eight ounces per day in the first few weeks)

I explained that the word "protein" comes from the Greek word meaning "first". It is in charge of repair and recovery for the body. I

explained that the proteins listed are "complete" proteins, containing all of the essential amino acids. Most importantly, I discussed that protein is vital for healthy muscles and explained that "you can't grow anything you don't feed". Also, that muscle is basically the major metabolically active tissue in the body and needs protein. Next, came Starchy Carbohydrates such as:

Starchy Carbohydrates

Potatoes

Sweet Potatoes

Oatmeal (all whole grains like: barley, corn grits, buckwheat, cracked wheat, shredded wheat etc.)

Corn

Lima Beans

Brown Rice

Kidney Beans

Legumes

Peas

Rice Cakes

Pinto Beans (basically all beans)

Black-eyed Peas

(I don't recall if I named all of these listed, however, I named most of them, just to name a few).

I discussed the importance of starchy carbohydrates for "fueling the body with energy". Also, I explained that starchy carbohydrates are high in

calories, however, the right type of calories for running the metabolism and energy stores. I explained the difference in these natural, "close to the ground" (meaning unrefined) starchy carbohydrates and processed/refined carbohydrates. I also made the point of starchy carbohydrates being high in calories. However, I explained that a "calorie is not a calorie". Our bodies were designed much more elaborately than simply "calories in---calories out". The natural starchy carbohydrates are slower releasing carbohydrates and utilized by the body very effectively for running the metabolism and energy stores. These foods are also "nutrient dense".

On the other hand, processed/refined carbohydrates are not "nutrient dense" foods and can be fat producing to the individual with a slow metabolism.

Lean Fibrous Vegetables

The next food group discussed was Lean Fibrous Vegetables such as the following:

Squash

Green Beans

Broccoli

Asparagus

"Salad" vegetables

Okra

Green leafy vegetables

Carrots

Cauliflower

Cabbage

Mushrooms

Zucchini

(I don't recall if I named all of these listed, however I named most of them). I discussed with the participants that these foods are low in calories, although high in fiber and minerals. This group is very important for a healthy digestive tract.

Essential Fatty Acids

Next, I discussed Essential Fatty Acids. I explained that the word "essential" means that we must eat them from something every day. Our bodies do not manufacture them. I explained to the Participants that Essential Fatty Acids are vitamin-like substances needed by the body for many biological functions. Also, I told them that their skin is a good indicator of their need for EFA's. Skin should be smooth and velvet-like. Hair should not be dry and brittle. Also, stiff joints could be indicative of EFA deficiencies. I told them that a relatively inexpensive source of Essential Fatty Acids is Safflower Oil. The label should state "100% pure Expeller Pressed". I emphasized the importance of trying to ingest this in its cold pressed state for insuring the biological properties. Cooking at high heat might break down some of the benefits of the oils.

I suggested a dosage of 2-3 teaspoons per day to guard against EFA deficiency.

Other concentrated forms of Essential Fatty Acids are: Flax Oil, Salmon Oil,

Borage Oil and Evening Primrose Oil. These oils are readily available in nutrition centers in capsule form for convenience.

Building A Meal

A significant component of the "Lean Bodies " program is in the combining of foods as follows:

Each of the three major/main Meals should consist of:

One (1) protein

One (1) or two (2) starchy carbohydrates

One (1) lean fibrous vegetable (although breakfast does not have to contain a fibrous vegetable because typically whole grains have plenty of fiber).

We have observed that combining foods in this way insures a slower, more endured release of energy. Also, the peaks and valleys of energy throughout the day give way to a longer, sustained energy release.

I explained to the class briefly about the Glycemic Index. I discussed that it deals with our body's reaction to carbohydrates in singular foods. For example, I told them that a baked potato has a fairly high glycemic index by its self. Although, combining about four (4) ounces of a complete protein (i.e. like chicken breast) with the baked potato and a fibrous vegetable (i.e. like broccoli) alters the glycemic index. It becomes more favorable in regards to the release of glucose. As a practical exercise, I told them to try an experiment of eating only a baked potato at lunch and note how they felt over the course of the afternoon. On another day, try a combination of a baked potato with chicken breast and a fibrous vegetable. I told the Group

that we have observed anecdotally an increase in energy and less sleepiness in the afternoon among clients who have employed this food combination method. The combination of one (1) protein, one (1) or two (2) starchy carbohydrates and one(1) lean fibrous vegetable seems to assist a wide range of individuals in stabilizing blood sugar levels throughout the day.

An added advantage of this food combining method is the "slow release of glucose". This aids in the insulin/glucagon axis. Nutrients are released into the body in a more efficient manner, being utilized to run the metabolism and energy stores. There is less likelihood of uptake into fat stores. The efficiency of insulin as it is allowed to work on food in "small impulses", is favorable for a healthier body composition. Otherwise, anytime there is a cause for insulin "surge" there is a corresponding "suppression" of glucagon. This scenario is not desirable for the individual that is trying to gain lean mass while reducing bodyfat. This will be discussed in more detail later.

Mini-Meal

I explained to the Participants that a "mini- meal" is used in between "meals" to fuel the body and keep the metabolism up-regulated. A "mini-meal" is a small amount of protein (one (1) to two (2) ounces and approximately one (1) cup cooked (or equivalent to) of a starchy carbohydrate. The following are some examples of "mini-meals":
Two (2) to (3) rice cakes with nonfat/sugar free yogurt spread over them and a green apple (optional).

Six (6) to eight (8) ounce baked potato sprinkled with "butter buds" and a small can of water packed tuna.

A couple of "Lean Bodies" pancakes from the "Lean Bodies Cookbook" (these contain oat flour and egg whites) with the fruit puree' sauce from the cookbook.

A corn tortillia, wrapped around rice and beans seasoned with "salsa" (chicken slivers, optional).

Rice cakes spread with Dijon mustard served with approximately two (2) ounces of tuna or other fish.

A cup of "turkey chili" from the cookbook

"Lean Bodies" muffins

just to name a few.....(see workbook)

Mock-Meal

I explained to the Participants that supplements in the form of a "mock-meal" are convenient for those individuals "on the go". A "mock-meal" can be a slow release carbohydrate derived from "maltodextrin" with a small amount of protein (sodium/calcium caseinate). Two (2), one (1) ounce scoops of this supplement powder is equivalent to one (1) "mock-meal".

Each one (1) ounce serving of this formula contains:

Each one (1) oz. serving contains:

Calories- 105, Protein-4 gm, Fat- less than 1 gm, Carbohydrate- 22 gm, Potassium- 172 mg, Sodium- 64 mg, Calcium- 44 mg.

Ingredients:

Maltodextrin, instantized sodium/calcium caseinate, glycine, natural and artificial flavors.

Also, a "mock-meal" can be a "Performance Bar". This is a unique supplemental sports/energy bar. Parrillo Performance supplied this supplement at no cost for the research Study. We chose this particular supplement for the purpose of a "mock meal" for the Participants in the Study for many reasons. It offers variety (four (4) flavors) and easy access. This was an important quality about this supplement. It required no preparation and also served as their "sweet fix" for the day (the ingredients contain very little sugar, however give a naturally sweet taste.). The following is the nutrition information per serving:

Serving Size- one (1) Bar , Net Wt.-(2.3 oz) 65 gm , Calories-240 , Protein-11 gm , Carbohydrate -38 gm , Fat- (long chain triglyceride) - 1 gm , (medium chain triglyceride) - 5 gm,

Total 6 gm, Potassium- 210 mg, Sodium- 50 mg, Total Dietary Fiber- 2 gm

Ingredients:

Rice Dextrin, Parrillo Protein Blend (calcium caseinate, soluble lactalbumin, potassium caseinate), Medium Chain Triglyceride, Oat Bran, Brown Rice, Rice Bran, Maltodextrin, Glycerine, Low Fat Cocoa Powder,

Caloric Needs

As previously mentioned, in the first (1st) week's class I taught the Participants how to fill in their "diet track" sheets. However, in the second (2nd) week we reviewed the method of recording their food intake on their

"diet track" sheets as part of the class. I also explained the importance of each Participant knowing approximately how many calories they were consuming each day. This was not for the reason of keeping below a certain amount, but for insuring they were eating enough. They liked this idea, especially those who had experienced "caloric restriction diets" in the past. This was a big emotional boost to the majority of the Participants. The idea of "food as fuel" was something they could lock into for the long-term. I emphatically cautioned them to not "drop their calories". I told them that the typical American eats a "low volume/high calorie" diet (a dietician who took my class at our clinic in Dallas, made this statement and I agree whole heartedly), because of the many processed foods in the American diet. The "Lean Bodies" program requires eating a lot of "nutrient dense" foods that are higher in fiber and require more chewing than processed foods. So, I explained the importance of being consistent with writing down their food intake on their "diet track" sheets to insure adequate calorie intake. I suggested to the females that in the first (1st) week of the program their minimum calorie range should not be lower than 1500. I explained to them that they would be gradually increasing their calories in the subsequent weeks. For the male Participants, I suggested that their calorie range should not be lower than 2000-2200 in the first (1st) week and would be gradually increasing in the coming weeks. I discussed the idea that they would be "speeding up their metabolism" from various components, thus teaching their bodies to process food more efficiently for energy. Each week of the Study, I

encouraged them to increase their starchy cabohydrates in their meal plans. I continually reminded them that the starchy carbohydrates were high in calories. I gave examples of the most "caloric dense" foods from the starchy carbohydrate list such as potatoes, sweet potatoes, brown rice, beans and whole grains. I gave suggestions of how to increase their calories at breakfast with a blender drink when they were in a hurry. It broke out as follows:

Lean Bodies Breakfast Blend:

One (1) cup of nonfat/sugar free yogurt or skim milk	app. 100 kcal
One (1) cup of uncooked oat flakes	app. 300-390 kcal (depending on the brand)
One (1) cup of higher fiber/lower sugar fruit	app. 50 kcal
One (1) scoop of Pro-Carb (optional, a carb/protein powder)	app. 105 kcal

add approximately six(6) ounces of water to blender

---

app, 555 to 645 kcal

I explained that it would be difficult to eat too many calories from breakfast (or from their first meal) with the foods on the "Lean Bodies" program, because they had all day to burn them off. So, whether they had the aforesaid "Lean Bodies Breakfast Blend" on their day off, or more calories from starchy carbohydrates at their supper meal just before going into work for the night, they understand the point of eating more starchy

carbohydrates at the start of their day or work shift to insure adequate calories and nutrients.

Optimal Fueling Formula

When teaching the "Lean Bodies" program at our clinic in Dallas, we typically cover in the course a formula for calculating individual caloric needs. However, with the Hitachi Participants I only calculated on an "as-needed" basis. It was a constant reminder on my part for them to keep pushing their calories upward. When I introduce this formula to the classes at our clinic, it is dependent on each Group and how their "diet track" sheets are looking. Sometimes I wait until the sixth (6th) class and with some classes I introduce it earlier. Also, I usually ask the class Participants to contact Wes Cade at our clinic by phone or in person. There is no limit to how many times they can call Mr. Cade for individualized help. The purpose for this is to get more individual attention for each class Participant. I encourage this each week throughout the week. There is absolutely no additional charge. I encourage them to discuss their nutrition and exercise program with him. Interestingly, the Hitachi Participants took very little advantage of this. Probably, their sleeping schedule had something to do with this. On the other hand, the Non-Shift Study Participants (in my Study at my clinic) took advantage of this opportunity. However, the following formula is the one I refer to for calculating individual caloric needs:

BW = Body Weight (at times we have used lean mass plus ten (10) pounds, however with the Participants this was not always the case. We used general

approximate projected ideal weight. We usually discussed their goals of lean mass gains and body fat loss in correlation to ideal body weight projections.

BMR = Basal Metabolic Rate: the energy cost of the body to perform only at a level of essential activity. (paraphrased from Human Anatomy and Physiology, second edition, Elaine N. Marieb, R.N., Ph. D.)

VMA = Voluntary Muscular Activity: the energy cost of the body above BMR, required from the percentage of muscular activity.

SDA = Specific Dynamic Action: the energy cost of the body involved in the digestion of food.

Step # 1

Body Weight: Total Body Weight, including lean body mass, body-fat, skeletal structure, water, organs etc.

BW/2.2 = BW (kg) x .9 (for women) = Women's BW kg

or

BW/2.2 = BW (kg) = Men's BW kg

Step #2

BW kg x 24 hrs. = BMR

Step # 3

BMR x (percentage of activity) i.e.-- use 50% for sedentary job such as a secretary or word processor, or 100% for a construction worker. Moderately active 65% (you exercise 3 to 4 times a week, would be as follows:

BMR x .65 =(this number can vary depending on your activity level) = VMA

Step # 4

BMR + VMA = Calories x .1 = SDA

Step #5

BMR + VMA + SDA = Calories for Optimal Fueling

* A kilogram (kg) equals 2.2 pounds

Eating On The Go

Eating out at restaurants is a way of life for just about everybody. Incorporating the "Lean Bodies" eating program into this lifestyle is not only convenient, but creative. Variety in types of cuisine while dining out aids the emotional eating needs of the Participants. Not feeling deprived of the social side of eating is a important factor in adaptation of lifestyle change.

As a teaching tool I use a " day in the life approach" to being on the road and having to eat out every meal. The following is sample "dialogue" of the way I taught this portion of the class to the Participants. I utilized a fictional skit approach to help them see how they would handle this situation if they were traveling. This way, they would understand that if they could stay on the program in the following scenario, that they certainly could stay on track in their regular routine. The following is only an example of the typical dialogue style of teaching that I've used in this part of the "Lean Bodies" program. I

don't recall exactly what I said to the Participants. However, I have used the following teaching style for a long time in my "Lean Bodies" classes with good results.

David and myself are going to Los Angeles for a sales convention for a couple of days (of course this is a fictional skit for teaching purposes). David thinks that this is going to be tough, being on the road and eating on the program. Since I'm traveling with David, my job is to teach him to "special order". The first morning at the hotel, I find David in the restaurant standing in front of the "breakfast buffet". I warn David that he can eat what it is decorated with, but that's about it. The typical "breakfast buffet" has a high percentage of saturated fat, cholesterol and processed/refined foods. So, I tell David that we need to special order from the menu. The "wait person" comes to our table and we direct him/her to the omelet section. We order an "egg white" omelet (optional one (1) yolk), requesting it to be cooked without oil or butter. We ask for mushrooms, tomatoes, peppers and onions. Also, we request that the cheese be left off. Now, we have a quality lean protein (egg white omelet). Next, we need a unrefined/unprocessed starchy carbohydrate. We choose "oat meal". We ask for the butter to be left off, skim milk instead of whole milk and fresh strawberries. Also we add some "equal" (aspartame) as additional sweetener (optional) to our oatmeal. Since we are "on the road", we brought with us some "Parrillo Performance Bars" to eat at mid morning or mid afternoon. Also, we have some "Lundberg" brown rice cakes" that we can use as part of a "mini- meal" each

day and nonfat/sugar-free yogurt.

Now, David has the "rent-a-car" and pulls into a Chinese restaurant for lunch. Chinese cuisine in America is typically high in fat. But, with a little creativity we can eat Chinese food with ease. We order the "Moo Goo Gai Pan" (Chicken and Vegetables) steamed with "the sauce on the side". Our protein is the chicken, our starchy carbohydrate is the rice and our fibrous vegetable is all of the "Chinese vegetables". We even say "give us one for the road", because we can use it as a "mini-meal' that afternoon.

For dinner, David pulls up to a steak house. No sweat, we simply order the "Grilled Chicken Breast. We ask the wait person to have it prepared without butter or oil. We order a "Baked Potato" dry with a side order of "Salsa". The "salad bar" is a great source of lean fibrous vegetables with a little fat free dressing.

My intention is to walk the Participants through an "on the road" situation where they can see that they really can do this with a few tools.

Week # 3 Nutritional Components Class

Trouble Shooting

In this class session for Experimental Group 2 Lean Bodies Nutrition, I found the need to spend much of the time reviewing the Participants previous week's "diet track" sheets with them. It was evident that I would need to be more flexible with these Participants than my typical "Lean Bodies" classes at our clinic. Spending time going over the "diet track" sheets with the Participants was of utmost importance for clarification. In the

regular "Lean Bodies" classes at our clinic, I usually spend much of this particular class time "trouble shooting " the eating program.

Also in the "Lean Bodies" classes at our facility in Dallas, I always discuss the research substantiating the use of nutritional supplements in conjunction with a "nutrient dense" diet. I talk about soil depletion and the effects on our foods.

Also, we discuss the propensity that we have to eat our ten (10) most favorite foods. However, with these Participants I found that they needed more individual attention on their food diaries (diet track sheets). Although, we still had some time for "trouble shooting" the program as a Group, as well. The areas of "trouble shooting" with this Group involved practical tools in the development of a "routine". In other words, providing practical ideas to form new habits for a "lifestyle change". The method by which we "trouble shoot" is a question/answer style in Group discussion. The following are a few examples of areas covered with the Participants in the Study plus typical questions/answers we have experienced in our regular clinic classes. Some of these areas were covered in this particular class time with the Study Participants, because many of these are common questions and some of the areas naturally occurred in the subsequent weeks as they progressed in their developmental skills as part of the Study. The questions may have been worded slightly different, but with the same overall gist.

Question/Answer Examples:

Question: "I need some ideas of how I can increase my calories. I'm having

a hard time getting my calories up to the level required. Can you give me some tips?

Answer: Let's start with breakfast. Remember the "Breakfast Blend? It is a great way to pack in calories early in the day. It would be very difficult to eat too many calories at breakfast from the foods on the program, because you have all day to burn them off. Other breakfast ideas are in your workbook, the "Lean Bodies" book (Cliff Sheats' Lean Bodies, Sheats, C., Robinson, M,, The Summit Group, 1992,1993, 326 p. 96, # of ref. 96... majority from scientific literature) and the "Lean Bodies Cookbook" (Cliff Sheats' Lean Bodies, Sheats, C. ,Thornbrugh L., The Summitt Group, 1992, # p.416). Just remember to eat more starchy carbohydrates at breakfast, mid-morning and lunch. Many people come into the program eating little or no breakfast. This bankrupts their account for the day, plus gives their metabolism the message to "down regulate". We have found that this just leads to cravings for the wrong foods. (note: the "Breakfast Blend" is under the section titled "Caloric Needs")

Question: Can you give me some ideas for "mini-meals"?

Answer: Sure, prepare a dozen corn tortillas with rice and beans with salsa sauce on Sunday afternoon. Freeze them for the week to come. Pop one in the microwave at the office in the mid-afternoon. The entire office will be jealous of your "mini-meal". This sure beats the typical vending machine snacks. This is just one of many ideas. In your workbook there is a page titled "35 ways to make a mini-meal" (this is a list of various ideas that clients

on our program have used for "mini-meals"). Also some of these ideas are from my staff and friends who have created these "mini-meals".

Question: Should I eat before I weight train or not?

Answer: Yes, always eat before you weight train because you body is using primarily glycogen for fuel during weight training.

Question: I'm feeling tired. What could I be doing wrong?

Answer: First, check your calories. Have you dropped them too low? Make sure that you're eating enough starchy carbohydrates. Remember, these are caloric dense. So increase your serving sizes of potatoes, yams, rice, whole grains, legumes etc.

Question: Is there anything I can do to speed up my progress in losing body fat?

Answer: Yes, try increasing the intensity and duration of your aerobic exercise program. Also, if you have not started a strength training program, get in the gym (or at home) and start tearing down tissue. Weight training leads to lean mass gains coupled with adequate nutrition. One other tip is to drop your starchy carbohydrates out of your evening meal. If you choose to do this, make certain that you add it back in earlier in the day to protect you from decreasing overall calories for the day.

Question: Can I just use a supplement drink or a performance sports bar in place of my breakfast each morning?

Answer: As helpful as supplements may be for convenience during the day, they still cannot replace food. Use your supplements (Parrillo Performance

Bar or Parrillo Pro-Carb Drink) in between breakfast, lunch and dinner as " mock- meals " or added to a meal for added calories.

Question: I work in sales and I am out of the office a lot. Many times, I seem to be caught in the situation of not being able to get the foods I need. Can you help me with this?

Answer: I would suggest that you purchase a vinyl food bag with a thermal liner. Also you'll need a "refreezable ice block" (such as those that "Igloo" offers). Cook in bulk and refrigerate or freeze "left-overs". For example, after dinner place your left-overs into plastic containers and put them in the refrigerator. The next morning, you simply take along one (1) to two (2) pre-prepared meals in your bag. You might also carry a couple of "performance bars". Rice cakes with some sliced deli turkey breast and a green apple could be packed for convenience. Always pack your water bottle as well!

Question: For optimal results, how close to bedtime should I eat?

Answer: Optimally, try to eat your last meal three (3) hours before bedtime. You are about to retire for the night to sleep and if you have a late meal and then go to bed you're more likely to put on fat.

NOTE: The previous examples show the style of teaching in Trouble Shooting".

> I administered the initial Job Description Index to the majority of the Participants of this Group during this class period.

Week #4 Nutritional Components Class

This week's class involved "Cooking".

Let's Eat

In the past we have utilized the assistance of Kathy Coker as the teacher for this section of the program. Kathy comes from a unique background in the education field, as a high school teacher. She also is an excellent cook. She prepares meals for her family, consisting of her husband and three (3) teenagers. Kathy used the phrase "discipline is freeing" and came up with a lesson outline to work in conjunction with the "Lean Bodies" eating program guidelines in section three (3) of the "Lean Bodies Workbook". Her contribution of her lesson plan and cooking information used in the "Cooking Class" can be seen in the "Lean Bodies Workbook" in section three (3). She did an excellent job teaching the Cooking class to the Study Participants. Mrs. Coker taught a condensed version of the normal cooking class that was typical for our "Lean Bodies" classes at our clinic in Dallas. The reason for this was that I needed some of the class time to go over the "diet track" sheets individually with the Participants. Her lesson outline encompassed the following points (see page 24-34 of the "Lean Bodies Workbook"). She was able to cover the "high points" of the following material, but not all of the following, due to time constraints.

Be Prepared

1. Make a menu
    A. How?
    B. When?

C. "Lean Bodies Cookbook" recipe suggestions

2. Get a good grocery list

    A. List ingredients needed from recipes

    B. Think "fresh"

3. Buy in Bulk!

    A. Buying vegetables

    B. Check Expiration dates

4. Dare to Prepare (Discipline is freeing!)

    A. Setting aside cooking time

    B. Steaming and Boiling tips

    C. Nutrient retention in cooking

    D. Storing food

BREAKFAST IDEAS:

1. Omelets

2. Microwave Baked Apples

3. Muffins

4. Turkey Sausage

Pro-Carb Ideas...

Snack Ideas...

Crockpot Ideas...

Quickies...

I. Traveling for One Day or Planning for a day at the Office

A. "Lean Bodies Survival Kit."

B. Add-ins

II. Traveling for More Than One Day

A. Tips for packing for the road

B. Travel microwave information

C. Flying tips

III. Eating Out

A. Chinese

B. Leftovers

C. Seafood

D. Steak restaurants

E. Fast Foods

F. Restaurant adapting practicum

G. Participating restaurants

IV. A Few Quick Tips

A. Air- popped popcorn

B. Bottled Water

V. Entertaining Elegantly

A. Chicken and Broccoli Crepes

B. Strawberry Crepes

RECIPES

> Basic Crepe

> Chicken and Broccoli Filling

> Dessert Crepe

> Basic Muffins (without Nutra-sweet)

> Basic Muffins (with Nutra-sweet)

> Raspberry Muffins

> Cliff's Cooler Pro-Carb Shake

> Oatmeal Pancakes or Waffles

> Strawberry Sauce

> Eggs Mexicana

> Kidney Bean Salad

> Any Bean Salad

> Fiesta Salad and Dressing

> Sweet Potato Muffins

> Red Beans and Rice with Turkey Sausage

> Chicken Fajitas

> Chicken Stew

The cooking class for the Hitachi Participants ended up being a condensed version of our typical cooking class at our clinic. The time restraints on the Participants and our need for retrieving data from their "diet track" sheets took precedence. In order to clarify and reinforce the eating program with this Group, I asked Mrs. Coker to assist me in going over the "diet track" sheets individually with the Participants in the class. There was too little time

and too great of a need for clarification of their "diet track" sheets and reinforcement of the eating program, for me to efficiently handle alone. With the class time restraints and lack of available time with the Participants, it was helpful to have Mrs. Coker work with the Participants along with myself during a portion of this class period, going over their "diet track" sheets. The need for clarification of what they had written on their "diet track" sheets and reinforcing the eating program, was more important for these Participants (with the other Hitachi groups as well) than getting all of the normal lesson plan finished. However, Mrs. Coker was able to give the Participants some quality tools to take home with them regarding "Cooking", "Planning" and "Eating Tips".

Week # 5 Nutritional Components Class:

This week's class for Experimental Group 2 Nutrition at Hitachi, was in line to be about fats, especially the Essential Fatty Acids. However, as mentioned earlier there was the need to deviate from the usual "Lean Bodies" class syllabus with the Hitachi research Participants. The necessity of gathering "diet track" sheets took precedence over covering all of the material in the workbook. The material was covered as best that could be, given the uniqueness of the situation. I covered this topic with the Participants as much as the situation would allow. In our usual "Lean Bodies" classes we cover the following points regarding "Fats". Some of these I was able to cover with the Hitachi Participants as the situation permitted during the study period. As mentioned earlier, the Hitachi Participants for the most part were

comparatively disadvantaged. The "Non-Shift Office Worker" Participants in our later Study, were able to follow the "Lean Bodies" course syllabus more closely.

FATS

I usually try to stimulate class discussion by asking the class about how they are doing on the program. This leads to various Participants sharing their successfulness. This is very motivational for the rest of the class. I have found that this is an advantage (being a group) over "one on one" sessions. Even when certain Participants are having a harder time with the program, others encourage and give practical solutions to that person. For example, in my research notes I have the following entry:

3/13/95

Talked with "eating only" Group about "word pictures" for each of them (activating both right and left side of brain). This was in order to help them really focus on why they are doing this program. This also helps them to set goals. I went over their diet track sheets 1 on 1. Some of the individuals (Mary K. and Shelia) were "fueling backwards" (none or little food at the start of their day and just before bedtime consuming a large meal) with more starchy carbohydrates. We changed that to...begin eating first thing upon arising -consume bulk of starchy carbs until last meal...cut back or cut out carbohydrates at last meal for less lipogenesis.....end of note to myself.

This discussion period at the first of the class time affords me the opportunity to help them set short-range goals for the next week. Then I

move directly into the areas that we need to cover as follows:

Well, class we are talking about our favorite topic today...FATS.

In a society that is watching their fat intake more than ever, it is important to point out that fat is "vital" for health. The problem in our western society is that the typical person is generally sedentary and eats too much saturated fat. America has an overweight problem. Hundreds of years ago the average person was very active and used their muscle in the daily routine. A greater degree of built-in activity was part of the society. It is my opinion their metabolisms on the whole, were higher than today because of the higher level of physical activity. Fat was needed to "sustain" a person due to a higher percentage of "voluntary muscular activity". Today our foods are devitalized due to soil depletion and processing. We live in a "high tech" society that requires little physical effort. We have to "work at working out". As a result of lifestyle, our bodies have suffered, our metabolisms have suffered and our over-all health has suffered.

A common problem that we see at our clinic is a deficiency of "essential fats". Essential Fatty Acids are vitamin-like substances that are used by the body for many biological purposes. For example, EFA's are involved in making prostaglandins and are associated with cell wall integrity. Essential Fats are just that... "Essential". This means that we must literally "eat these from something everyday".

I explain the basic difference in saturated and unsaturated fats in the following manner:

Saturated Fats tend to be "solid at room temperature" and polyunsaturated fats tend to be "liquid at room temperature". I give examples of common foods that contain saturated fat. Then I go over good sources of essential fats. I review some of the commonly found essential fatty acid sources. Next, I teach about the connection between fats, cholesterol and coronary heart disease. This is a basic primer regarding total serum cholesterol, low density lipoproteins and high density lipoproteins. I explain that heart disease is multi-factorial. Current research is shedding light on "oxidized fats" as a culprit as well. I ask the class the following questions...Do you think that foods back in ancient times naturally contained higher levels of antioxidants? Was there a difference in the soil? Were there any processed foods? This is just to get them thinking in terms of the nutrient richness of foods hundreds of years ago and the protective measures already built in by our Creator. There is much that we don't understand about the heart disease malady today. How much does cholesterol play into the problem? How important is eating plenty of foods that contain high amounts of the antioxidants (Vitamin E, Beta Carotene, Vitamin C, Selenium and Co-Enzyme Q10)?

I try to involve the class in understanding a little of the mechanisms behind heart disease followed by the complexities of the problem. Also, a general overview about research with antioxidants and essential oils is discussed. The low incidence of heart disease in the population of the Greenland Eskimo is cited. Also, their diet is high in Omega 3 fish oils (a type of EFA)

and protein. Furthermore, I discuss some of the information coming from The Institute Of Food Research in the UK regarding fish oils and possible suppression benefits of Omega 3 oils on the over active immune response of individuals with rheumatoid arthritis. I then discuss Omega 6 fatty acids and their importance to the body. I discuss a 1981 study conducted in the UK (St. Thomas Hospital) where 65 Premenstrual Syndrome (PMS) sufferers were treated with Evening Primrose Oil. The encouraging results of that study utilizing vitamin B6 along with Evening Primrose Oil shows the possible usefulness of nutritional supplementation with EFA"s.

Next I bring out the "Fat Tubes".....these are thirty(30) gram test tubes filled with paraffin. A colleague of mine is a Dietician who designed and markets these tubes as visual aids to actually demonstrate the amount of fat in certain common foods. Many people are aware of fat grams by reading labels. However, the ability to actually see in a clear test tube the amount of fat in some of the foods that they eat, really gets their attention.

Again, I utilize the teaching technique of a day in the life of a typical person "on the go" in their job. I presented this information to the Hitachi participants in a more condensed form because of the aforesaid reasons. Also, I was unable to teach this section in the usual scheduled time frame. In our typical "Lean Bodies" classes at our clinic, the "Fats" class falls into the fourth (4th) week of the program. The following is an example of our typical teaching presentation of this material. I ask for a volunteer from the class and create a fictional "day in the life" approach to teaching this material

as follows:

This is Jane and she sells hair care products. She goes to her early morning staff meeting to find that someone brought the donuts! Well, Jane has just one (1) glazed donut. I hold up the "fat tube which visually shows the amount of fat in the donut, as I read from the tube label the following nutritional information...310 calories, 18 gm fat, 20 mg cholesterol and 52% fat. Jane leaves the staff meeting and starts her "sales calls" for the day. But first, she stops in for a little breakfast...Sausage Biscuit from McDonald's. I hold up the "fat tube" for this item as I read the tube label...377 calories, 30.9 gm fat, 48 mg cholesterol and 74% fat. After a few sales calls, it is lunchtime. Jane stops by her favorite fast food chain for a hamburger. In fact she orders a Big Mac from McDonald's. I hold up the "fat tubes" for this item,,,570 calories, 35 gm fat, 83 mg cholesterol and 55% fat. Now about an hour later, Jane is driving to her next client and she begins to feel sleepy. She also begins to notice her "sweet tooth" and she feels that she needs a quick energy pick-up. So she pulls into her favorite ice cream shop. She orders just 1/2 cup of Haagen Daz Ice Cream. I hold up the "fat tube" for this item as I read from the tube label...270 calories, 17 gm fat, 120 mg cholesterol and 58% fat. A few sales calls later, Jane is ready to call it a day. She stops in for a Taco Salad at Taco Bell. I hold up the fat tubes (requires 3 tubes) for a Taco Salad from Taco Bell without the dressing, as I read from the tube label...905 calories, 61 gm of fat, 80 mg cholesterol and 61% fat. Next, I ask my volunteer to hold all of the fat tubes for her "day's worth of

eating" close to her heart for effect. I tell the class that her heart has to deal with all of that fat. This resembles the way middle America eats daily. Then, I take out some healthier alternative "fat tubes" to demonstrate other choices. For example, I just show "fat tubes" for whole milk and skim milk, 3 oz. of french fries or 1 oz. of potato chips compared to a 6 oz. baked potato, and sherbet and nonfat frozen yogurt compared to regular ice cream. Next, I discuss medium chain triglycerides and how they fit into a category of their own. Although not looked to as an Essential Fatty Acid source, they are a special dietary fat that can provide energy and other possible benefits. One of the major differences between MCTs and conventional fats is in their molecular make-up. I explain to the class the difference between long chain triglycerides and medium chain triglycerides by drawing twenty-one (21) circles across the board. For demonstration purposes, I explain the carbon skeleton like a bracelet with many interlocking circles. With my marker, I designate a section of the chain being C16-----C21. Then I explain that this represents long chain triglycerides or conventional fat. I explain to the class that this is the type of fat that the doctor is always suggesting that we keep a watch on. Then I draw a line upward and write above it "Lymph System". I discuss that "Lymph System" is the pathway by which the body metabolizes these long chain triglycerides. Also, this is a very complicated and long process. Through this process the body is also able to store fat. The chemical make up of fat in food is almost identical to the chemical make up of body fat. Dietary Fat can store as fat with little energy expenditure by the

body. However, Medium Chain triglycerides are metabolized differently by the body. With my marker, I designate a section of the chain being C8----- C12. Then I explain that this represents Medium Chain triglycerides. Then I write above it "Portal System". I typically ask the class.....What does "Portal" mean? Of course, they say "opening" or "doorway". This allows me to lead into MCT's metabolic advantages as an immediate energy source. I discuss the pathway that MCTs take in being metabolized by the body. I explain that MCTs go into the body through the "Portal System". This allows for direct entry into the blood stream - through the Portal Vein to be metabolized as energy in the mitochondria of cells in the liver. MCTs have some real advantages in that they are calorically dense (approximately 114 kcal per tablespoon) and preferentially metabolized by the body as energy. Also, there is little tendency for MCTs to be able to be stored as fat. Any portion unused by the body for energy is converted into a "ketone body". Ketones are simply urinated out of the body. There is a possible added advantage of MCTs in the area of "Thermogenesis". Numerous studies have demonstrated the "Thermic" effect of MCTs on metabolism. This is with consistent usage as part of the diet. I caution the class that if any of them are diabetic, that using MCTs may cause acidosis among certain individuals. Also, that MCTs are entirely safe and have been used in hospital settings for over thirty (30) years with premature infants and burn patients. In only the last five (5) to six (6) years have they made their way into the athletic/sports area of nutrition. I tell the class that they do not have to use MCTs as part of

the "Lean Bodies" program. However, in a practical sense here is how they could be beneficial:

> Approximately a tablespoon poured over food for added calories.

> Calories from MCTs are used by the body very efficiently for energy, with little tendency to be stored as fat.

> Possible energy increase, which could equate to better performance in the work place and daily routines (including exercise).

> A tasteless ordorless oil that enhances the flavor of food.

> With regular use, studies have demonstrated MCTs to have a favorable effect on metabolism via thermogenesis.

> Released directly into the bloodstream for immediate use by the body

> MCTs do not act like simple sugars with a fast rise of energy followed by a fast crash.

> MCTs can help with athletic performance and exercise recovery

> MCTs can be quality calories added to a meal without adding any more volume to the meal.

> MCTs are easily absorbed and digested

Individuals with diabetes, acidosis or ketosis should consult their doctor before using MCTs. Do not take on an empty stomach.

Week #6 Nutritional Components Class

Ordinarily, this class taught in our series is the "Water and Fiber" class. However, due to the need to have as accurate and complete dietary data

(diet track sheets) as possible, we modified this for the Hitachi Participants. This teaching adaptation was an ongoing challenge. I was constantly reiterating (reviewing) the "eating program" to the Participants (except for Experimental Group 3 Exercise and Experimental Group 4 Control). With our later Study with non-shift white-collar workers we were able to stay closer to our typical course syllabus. The Hitachi Participants required closer supervision for data collection. They also needed more encouragement and motivation. The need for reviewing and reiterating the program was vital for their success. I cannot emphasize enough the disadvantages that this group had for a life style change over the Non-Shift Office Workers Participants (later Study). The Hitachi Group was successful with the program, even with the odds they were up against everyday. To say the least, this researcher is impressed with the willingness and determination of the Hitachi Participants. I was able to get the "Water and Fiber" information across to Experimental Group 2 Nutrition during the Study process, just adapted as best as I could. The following information outlines the usual "Water and Fiber" class that we routinely teach at our clinic (see "Lean Bodies" workbook pages 41-45).

I typically open the class asking how they are coming along with the program. There are usually those individuals who give a progress report. This usually stimulates class discussion about themselves and how they are doing with the eating and exercise. More trouble shooting on my part takes place. I try to use this time to help them set goals for themselves. I

encourage weekly (short- range objectives) goals. For example, for them to commit to a certain number of exercise sessions for the next week and report back to the class the next week. Or I might suggest that they drop the starchy carbohydrate out of the evening meal for those Participants whose progress is not as fast as the others. Along with that, I may ask them to increase their aerobic activity. I caution them not to drop overall carbohydrates for the day, just at the evening meal and making sure that they add additional carbohydrates earlier in the day.

After some discussion of this type, I segue into the class topic as follows: You should be drinking enough water, that you are definitely making more trips to the restroom. Eight (8) to ten (10) large glasses a day is important. Many people walk around with less than optimal hydration daily. We cannot depend on thirst mechanism alone. Optimal hydration is of utmost importance. Get in the habit of carrying a water bottle with you. Clean water is very important. There are many quality "bottled waters" on the market. Also "filtered water" is an option. Although, keep in mind that distilled is not desirable because of its lack of minerals. It is great for ironing clothes but not for drinking on a regular basis. We have found that a "carbon pressed" filtering system is one of the best choices. This method purifies water, yet does not leech out the minerals. The body needs the minerals that are naturally occurring in water.

No other beverage can replace water. Water is the universal solvent. However, there seems to be a large percentage of individuals who habitually

drink "diet pop" in large quantities. I like the way one of my colleagues puts it best, he says...."You would not wash your clothes in diet pop, so why wash your body in it?"

Next, We have a history lesson about Fiber. Much of this information came from lecture notes from Dr. Tom Smith of the American Council of Applied Clinical Nutrition. I begin with ancient times, when man ground his own grain using two (2) flat stones. This method yielded a course, dense, nutritious and digestible food. The Greeks developed millstones, powered by water. The Romans improved this method by adding gears to be able to run several millstones at one time. Later, in the Dark Ages, windmills became the widely used method of milling grain. At this point, the grain obtained from this milling was highly nutritious because of its coarseness. Our problems started with the Industrial Revolution's method of milling grain. Of all the wonderful technologies that came out of the Industrial Revolution, the method of milling grain took a wrong turn. Up to this point, earlier methods of milling grain provided a highly nutritious food. The grains spoiled faster than the millers wanted, so they began to seek ways to solve their spoilage problem. With the advent of the Industrial Revolution, the giant steel roller replaced the millstone. This allowed for the extraction of the wheat's germ, the most nutritious part of the seed. However, this new "germless" flour did not spoil as quickly. Next, came air sifters, which further refined the flour by removing the bran from the wheat. What was left is what we know today as

"white flour". This "white flour" was shipped all over the world. In very little time, a disease called "beri beri" began to appear among the poor. This was because flour was a staple in their diet.

Later, scientists discovered vitamins. The lack of certain nutrients in "white flour" was thought to be remedied by replacing certain vitamins. So, synthetic nutrients (iron, riboflavin, niacin and thiamin) were put back into the flour. This is where we get the name "enriched" on the label of bread. In my opinion, this is deceptive. For example, if my wife and I attend a "Marriage Enrichment Seminar", we expect to learn some tools that will help us improve on our relationship ...right? Of course! The word "enrichment" on the label of bread does not qualify for "improvement". It does not improve something to "strip" it of vital nutrients and then imply that it is better off by simply adding back a few synthetic nutrients. A couple of years ago I was talking with a health and fitness reporter about the importance of eating unprocessed, unrefined bread products. She said, "Oh, you mean....eat close to the ground". In my opinion that is a good statement regarding "true whole grains".

We continue in our history lesson to 1950. At this time colon cancer had become a top killer. Fiber is necessary for a healthy digestive tract. A diet that is more refined and processed contributes to slowing down the tract time of food. This contributes to an unhealthy digestive tract, which sets up an environment for disease. On the other hand, fiber absorbs moisture and adds bulk to feces allowing for a healthy tract time and healthy digestive

system. The most common cure for constipation is...fiber, water and exercise. The combination of these three (3) can help most individuals kick the laxative habit.

Fibrous vegetables are also an excellent source of fiber and contain many vitamins and minerals.

Week #7 Nutritional Components Class:

Next, in our usual series of classes at our clinic in Dallas is the topic of stress and diet. Also, the effects of glucose tolerance, especially in the area of hypoglycemia is discussed. Eating on the "Lean Bodies" program could be advantageous in these areas. Lastly, in this class we cover the topic of..."Where Do We Go From Here." This deals with setting boundaries for "deviating" within the "Lean Bodies" eating program. I covered some of this material with the Hitachi Participants (Experimental Group 2 Nutrition) as the situation would allow. Many of the Participants were already experiencing the healthy byproducts of the simple changes in their nutrition that they had implemented. To mention a few...increased energy, more stabilized energy, food as fuel and a change in their attitude toward food. I would use opportunities in class, and one on one discussion to reinforce the importance of not eating a lot of processed/refined foods. The importance of eating "close to the ground" was a way of showing the most effective way to keep from having so many refined food products in their diet. They understood

this analogy and for the most part utilized its effectiveness.

In each Participant's workbook is the usual course syllabus of the sixth (6th) week on the program. The usual "Lean Bodies" classes follow somewhat closely with the workbook. As mentioned earlier, this was not always the case with the research Study Groups for various reasons pertaining to the needs of each Group in relation to the eating program reinforcement and data clarification (especially "diet track sheets"). However, Group #2 (Lean Bodies Nutrition) had the workbook and could benefit from the written material, on their own time, if they chose to do so.

Specifically, I would like to give some information about this particular class in the framework of the "Lean Bodies" series held at our clinic in Dallas. Although, we were unable to do the following exercise in either the Hitachi study or the Non-Shift Office Worker's Study, we were able to observe similar evidence of change over the Study period with both studies. Typically, I initiate group discussion by asking the class about how they are doing on the program. I try to get them to reflect back to the time prior to their commencement of the program. The comments from the class participants generally fall into one of the following areas of improvement: 1- increased energy that effects every area of their life such as- work place (performance), energy to begin an exercise program, quality of exercise sessions (performance) and exercise recovery, 2- looser fitting clothes, 3- less cravings (specifically sweet cravings and high fat foods), 4- behavioral modification is generally reported to be implemented without emotional

deprivation attitudes, 5- anecdotal reporting involving suppressed symptoms of various types of maladies such as less headaches, less digestive problems and less emotional swings, 6- general attitude of fueling the fit body and overall attitude change toward food as part of a long-term healthy lifestyle.

Depending on various factors, such as interest of class and time allotment, I like to use the Hypoglycemia Test on pages 52-53 of the Lean Bodies Workbook adopted from John F. Bumpus M.D., in our typical "Lean Bodies" classes at our clinic. This is a "score yourself " approach to look for symptom trends of carbohydrate sensitivity. It is not a diagnosis of hypoglycemia, however in our western society we observe various severity levels of symptoms of "reactive hypoglycemia". Experience tells us that due to the nature of "reactive hypoglycemia", not " biological hypoglycemia", it is reasonable to observe improvements in individuals through diet and lifestyle change. The self-scoring of this questionnaire is helpful in that it allows class Participants to see a score for a benchmark. I ask the Participants to score the test on the basis of how they are feeling at the present time on the program. However, if they come to any symptom questions that have changed since their being on the program, make a note and we will discuss it. For example, craving of sweets may have been a 3 (intense) before the program and at the time of taking the test a 1 (mild) after being on the program. I was unable to use this with the Hitachi Participants or the Non-Shift white-collar Participants. Other issues took precedence due to the

needs of data collection and continued program reinforcement.

We spent the class time with Hitachi Experimental Group 2 Nutrition based on apparent needs and motivation for the forthcoming testing in the approximate two (2) week period left in the Study. I tried to encourage them to continue to meet their energy needs. I was not able to follow the typical Lean Bodies course syllabus as in the workbook. I was able to cover some of the information as best as possible. In the sixth (6) week of the program in our normal classes at our clinic, we use part of this class time to discuss "Where do we go from here?" This is basically a discussion designed to help them set boundaries for "deviating" from the program on a once a week basis. We have found this to be helpful as a "planned deviation" to assist them with a livable long-term approach for lifestyle change. Here is the way it works: The "Lean Bodies" participant goes through the six (6) week course at our office, or follows the seven (7) week program in the "Lean Bodies" book. Depending on each individuals needs, we suggest that they plan a once a week "deviation" from the eating program. For example, we encourage them to have a piece of "key lime" pie on Friday night (just a piece) without any guilt. This is actually a part of the program. By following the program the person has eaten their way into a leaner body, faster metabolism and better body composition. Their metabolism is faster than what it was before starting the program and they can now handle an occasional deviation in moderation, which should have no effect at all on their body composition if they have been following the program. The fact

that they stay on the program on a regular basis and have a "planned deviation" once a week is not an issue. If the person chooses to go out for pizza with the family for their "planned deviation" we encourage them to try and make the "deviation" as healthy as possible. Order the pizza without cheese or "fat free" cheese. Just because it is a deviation does not mean it is a license to be out of control. The next day, eating on the program is a normal routine. Several weeks down the road, if the person has reached their goals and they feel they can "deviate" from the program more often than once a week, then they should go ahead with the understanding that this is one of the many benefits of a faster metabolism and more active lifestyle. They are encouraged to keep periodic checks on their body composition to maintain optimal health and fitness through the five (5) components of the program.

Also, in the normal class syllabus of the Lean Bodies Workbook there is information about stress and immunity. In our usual classes at our clinic, I typically discuss the relationship of stress and health. The fascinating information about immune health in relationship to disease can be a little too technical to explain to the class. So, I use a simplified way of discussing this ongoing battle in the body for my class. It is as follows:

"Do you guys remember the Gulf War Crisis? Left alone, what would "Saddam Hussein" have continued to do? The class typically says something like...he would have tried taking over as much territory and gaining as much power as he possibly could. Then I respond with...Did you

know that your body is going through warfare everyday? The strength and integrity of your immune system has a lot to do with your overall health. The body's immune system fights disease everyday. For example, there are groups of molecules called "free radicals" acting in concert with a mission...that is to steal molecules of oxygen from other cells. Doesn't this sound a lot like "Saddam Hussein"? However, your body's immune system sends in the troops...like the allied forces to do battle. Killer cells can be thought of as the "Seal Team" (Navy Seals) that neutralize the "free radicals" and their effects. Do you think that stress can effect your health? The class usually agrees that stress has a definite effect on health. I explain that under too much stress your body's natural defense mechanisms are detrimentally affected. The body's immune system is not operating at an optimal level. We all have stress, but too much stress for our body to handle is not good. How we handle the stressors in our life is vitally important. One area that usually suffers is nutrition. Nutrition can play an important role in our body's ability to fight the effects of stress. For example, How do you eat when you are under stress? Many class Participants reply that they are out of control, they eat too many calories from the wrong types of foods. Some class Participants say that they eat very little during high stress. I explain that both groups are not helping their health. The first group of over-eaters of unhealthy foods are giving their bodies "empty calories". The latter group of "eating very little" is not helping the body by starving it of vital nutrients. I explain that the immune system needs fuel to run properly. "Nutrient Dense

Foods" give the body what it needs in the way of resources to work at peak performance. I tell the class to think of how an athlete eats for performance. The athlete eats enough calories to meet energy needs with high performance foods. I explain to the class that next time they are under "high stress", to "eat like an athlete "and give their body every advantage. Research has also shown nutritional supplementation to be advantageous for immune health. Depending on the class discussion, I briefly discuss research by Dr. Sai Ramasastry dealing with Vitamin E and it's effects on the immune system (see Lean Bodies Workbook page 54).

I use the remainder of the time explaining the importance of "goal setting". I explain that we have found that "long term" successful clients of the "Lean Bodies" program tend to set goals. We have observed that the successful athletes we work with set goals as well. What can we learn from the athlete? For starters, they set "short range objectives". In other words they don't generalize into a broad long- term goal. They "piece together" their goal step by step. I suggest to the class that they look at the next thirty (30) days of their life. Try to concentrate on one (1) or two (2) major components of the program for the next thirty (30) days. I suggest to them to take a thirty (30) day calendar and write down their weight training schedule and aerobic schedule "by appointment" for themselves. I tell them... Keep your appointments, if possible! Set a thirty (30) day body composition goal. It might be helpful to have a body composition analysis performed now and at the end of the thirty (30) day period. Or, simply set a dress or pants size

goal for the thirty (30) day period. I give them the analogy, that if a person is "target practicing" they score better aiming for the "bull's eye" and not just trying to aim for the whole target in general.

Have a "show" coming up. A "show " might be your high school reunion, or a family reunion, a vacation or a certain dress that you have not been able to wear for a long time. Just write down your own "show" and begin the implementation of staying on the eating program (with "planned deviations" once a week) and exercise program following your thirty (30) day calendar. These individuals have just finished coming to a six (6) week structured course with built in accountability and motivation. This last part of the final structured class gives them a method of ongoing accountability and motivation. We encourage these class participants to stay in contact with us and let us know how they are progressing. We specifically tell them..."We are interested in your health". Share with us what is going on in your life in the area of health and fitness.

Week #8 Nutritional Components Class:

Week #8 for Experimental Group 2 Nutrition Group was a continuation of helping the Participants stay motivated and focused on their changing lifestyle. Continuing to clarify "diet track" sheets each week with all Participants in this Study was ongoing. I typically spent a good portion of class time going over food data they had turned in previously for clarifications. I was trying to get as accurate an example of what they were eating as possible. This alone took a lot of my energy with the Hitachi

Participants. I used every technique I knew to receive as much data from them as possible. Between trying to clarify with each Participant the content of the sheets they had previously turned in, and encourage those that "owed me" sheets to turn them in, data collection was one of the biggest jobs.

I cannot remember all of the specifics, but there were "outstanding diet track sheets" owed me and also an error on my part. I have a copy of a fax that I sent to Debbie Lantz requesting her assistance in collecting data before post testing/assessments. The memo is dated 4/6/95, post testing/assessments were on 4/10/95 and 4/13/95. I mistakenly told Group 2 Nutrition that they were finished with the recording of their "diet track sheets" too early. At this writing, I cannot remember if I made the error with the other Groups. When I caught my error, I sent a fax to Debbie Lantz (see enclosed copy) stating this. In the fax I said that I told the Groups that they were through with turning in "diet track sheets". I stated that this was my error and that we needed their sheets for this last week turned in on Monday morning at 6:00 a.m. (also reminding her to remind everyone that they must fast for at least 12 hours before testing) would she please alert the following people:

Exercise Group 3 Exercise:

Mohammad, Maverick, Coleen and Adrienne M.

Experimental Group 2 Nutrition

Ralph, Trey, Mary Kusi, Shelia, Shawn and Shannon

Experimental Group 1 Lean Bodies:

Al, David M., David A., Gwen J., Tri, Khanh and Rachael

Experimental Group 4 Control:

Jeff G., Chris S. Richard S. Omar M., Steve A., Michael P., Jeff H. and Chad W.

Then I asked her to remind any of them that "owed me" sheets for missing previous weeks, to bring them to me. Another note about this is in my notes to myself about post testing that took place on 4/10/95. Here I said ...we received diet track sheets from various Participants for the previous week (for clarification, my note is referring to having received them at the scheduled post testing/assessment) .....my note goes on to read... (some had missed our regularly scheduled meetings-so they were turning those in). The ones that came that past Monday-turned in their sheets-I had told them mistakenly that they were through...end note to myself.

At this writing, I cannot recall whether I just made the error with the previous Monday class only (Experimental Group 2 Nutrition) or with each class. I corrected my error as efficiently as I could. We did collect more "diet track" sheets for this period. As the Study was nearing completion (especially a couple of weeks prior to the scheduled post testing/assessment) I was receiving fewer diet track sheets. I utilized a "gift" incentive program for all Participants to turn in "diet track" sheets and come for their scheduled post testing/assessment that was upcoming the next Monday and Thursday. Debbie Lantz and myself came up with gifts for our "hard working Participants" that had sacrificed their time and energy in the Study. We sent a memo to all of the Participants that were still in the Study, telling them to

pick up their gifts at the scheduled post testing/assessment time on Monday and Thursday. We also gave away prizes to the best body composition changes. I will explain more about this in Part B of this Research Protocol. Note: Post testing/assessment scheduled on Monday April 10th and Thursday April 13th. We gave out promised incentive gifts during the testing times to the participants. These gifts included: Lean Bodies water bottles and Lean Bodies hats. Hitachi provided Hitachi T-shirts. I promised Lean Bodies T-shirts, however they were not ready from the supplier. I gave out the T-shirts at a later date.

> It is interesting to note that Experimental Group 1 Lean Bodies was the least difficult Group to maintain. They kept records (diet track sheets), maintained higher attendance, had less fall out and seemed to be the most motivated. I discuss this Group in this protocol later.

Descriptive Class Summary and Design

for

Experimental Group 3 Exercise

Exercise Facilities Analysis

The facilities available to us were sub optimal. However, this is "real world" for any corporation investigating the need for wellness facilities. Even though there were drawbacks to the facilities afforded to us by Hitachi in comparison to the facilities and equipment used at our clinic with the non-shift office workers, it is very encouraging to see what can be accomplished with a little creativity and willing Participants. A corporation need not have an

expensive fitness facility in order to have an effective wellness program. We functionally accomplished everything we needed for exercise training in a small room that was part of an office corridor area. It is described as follows:

The room given to us by Hitachi was approximately 12 feet by 15 feet. For all of the weight equipment and three (3) wind racer stationary bicycles, this proved to be a small room. Training the entire group in this small room with weights and allowing three (3) people on the exercise bikes at a time was a challenge. The majority of the aerobic exercise had to be done by the Participants outdoors either before or after supervised weight training. This did not allow for ideal aerobic exercise monitoring. The second (2nd) Study that I conducted at our clinic with Non-Shift office workers was a improved situation analysis. The equipment and facilities provided a more ideal situation that offered many benefits that the Hitachi study could not.

Exercise Components Class:

The class schedules were arranged to accommodate the shift schedules. We met with this Group each Monday and Tuesday at 12:15 p.m. following the end of their shift. Our first (1st) class with Experimental Group 3 Exercise was a time of teaching them how to record their dietary intake (they were not taught the "Lean Bodies Eating Program) onto their "diet track sheets". See week #1 Nutritional Components Class for Experimental Group 2 Nutrition for a descriptive class summary of what we taught to

Experimental Group 3 Exercise as well. We followed the same teaching protocol.

As mentioned earlier Mr. Wes Cade's assistance was valuable, in that the desire of our research was to achieve the most results in the exercise area as the situation analysis could afford. In other words, his knowledge, expertise and experience of choosing the best model regimen to follow in the strength training portion of the study, was important to insure as much physiological adaptive response as possible. This was accomplished in lieu of the less than optimal situation factors. At this writing I asked Mr. Cade to meet with me in my office and assist in accurately recounting the protocol events surrounding the exercise structure of the Hitachi research project. In discussing with Mr. Cade his evaluation of the project, he said that he believed that in light of the limited time, scheduled training days, limited equipment, space and less than optimal training situation a specific type of strength training regimen would offer the best opportunity for results. This type was a more intense shorter duration style of training. Other factors were the Participant's restrictive training schedule of two (2) days per week of scheduled exercise, being on consecutive days. Mr. Cade decided that the following strength training schedule would yield the best results, given the situation analysis:

Day One 1)- Thighs, Back and Mid-Section

Day Two 2)- Chest, Shoulders and Arms

Aerobic Conditioning: We decided that aerobic conditioning would be either

at the beginning of the exercise time or following the strength training at the end. This Group (Group 3 Exercise) was a smaller Group and typically began with strength training in the beginning of the time provided followed by aerobic conditioning afterward. The various modes of aerobic exercises included the following:

stationary bicycling (Wind Racers), brisk walking, jogging and aerobic step platforms. I communicated to the Participants that the intensity of their aerobic exercise should simply be as follows: " Train at a level where you are breathing hard, yet you can carry on a conversation". At the beginning of the Study the Participants' aerobic exercise duration averaged ten(10) to twelve (12) minutes. There was a gradual duration build up of aerobic exercise to twenty (20) to thirty (30) minutes for most of the Participants in the subsequent weeks. A few of the Participants reported that they performed some aerobics on their own time. I asked them to record this information on their "diet track" sheets. Any Participants in this Group that were doing aerobic exercise other than what was a part of the Study seemed to be minimal. There was some reporting on the "diet track" sheets from these Participants.

Week one (1)

1st meeting (Monday) = I spent this time teaching the Group how to record their "diet track" sheets and general discussion about their participation.

2nd meeting (Tuesday) = I reviewed with the Group how to record their "diet track" sheets and general discussion about their participation.

Week two (2)

1st meeting (Monday)= proper form (body mechanics) and injury prevention.

2nd meeting (Tuesday) = proper form (body mechanics) and injury prevention.

Week three (3)

At each training session the Participants performed a five (5) minute minimum cardiovascular warm-up for the purposes of elevating core temperature and increasing blood flow to joints and connective tissue. Mr. Cade recommended this procedure mainly for injury prevention.

1st meeting (Monday) = (thighs, back and mid section) began actual training with a 10-15 repetition scheme. Participants performed one (1) or two(2) warm up sets (approximately 10-15 reps.) at least. The warm up set was lighter than maximum load. The working set poundage was decided upon by choosing a weight that the participant could perform no less than ten (10) and no more than fifteen (15) repetitions. Once the trainee could perform fifteen (15) repetitions the poundage was increased.

The working set volume was recorded on the basis of a minimum of one (1) working set per exercise. Some Participants performed as many as two (2) to three (3) working sets. However, the requirement was a minimum of one (1) working set. We recorded the heaviest poundage lifted for each exercise performed for the purpose of a benchmark for choosing the appropriate poundage for subsequent workouts. Also, this allowed us data for strength gains in each Participant from the start of the Study to the conclusion.

Aerobic conditioning exercise was recorded across the board for the majority of the Participants as twenty (20) minutes. Three (3) of the Participants were recorded as twelve (12) minutes.

>I also administered the initial Job Descriptive Index and Job In General Index Questionnaires to the majority of this group over the two (2) days of training this week.

2nd meeting (Tuesday) = (chest, shoulders and arms) incorporated a 10-15 repetition scheme. Participants performed one (1 or two (2) warm up sets (approximately 10-15 reps.) at least. The warm up was a lighter than maximum load. The working set poundage was decided upon by choosing a weight that the Participant could perform no less than ten (10) and no more than fifteen (15) repetitions. Once the trainee could perform fifteen (15) repetitions, the poundage was increased. The working set volume was recorded on the basis of a minimum of one (1) working set per exercise. Some Participants performed as many as two (2) to three (3) working sets. However, the requirement was a minimum of one (1) working set. We recorded the heaviest poundage lifted for each exercise performed for the purpose of a benchmark for choosing the appropriate poundage for subsequent workouts. Also, this allowed us data for strength gains in each Participant from the start of the Study to the conclusion.

Aerobic conditioning exercise varied as recorded:

Week four (4)

(1st) meeting (Monday)

Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded

Note: a Participant from Experimental Group 1 Lean Bodies is recorded on this particular day in this exercise class

(Participant's name Tri Minh Tran).

(2nd) meeting (Tuesday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded

Week five (5)

(1st) meeting (Monday)

Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded.

(2nd) meeting (Tuesday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied. I did a spot check of exercising heart rates of four (4) of the five (5) Participants and recorded the individual exercising heart rates. I wanted to observe their exercising heart rates while at the intensity of "breathing hard, yet could carry on a conversation" level of performance. They were all in the range we wanted. I recorded the heart rates that I checked, but the aerobic duration recorded is for two (2) of the five (5) Participants.

Week six (6)

(1st) meeting (Monday)

Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise was not recorded this week. They may have forgotten to report back to me their times if they went outside, while we were still working with trainees inside. However, they routinely reported their aerobic exercise duration time to me, unless they were too tired to perform their aerobics in which case they would usually tell me. I do not have a simple explanation for the aerobics not being recorded. Each training session, they typically did what they could...with their time allotment, schedule and energy state.

Participants were already in the routine of doing their aerobics as part of their training session. They typically performed their aerobics for 20-30 minutes during a session.

(2nd) meeting (Tuesday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning varied as recorded.

Personal notes in research notebook:

>notation - "Keeping them awake during class is important enough."

>notation - " continued to tweak sheets -went over individually -had done some by computer-REFINING."... notes to myself.

The above phrases are some of the notes I made to myself during this time in the Study. I decided to write this into the protocol to give an example of a "day in the life" of this researcher, for more clarity of the restraints that these participants deal with because of their lifestyle "dictated by their job". Their lifestyle even affected me. I believe that unless a direct "wellness intervention" is incorporated in workers of this type, that their quality of life is "severely compromised" due to the nature of their job. I would like to make a point that the phrase "wellness program" is not strong enough to describe what is needed for a group of this type. A "rescue mission" was launched. "Wellness Intervention" more accurately describes the approach needed for measurable results.

Week seven (7)

(1st) meeting (most likely Tuesday...We had been locked out of the training room for a few days because of a security/lock problem (as explained with Experimental Group 1 Lean Bodies). I neglected to write down the date on the training log, however it is in proper sequence in the research notebook. I surmise that Experimental Group 3 Exercise, they were due to train-thighs, back and mid-section. Probably we were still locked out on Monday and unable to enter the training room again on Tuesday and we continued the workout sequence where we left off.

Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

There is no aerobic exercise recorded on this training day.

Week (8)

(1st) meeting (Monday)

Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded.

(2nd) meeting (Tuesday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded.

> note- this Group (Experimental Group 3 Exercise) had noticably less energy and recovery than Experimental Group 1 Lean Bodies. Experimental Group 1 Lean Bodies observably had more energy and recovery power from their work outs and demands of their job (compressed work week).

Note: Post testing/assessment scheduled for April 10th and April 13th. We gave out promised incentive gifts during the testing times to the participants. These gifts included: "Lean Bodies" water bottles and "Lean Bodies" hats. Hitachi provided Hitachi T-shirts. I promised "Lean Bodies" T-shirts, however they were not ready from the supplier. I gave these out at a later date.

Descriptive Class Summary and Design

for

Experimental Group 1 Lean Bodies

The class schedules were arranged to accommodate the shift schedules. This Group was scheduled to meet every Thursday morning at 6:00 a.m. for their nutritional components class for the duration of the Study. This Group was also scheduled to meet every Thursday and Friday afternoon at 12:15 p.m. for their exercise components class. I will lay out the nutritional components class summary and design first, then I will lay out the exercise components class summary and design.

Week #1 Nutritional Components Class:

The class summary and design is laid out the same as the class summary and design for Experimental Group 2 Nutrition. For details, see that section of this research protocol. I taught them how to record their food intake onto their "diet track sheets". I explained to them that we needed to get a solid sampling of their normal dietary habits for one (1) week. I did not hand out their workbooks until the next week.

Week #2 Nutritional Components Class

I handed out the workbooks and taught the "Lean Bodies" eating program as follows:

Note- see protocol written for Experimental Group 2 Nutrition

> I explained the five (5) basic principles of the program.

> Foods to limit

> Foods to eat

> Lean proteins

> Starchy carbohydrates

> Lean Fibrous Vegetables

> Essential Fatty Acids

> Building a meal

> Mini-meal

> Mock-meal

> Caloric Needs

> Optimal Fueling Formula was used on an "as needed basis". I don't recall if I actually discussed it in this particular class period.

> Eating on the go (using the "day in the life" teaching approach)

Next, in Experimental Group 1 Lean Bodies, I just briefly discussed the scheduling of the exercise portion of the Study that would involve them. Making sure that they knew location, time, duration and a little about what to expect. I go into the details of this part of the Study later in the research protocol. Typically, we discuss beginning an aerobic exercise program in the "Lean Bodies" classes at our clinic in this first week of the program. However, because of the structure of the Study, we were actually training Experimental Group 1 Lean Bodies Experimental Group 3 Exercise in the training portion of the Study.

Week #3 Nutritional Components Class

Trouble Shooting

In this class session for Experimental Group 1 Lean Bodies, I covered the following information:

Note: see protocol written for Experimental Group 2 Nutrition

> Trouble Shooting

I used my typical question - answer style of teaching method for this Group as well.

Note: Administered initial Job Description Index Questionnaire and Job In General Index Questionnaire to the majority of the Participants in this Group during this class period.

Week # 4 Nutritional Components Class:

Let's Eat (cooking class)

In this class session, the following information was covered:

Note- see protocol written for Experimental Group 2 Nutrition

> Be prepared

> Breakfast ideas

> Traveling for one day or planning for a day at the office

> Recipes

Week #5 Nutritional Components Class:

Fats

In this class session, the following information was covered:

Note- see protocol written for Experimental Group 2 Nutrition

> This week's class for Experimental Group1 Lean Bodies is similar as mentioned earlier (protocol for Experimental Group 2 Nutrition) in the necessary need to deviate from the usual "Lean Bodies Class Syllabus". I don't recall exactly how much of the material was covered on this particular class period. The necessity of gathering "diet tracks" took precedence over covering all of the material in the workbook. The material was covered as best that could be, given the uniqueness of the situation. I covered this topic with the Participants as much as the situation would allow. Collecting and clarifying new and previous week's diet track sheets took priority.

Week #6 Nutritional Components Class

See protocol written for Group 2 Nutrition for similar explanation of class summary and design. Similar alterations were needed for this Group (Experimental Group1 Lean Bodies) as written into protocol for Experimental Group 2 Nutrition.

Week #7 Nutritional Components Class

See protocol written for Experimental Group 2 Nutrition for similar explanation of class summary and design. Similar alterations were needed for this Group (Experimental Group1 Lean Bodies) as written into protocol for Experimental Group 2 Nutrition.

Week #8 Nutritional Components Class:

See protocol written for Experimental Group 2 Nutrition for similar explanation of class summary and design. Similar alterations were needed for this Group (Experimental Group 1 Lean Bodies as written into protocol for Experimental Group 2 Nutrition).

Exercise Components Class Summary

for

Experimental Group 1 Lean Bodies

Exercise Facilities Analysis

The facilities available to us were sub optimal. However, this is "real world" for any corporation investigating the need for wellness facilities. I hope that the results of this Study will assist Hitachi in making the decision to provide permanent facilities for their employees. The drawbacks of the facilities

afforded to us by Hitachi were very evident in comparison to the facilities and equipment used at our clinic with the Non-Shift office workers. The Hitachi facilities may not have been ideal, but were adequate for our purposes. The room given to us by Hitachi was approximately 12ft. by 15ft. For all of the necessary weight equipment and three (3) wind racer stationary bicycles, this proved to be a small room. Training the entire Group in this small room with weights and allowing three (3) people on the exercise bikes at a time was a challenge. The majority of the aerobic exercise had to be performed by the Participants outdoors either before or after supervised weight training. This did not allow for ideal aerobic exercise monitoring. The second (2nd) Study that I conducted at our clinic with Non-Shift office workers, was an improved situation analysis. The equipment and facilities provided a more ideal situation that afforded many benefits that the Hitachi Study could not.

Exercise Components Class:

The class schedules were arranged to accommodate the shift schedules. We met with this Group for exercise components class each Thursday and Friday at 12:15 p.m. following the end of their shift. Since I had already taught this class on Thursday morning (6:00 a.m. in their nutritional components class) how to record their dietary intake onto their "diet track" sheets, this put their schedule one week ahead of Experimental Group 3 Exercise in the exercise training schedule. Basically, our scheduled exercise training week (using working sets) started with Experimental Group 1 Lean Bodies on Thursday and Friday and then Experimental Group 3 Exercise on

Monday and Tuesday continuing in this order for the duration.

As mentioned earlier, Mr. Wes Cade's assistance was valuable in that the desire of our research was to achieve the most results in the exercise area as the situation analysis could afford. In other words, his expertise and experience of choosing the best model regimen to follow, especially in the strength training portion of the Study, was important to insure as much physiological adaptive response as possible, in lieu of the less than optimal situation factors. After discussing with Mr. Cade his evaluation of the project, in light of the limited time, scheduled training days, limited equipment, space and less than optimal training situation, it was decided that a specific type of strength training regimen would offer the best opportunity for results. Another factor was the Participant's restrictive exercise training schedule of two (2) days per week of scheduled exercise, and those being consecutive days. As a professional trainer, Mr. Cade decided that the following strength training regimen would yield the best results, given the situation analysis:

Day One (1) - Thighs, Back and Mid-Section

Day two (2) - Chest, Shoulders and Arms

Aerobic Conditioning: We decided that aerobic conditioning would be either at the beginning of the exercise time or following the strength training at the end. The various modes of aerobic exercises included the following: stationary bicycling (Wind Racers), brisk walking, jogging and aerobic step platforms. I communicated to the Participants that the intensity of their aerobic exercise should simply be as follows: " Train at a level where you

are breathing hard, yet you can carry on a conversation". At the beginning of the Study the Participants' aerobic exercise duration averaged ten (10) to twelve (12) minutes. There was a gradual duration build up of aerobic exercise to twenty (20) to thirty (30) minutes for most of the Participants in the subsequent weeks. A few of the Participants reported that they performed some aerobics on their own time. I asked them to record this information on their "diet track" sheets. Any Participants in this Group that were doing aerobic exercise other than what was a part of the Study seemed to be minimal. There was some reporting on the "diet track" sheets from these Participants.

Week one (1):

1st meeting (Thursday) = since I had already taught this class earlier (6:00 a.m. in their nutritional components class the day before) how to record their dietary intake onto their "diet track" sheets, this put their schedule one (1) week ahead of Experimental Group 3 Exercise. I have this Group (Experimental Group 1 Lean Bodies) logged into the exercise record notebook on February 24, 1995 (2nd week of Study) as their first (1st) weight workout, not just body mechanics and form. This would mean that we spent this class period (week # 1) going over form, because the next week is the week of February 24,1995 and was Experimental Group 1 Lean Bodies first (1st) weight workout, using working sets. As mentioned earlier, our training week (using working sets) started with Experimental Group 1 Lean Bodies on Thursday and Friday and then Experimental Group 3 Exercise Monday and

Tuesday, continuing in this order for the duration of the Study.

2nd meeting (Friday) = see above

Week two (2):

1st meeting (Thursday) = At each training session the participants performed a five (5) minute minimum cardiovascular warm-up for the purposes of elevating core temperature and increasing blood flow to joints and connective tissue. Mr. Cade recommended this procedure mainly for injury prevention. The body parts trained were thighs, back and mid section and we began actual training with a 10-15 repetition scheme. Participants performed one (1) or two (2) warm up sets (approximately 10-15 reps.) at least. The warm up set was lighter than maximum load. The working set poundage was decided upon by choosing a weight that the Participant could perform no less than ten (10) and no more than fifteen (15) repetitions. Once the trainee could perform fifteen (15) repetitions, the poundage was increased.

The working set volume was recorded on the basis of a minimum of one (1) working set per exercise. Some Participants performed as many as two (2) to three (3) working sets. However, the requirement was a minimum of one (1) working set. We recorded the heaviest poundage lifted for each exercise performed for the purpose of a benchmark for choosing the appropriate poundage for subsequent workouts. Also, this allowed us data for strength gains in each Participant from the start of the Study to the conclusion.

Aerobic conditioning exercise varied with each individual and was recorded accordingly.

Note: This particular workout time is scheduled in my daily planner, however, the exercise log sheet is missing from the exercise record notebook. I do not have an explanation for this. The following day's (Friday) work out is recorded. The exercise framework is the same, however different body parts are trained (chest, shoulders and arms on Friday).

2nd meeting (Friday) = five (5) minute minimum cardiovascular warm up, (chest, shoulders and arms) incorporated a 10-15 repetition scheme. Participants performed one (1) or two (2) warm up sets (approximately 10-15 reps.) at least. The warm up was a lighter than maximum load. The working set poundage was decided upon by choosing a weight that the participant could perform no less than ten (10) and no more than fifteen (15) repetitions. Once the trainee could perform fifteen (15) repetitions, the poundage was increased.

The working set volume was recorded on the basis of a minimum of one (1) working set per exercise. Some Participants performed as many as two (2) to three (3) working sets. However, the requirement was a minimum of one (1) working set. We recorded the heaviest poundage lifted for each exercise performed for the purpose of a benchmark for choosing the appropriate poundage for subsequent workouts. Also, this allowed us data for strength gains in each Participant from the start of the study to the conclusion.

Aerobic conditioning exercise was recorded this day across the board for each Participant as twenty (20) minutes.

Week three (3)

1st meeting (Thursday) = (thighs, back and mid section)

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded.

2nd meeting (Friday) = (chest, shoulders and arms)

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise was recorded across the board for Participant as twenty (20) minutes.

Week four (4)

> personal research entry notes to myself:

Al - no weight loss, but 1 inch loss in waist, energy much better

Gwen - loss = 1-2 inches in waist, energy good some days-some days not, sleep better

Jerry - loss = 1 inch in waist- a lot more energy

David - strength in gym

Rachael - more energy

Victor - energy level picking up - can't go 2 and 1/2 hours without - ready to eat.

Tri - sleeping better, loss in pants

David - pants more loose

...end notes to myself

The above personal entry notes come in the sequence of the research notebook just before this week's (week 4) exercise log entries for Experimental Group 1 Lean Bodies.

1st meeting (Thursday)

Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise was recorded across the board for Participants as twenty (20) minutes.

2nd meeting (Friday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise was not recorded.

Week five (5):

1st meeting (Thursday)

Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic exercise conditioning was recorded for only two (2) of the

participants on this training day.

2nd meeting (Friday)

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic exercise varied as recorded.

Week six (6)

1st meeting (Thursday)

We were locked out of our training/equipment room. There was a problem with the lock on the door. Upon my key not unlocking the door, I immediately requested assistance. However, security is extremely tight with this corporation. A security guard was summoned to check out the problem. While we were waiting on security to get us back into our training room, I worked with our Participants in a break room using body weight exercises. The Participants were able to perform lunges for a basic thigh exercise. Aerobic exercise conditioning was recorded across the board as twenty-eight (28) minutes, unhampered by not being able go into the weight room.

Note: personal note entered onto exercise training log reads as follows: could not get into room with weights (lock broken). We talked about the eating program -creative ways to get the calories up...end of note to myself.

2nd meeting (Friday)

We were still locked out of our weight room on this meeting day. This was frustrating...big corporations don't work as quickly as we would like sometimes. They were supposed to have corrected the lock problem, but my personal note to myself entered onto the training log note book is as follows: could not get into room with equipment again ... their locksmith didn't make it in time ... went over "diet track" sheets.

Aerobic exercise: Aerobics was written down as if they performed it, however no times were recorded.

Week seven (7)

1st meeting (Thursday)

Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise varied as recorded.

2nd meeting (Friday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise was not recorded, no explanation. This Group typically performed 20-30 minutes of aerobics.

Week eight (8)

Note: personal note in research notebook entered onto the exercise log

reads as follows: Jerry Camp (Participant in this Group) had physical last week-everything looked good- blood pressure down.

1st meeting (Thursday)

Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise was not recorded, no explanation. This Group typically performed 20-30 minutes of aerobics.

2nd meeting (Friday)

Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning exercise: I have recorded next to the one (1) Participant's name thirty (30) minutes at home.

Note: I only had one (1) Participant to train this class meeting. This was the last class before post testing/assessment the following week. I was late for this class and the following note entered onto the exercise log sheet is as follows: I was late..when I drove up Jerry Camp and David Monroe were there. David said he came by to pick up some product but needed to go because of a commitment. Jerry said that Tri left work earlier that day at 8:00 a.m., he didn't know about Al or Khanh or Gwen...David A. told Jerry he couldn't come today, Victor's wife is having a baby any day ...they only have one car. I'll go back tonight at12:00 midnight to see who came-if I missed

anybody...also to remind them about their sheets, encourage them to come for post-measurements testing- gifts.

I later found out that Al went home and worked out and later communicated his training poundages, repetitions and sets. I also have penciled in ... over Gwen's name that she wasn't there, over David A.'s name that he wasn't there...also that I trained Jerry. Penciled in... I wrote that I went to the Gate on Saturday at 12:00 (this was noon at the end of their shift) as they came out -Al came on Friday -he left-thinking I was caught in traffic -he went home and did his work out -he gave me his records...He said Marcus left...no one else came. I also penciled in a note that I did not go to the gate on Friday at midnight, instead Saturday at 12:00 noon...end of personal notes to myself.

In summary, it seems on that last workout day when I was tardy, many of the Participants did not come to the training session for various reasons and commitments. This Group (Experimental Group 1 Lean Bodies) was one (1) week ahead in their training schedule (as explained earlier) anyway. For the most part, this was a dedicated Group.

Note: Post testing/assessment scheduled for April 10th and April 13th. We gave out promised incentive gifts during this testing times to the Participants. These gifts included: "Lean Bodies" water bottles, "Lean Bodies" hats, and Hitachi supplied Hitachi T-shirts. I had promised "Lean Bodies" T-shirts, however they were not ready from the supplier. I gave these out at a later date.

Descriptive Class Summary and Design

for

Group #4: Lean Bodies Control Group

The class schedules were arranged to accommodate the shift schedules. This Group was scheduled to meet Thursday morning at 7:00 a.m.. We provided breakfast to this Group each week during this time. The breakfast consisted of bagels, muffins and orange juice. After a few weeks they started making suggestions for other breakfast ideas. One week, per their request, we provided pizza. Another week, my wife prepared the turkey chili recipe from the Lean Bodies Cookbook. They seemed to enjoy this personal touch.

Week #1

The first meeting was a time of teaching them how to record their dietary intake on their "diet track" sheets. I explained that we needed them to record everything they ate for the duration of the Study. I asked them to record the amount/quantity in ounces (for solid foods) and cups (for volume). See Week #1 Nutritional Components Class for Experimental Group 2 Nutrition for more detail and explanation of teaching format.

Week #2

I fed them breakfast and collected "diet track" sheets. I discussed their "diet track" sheets regarding clarification of the information they had recorded.

Week #3

I fed them breakfast and collected "diet track" sheets. I discussed their "diet

track" sheets regarding clarification of the information they had recorded. I also administered the initial Job Descriptive Index Questionnaire/Job In General Questionnaire to the majority of this Group in this class period.

Week # 4

I fed them breakfast and collected "diet track" sheets. I discussed their "diet track" sheets regarding clarification of the information they had recorded.

Week # 5

I fed them breakfast and collected "diet track" sheets. I discussed their "diet track" sheets regarding clarification of the information they had recorded.

Week #6

I fed them breakfast and collected "diet track" sheets. I discussed their "diet track" sheets regarding clarification of the information they had recorded.

Week #7

I fed them breakfast and collected "diet track" sheets. I discussed their "diet track" sheets regarding clarification of the information they had recorded.

Week # 8

I fed them breakfast and collected "diet track" sheets. I discussed their "diet track" sheets regarding clarification of the information they had recorded.

Note: Post testing/assessment scheduled for April 10th and April 13th. We gave out promised incentive gifts during these testing times to the Participants. These gifts included: "Lean Bodies" water bottles, "Lean Bodies" hats, Hitachi provided T-shirts, I promised "Lean Bodies" T-shirts, however they were not ready from the supplier. I gave these out at a later

date.

Testing/Measurement Assessment Protocol (Part B)

Hitachi research Study Participants were scheduled for their initial testing/assessment on February 6, 1995 and February 9, 1995. The Participants were asked to fast for at least twelve (12)hours prior to the scheduled initial testing/assessment time. This was for the purpose of obtaining a fasting blood sample. The testing/assessment time was scheduled for their lunch period (starting between approximately 6:00 a.m. and 7:00 a.m. depending on each Participants' work schedule). During this time the following initial testing/assessments were performed:

I. Blood Chemistry Analysis (including urinalysis)

II. Blood Pressure

III. Weight

IV. Body Fat Analysis

V. Comparative Food Attitude Interviews (audio taped)

Testing/assessments performed at other times were:

VI. Caltrac Monitor (energy output)

VII. Job Descriptive Index

VIII. Diet Track Sheets

Testing/Assessments Procedure Description

I. Blood Chemistry Analysis- The University Medical Group administered this analysis in conjunction with SmithKline Beecham Clinical Laboratories. The Medical Director for SmithKline Beecham Clinical Laboratories is

William L. Crofford, M.D. . The Lab tests performed were the following: Chem 24 C, HDL-Cholesterol, LDL- Cholesterol, CBC, Platelet CT, RDW and Differential and Urinalysis, Macroscopic. Blood Chemistry Analysis/Urinalysis was a pre and post study testing/assessments procedure. My reason for performing the Blood Chemistry Profile and Urinalysis came from my interest in what changes might occur in the lab values of the Participants over the course of the research Study. I have a special interest in the area of Lipid profiles.

II. Blood pressure - Blood pressure readings were initially recorded for the purpose of comparison with post study readings. Blood pressure was a pre and post Study testing/assessments procedure.

III. Weight- Participants were initially weighed for the purpose of comparing their pre-study weight to their weight at the end of the study. Also, the weight amount is needed in calculating their body fat analysis. Weight was a pre and post Study testing/assessments procedure.

IV. Body Fat Analysis- I utilized two (2) individuals trained in administering the Skin Fold Caliper method for analyzing body composition. These professionals were Mr. Randy Smith and Miss Peggy Christensen. Mr. Smith holds a Bachelor of Science Degree in Health And Physical Education and Miss Christensen holds a Bachelor Of Science Degree in Dietetics. I chose this method of body composition analysis due to its widespread usage in research. My reason for having a body composition analysis performed with the Participants is obvious. The scale does not tell the "entire story".

Participants were initially analyzed for the purpose of comparing their pre-study body composition to their post Study body composition. Also, this method made it possible for us to compare pre-study lean mass to body fat ratio to post-Study lean mass to body fat ratio. Body Fat Analysis was a pre and post Study testing/assessments procedure.

V. Comparative Food Attitude Interviews- Participants from each Group were interviewed regarding their food beliefs. This was administered in a question/answer style dialogue and recorded for further evaluation. When I formulated the questions to be asked, my desire was to uncover the Participants true beliefs about the relationship of food and how it relates to their physical and emotional health. I asked the following four (4) questions to the Participants:

1- Why do you eat?

2- If you wanted to lose body fat, what would you change about your eating?

3- Do you crave certain foods? If so, which ones?

4- What is the correct way to eat for health?

Comparative Food Attitude Interviews were administered as pre and post Study testing/assessment procedures.

VI. Caltrac Monitor- This allowed us to obtain a general sampling of energy output with each of the four Groups on a one (1) off day and one (1) work day basis. The Caltrac Monitor operates on a motion detection method. The Caltrac Accelerometer provides an object measure of the quantity and energy cost of physical activity. Height,

weight, age, gender, along with measurements of movement acceleration calculate total energy expenditure expressed in kilocalories per unit time (this information comes from Caltrac research materials, see motion detection section of Validity and reliability of self-reported physical activity status: the Lipid Research Clinics questionnaire, Medicine And Science In Sports And Exercise, Copyright 1993 by the American College of Sports Medicine). The Caltrac was worn on the Participant's hip for a measurement of kilocalories burned for a period of twenty-four (24) hours during a off day and twenty-four (24) hours during a work day. For these time periods the Participants wore the unit, except during sleep or showering. Caltrac Monitoring was administered on an individual basis to eight (8) participants near the close of the Study. This was scheduled on an individual basis in conjunction with their off/work compressed workweek schedule. The sampling representation of data received was as follows: two (2) participants from Experimental Group 3 Exercise, two (2) Participants from Experimental Group 2 Nutrition, two(2) Participants Experimental Group 1 Lean Bodies and one (1) Participant from Experimental Group 4 Control. The purpose of utilizing this measurement was to obtain a general idea of energy output for both workday and the off day.

VII. The Job Descriptive Index (JDI)/The Job In General Index :

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Bowling Green State University
Bowling Green, OH 43403

The utilization of these indexes allowed me to investigate any changes of work related attitudes. I administered these Indexes with each Group during the third (3rd) week and the eighth (8th) to ninth (9th) week of the Study (see recorded dates on JDI packets). Also, I was able to administer a follow up Indexes a few weeks after the Study had concluded. This was when I brought the Participants their Lean Bodies T-shirts at a later date. The supplier did not have the T-shirts ready in time for the post testing/assessment as planned. I brought the T-shirts to the gate a few weeks later and asked those receiving their T-shirts to fill out another JDI/JIG. I was unable to administer this last follow-up to everyone, however I did receive a good sampling.

The JDI/JIG was organized into a packet as follows: 1st page- company name, city and most importantly the Participant's code number. This coding system allowed for anonymity. The participants did not have to worry about their Index answers getting back to their supervisors. I made certain that each JDI/JIG had a code number. There were spaces on the 2nd page for date, age, sex and group. The beginning of the 3rd page directs the Participant how to fill out the Index on that page regarding "Work On Present Job". The beginning of the 4th page directs the Participant how to fill out the

Index on that page regarding "Present Pay". The beginning of the 5th page directs the Participant how to fill out the Index on that page regarding "Opportunities For Promotion". The beginning of the 6th page directs the Participant how to fill out the Index on that page regarding "Supervision". The beginning of the 7th page directs the Participant how to fill out the Index on that page regarding " Co-Workers (People). The beginning of the 8th page directs the participant how to fill out the Index on that page regarding "Job In General".

The Job Descriptive Index/Job In General Index was administered for early and post testing/assessment procedures.

VIII. Diet Track Sheets- The Participants in all of the Groups used "Diet Track" sheets for the purpose of recording their food intake. The "Diet Track" sheets contain spaces for the following information: name, class day, class time, weight and food quantity, calories, protein, fat, carbohydrates, sodium and potassium. The first week, the Participants were asked to record their normal daily dietary intake. This gave us a "bench mark" for a "norm" prior to any nutritional changes that the study would produce. This sheets should prove to be useful in looking at "nutritional trends" of the Participants' diets.

I initially incorporated the "Diet Track" sheets from Mr. John Parrillo with my "Lean Bodies" classes approximately five (5) years ago. Mr. Parrillo uses "diet track" sheets in his work with strength athletes. He requires his clients to fill out these sheets for everyday eating calculations. His clients are

required to weigh everything they eat each day and look up all foods in Composition Of Foods, Agriculture Handbook No 8, Agricultural Research Service, United States Department Of Agriculture (Composition Of Foods, Watt B., Merrill, A., Agriculture Handbook No. 8, Consumer and Food Economics, Agricultural Research Service, United States Department Of Agriculture, Washington, D.C., revised 1963, Approved for reprinting October 1975,# p. 189, Literature Cited 35 ref.) I have utilized this book in my practice as well. However, I found it to be too cumbersome for the average person to utilize a food scale, weigh their food and then look it up. I found that some athletes would do this, but not my average client. So, I created an "adaptive" method of keeping up with this information on the "diet track" sheets. Early on, in my classes I started using The Complete Book of Food Counts (Netzer, C., Dell Publishing, 1994, # p. 672). This book counts: Calories, Carbohydrates, Protein, Cholesterol, Sodium, Fat and Fiber. We have found it to be a quick and easy reference for looking up foods. In the Complete Book of Food Counts, the alphabetized method of looking up the foods, along with the feature of the measured amounts already calculated, was much easier than the method of using a calculator with Composition Of Foods, Agriculture Handbook No 8. A certain amount of accuracy is sacrificed, however the reality of an average client using the Composition Of Foods, Agriculture No 8 in our classes was "overkill".

After evaluating the "situation analysis" at Hitachi, I chose not to ask the Participants in the Study to use the Complete Book Of Food Counts" for the

purpose of them calculating their own food counts. This would have been too overwhelming for them to accomplish in lieu of their "situation analysis". So I had asked them to focus on being as descriptive and accurate as possible, so that myself and my staff could perform the food calculations, utilizing The Food Processor Plus. I later handed out the "Complete Book Of Food Counts" to those participants who wanted them. In dealing with the general public's phone calls regarding the "eating program" in our books, Mr. Cade has summarized the following "quick calorie count system". We now use this in class.

IX. The Food Processor Plus- This is the source for food calculations for the "Hitachi Night Shift Workers" and "Non-Shift Office Workers" research Studies. The Food Processor Plus programs are used in USDA's Human Research Labs, hospitals, colleges and universities, medical research centers, government agencies, corporate/business wellness programs; and by food manufacturers, food service organizations, fitness centers, authors of cookbooks, health professionals, and private individuals. (the aforesaid information was taken from the user's manual of The Food Processor Plus.)

Research Protocol (Part A)

for

Non-Shift Office Workers

Background

The Non-Shift Office Workers' Study grew out of my interest and sympathy for the proverbial "over stressed office worker "client. Over the years of conducting my "Lean Bodies" classes, I have enjoyed teaching these individuals how to incorporate a lifestyle change in the area of their health and fitness. However, I have found that in order for their success to be realized, they need structure, tools, accountability and knowledge. The fact that we genuinely care about the client's health is a key component to the program. For success, they must be able to trust that the information they are receiving is accurate and delivered honestly. We have observed many "success stories" over the years, from our classes and our book "Lean Bodies". I have always thought that it would be meaningful to conduct research about the typical client that we have in our classes.

After a few days into the Hitachi Night-Shift Worker Study, I realized that previous discussions of conducting a study involving Non-Shift Office Workers would not only be an interesting research Study, but would indeed be a necessity to "round out" the completeness of my research.

The Physical Plant

At the time of this writing, the Lean Bodies Clinic is situated in a ground level office/retail center that adjoins a nine (9) story office tower. Surrounding this complex is a vast array of business offices. The populace in this area is primarily "white collar " business professionals. The Clinic is comprised of a classroom, personal training center, retail products area, body composition office, business offices and a warehouse/shipping area.

Staffing

The clinic is staffed by myself, Mr. Wes Cade and Mr. Dwayne Wilson. Mr. Cade's job description entails consulting with clients, administering ultra-sound body fat analysis and skin-fold analysis and analizing "diet track" sheets from clients in our classes. He spends a large portion of his time consulting with clients by phone and in person. He counsels with them about their nutrition and exercise program. Mr. Cade handles telephone calls from various parts of the U.S. that come into our office daily, prompted by sales of the books " Lean Bodies" and the "Lean Bodies Cookbook" and latest book "Lean Bodies Total Fitness". He also professionally trains individuals in our personal training center. Mr. Wilson is our office manager. He oversees the retail and wholesale areas of "Lean Bodies". Generating daily reports and business accounting procedures takes up much of his routine. Mr. Wilson is also a professional trainer, and trains individuals in our personal training center. He speaks with individuals about the "Lean Bodies" program by phone, as part of his job description.

The Participants

The Participants in this study are Primarily non-shift office workers. I received permission by the "Addison Tower" (the adjoining nine (9) story office tower and business/retail offices) management office to circulate throughout the entire business complex a flyer (pamphlet) regarding our research Study. In the flyer we announced the study in general. We asked for those interested to contact our office for more information. Mr. Wilson also knew individuals who belonged or were associated with the Landmark Health Club. I had spoken at this health club a few months prior about the "Lean Bodies" program. He contacted them to see if they were interested in being involved in the Study.

One Participant was referred by a physician. The producer for a weekly T.V. segment, that I tape each week and his wife (I told him that he could offer to his wife to be a Participant, she is a homemaker and obese) were included and a few of the Participants were friends of Mr. Wilson's. However, many of the pool for random selection came from the "Addison Tower" office complex.

We also designated a nonrandomized Group called the "Reality Group" (Experimental Group 1(NR). These individuals included three (3) from my church, my sister and her friend. I felt that these individuals did not belong in the randomized groups. Dr. Bucci suggested that these individuals could be placed (not randomized) into the nutrition/exercise (Experimental Group 1 Lean Bodies) Group. They could serve as a "Lean Bodies" control. These

were individuals that I felt could benefit from the structured format that the Study offered. Dr. Bucci suggested that this Group could be viewed as not the Hawthorne effect (i.e.- control for motivated client, versus random, non-motivated client).

The Non-Shift Office Worker Research Study began May 12, 1995 and continued through July 20,1995.

Orientation: 5:30 p.m. Monday May 8th- This was a meeting to tell them more about the Study and what was expected of them (see attached flyer). I also let them know that the Random Selection would take place on the next day (May 9th). I told them this would be completed by approximately 12:00 noon. I told them they could call our office by 12:00 noon to find out what group they were in (although the random selection ran a later than 12:00 noon).

Friday May 12th- 7:00 a.m. all participants came for pre testing/measure assessment after fasting for 12 hours. Each Participant was tested as follows: Blood Chemistry with CBC and UA, Skin-Fold Caliper Body Composition Analysis, Weight, Blood Pressure and Comparative Food Attitude Interviews (audio taped). The Job Descriptive Index/Job In General was administered during the course of the Study, similar to the Hitachi night shift workers Study.

Research Team

See "Research Team" section under "Research Protocol" (Part A) Hitachi

Night-Shift Workers (compressed workweek) for full description. In addition is the following:

Mr. Wes Cade and Mr. Dwayne Wilson were helpful in the fact that they were able to talk by phone or meet with any of the Participants in this particular Study. This simulated more closely to normal protocol in our "Lean Bodies" classes at our clinic. In a discussion one day with Mr. Cade about titling the name of the Study at our clinic, he suggested "Non-Shift" in the title for delineation purposes, apart from the Hitachi night-shift workers. I didn't feel that "day shift white collar" really fit the Group of office workers in our study at our clinic, so I thought his suggestion was a clear and simple approach for the purpose of describing the group as a whole. Also, for the most part, the Participants (randomized Participants) in this Study (Non-Shift Office Worker) were "office workers" with the exception of one homemaker.

Mr. Dwayne Wilson was helpful in assisting in the preliminary work of the Study. After we decided where the participants would come from, we had to interest them in the upcoming Study (non-shift office workers). Using his creative writing abilities, Mr. Wilson developed a humorous written invitation to the potential participants in the office tower (see flyers attached). He was involved in getting memos out to the businesses, talking with potential Participants on the phone and assisting in general organization and communication with the participants. For example, we would have a meeting about the Study and his job was to get a memo out to the Participants regarding what we discussed. His cleverness, wit and motivating style of

communication resulted in happier, more relaxed Participants. He was a great Public Relations Man.

Mr. Cade and Mr. Wilson were most helpful, in that they were able to support the Participants in this particular Study, by answering their questions in addition to what they were learning in their nutritional components class regarding the nutrition side of the "Lean Bodies" program. This is much like the typical format we have with our clients in the "Lean Bodies" program at our clinic.

Random Selection

The source of the statistical tables of random numbers was taken from Table 33 of Fisher and Yates, Statistical Tables for Biological, Agricultural and Medical Research, published by Oliver and Boyd Ltd.,Edinburgh.

Myself, Mr. Cade and Mr. Wilson performed the random selection using the aforesaid statistical tables of random numbers.

The participants were randomly selected for the following groups:

Experimental Group 1 Lean Bodies (22 initial Participants)

Experimental Group 2 Lean Bodies Nutrition (20 initial Participants)

Experimental Group 1(NR) Reality (5 Participants): As explained earlier, this Group was nonrandomized. These were Participants who could benefit from the structured format of the Study. They were placed into the same class meetings and training times as Experimental Group 1 Lean Bodies .

Group Descriptions

Experimental Group 1 Lean Bodies :

This Group was taught the Lean Bodies Nutrition program and participated in the prescribed strength training and aerobic exercise program.

Experimental Group 1(NR) Reality:

This Group was taught the Lean Bodies Nutrition program and participated in the prescribed strength training and aerobic exercise program. This Group met with Experimental Group 1 Lean Bodies. However, they were not randomly selected as part of that Group. This Group will take on the non-Hawthorne effect.

Experimental Group 2 Nutrition :

This Group was taught the Lean Bodies Nutrition program, but did not participate in the prescribed strength training and aerobic exercise program.

Study Method

The Study method involves Nutritional and Biochemical Components to establish the relationship between loss of body fat and gain of lean mass following dietary composition and exercise with constant to increased energy throughput, and the psychology of change patterns of attitudes/beliefs which support nonconstructive dieting and the restructuring of "food" attitudes beliefs that takes place in a controlled “Real World” approach Study during a food and exercise education program.

The Study encompassed teaching the nutritional components of the "Lean Bodies" program to Experimental Group 1 Lean Bodies, Experimental

Group 1(NR) Reality and Experimental Group 2 Nutrition. The exercise portion of the Study amounted to conducting exercise training periods for the Participants in Experimental Group 1 Lean Bodies and Experimental Group 1(NR) Reality two (2) days per week each. As mentioned earlier, Mr. Cade and Mr. Wilson are professional trainers and their expertise has been valuable to the research projects. Their ability to have "hands on" training of the Participants enabled us to put together a method and schedule that worked well. After discussing and receiving their input regarding the methodology and praticum of this portion of the Study we decided that the following schedule was the best to accommodate both the Participants and ourselves. With the three (3) of us training the Participants and the Participants willingness to adjust their schedules, the following weekly training schedule was used for the majority of the training:

Monday- 2:00-3:00, 3:00-4:00, 4:00-5:00, 5:00-6:00 and 6:00-7:00 p.m.

Tuesday- 2:00-3:00,3:00-4:00,4:00-5:00,5:00-6:00 and 6:00-7:00 p.m.

Wednesday- 2:00-3:00, 3:00-4:00, 4:00-5:00,5:00-6:00 and 6:00-7:00 p.m.

As mentioned, the Participants in Experimental Group 1 Lean Bodies and Experimental Group 1(NR) Realty signed-up for their training times to meet their research Study obligations of strength training and aerobic exercise twice a week.

The Study involved collecting data from the three (3) arms (Groups) participating in the various components of the "Lean Bodies program". From the nutritional portion, Participants kept a weekly food diary that was

collected each week. From the exercise portion, Participants' exercise was documented for each individual involved. Each exercise training session lasted varied lengths of time, depending on how many Participants were training at each period.

The schedule for each Group was as follows:

Experimental Group 1 Lean Bodies met each Thursday at 5:00 p.m.(approximately 1 hour) for nutritional training and various aspects of the "Lean Bodies" approach to lifestyle change. Emotional and psychological aspects about food was discussed during this time. Each exercise training session lasted varied lengths of time, depending on how many Participants were training at each period. As mentioned earlier, the Participant chose two (2) days of the three (3) days offered each week to come in for their exercise training periods. As you can see, each day we made ourselves available to personally supervise each trainee beginning at approximately 2:00 p.m. through approximately 7:00 p.m. Also, if any Participant could not make it to their scheduled sessions (Monday, Tuesday or Wednesday) we would try to accommodate that Participant on Thursday or Friday if possible. All exercises, sets, repetitions and weight amounts were recorded, as well as the aerobic training.

Experimental Group 1(NR): This Group met each Thursday at 5:00 p.m. (along with Experimental Group 1 Lean Bodies, class time approximately 1 hour) for nutritional training and various aspects of the "Lean Bodies" approach to lifestyle change. Emotional and Psychological aspects about

food was discussed during this time. Each exercise training session lasted varied lengths of time, depending on how many Participants were training at each period. As mentioned earlier, the Participants chose two (2) days of the three (3) days offered each week to come in for their exercise training periods. We made ourselves available to personally supervise each trainee beginning at approximately 2:00 p.m. through approximately 7:00 p.m. Also, if any Participant could not make it to the scheduled sessions (Monday, Tuesday or Wednesday) we would try to accommodate that Participant on Thursday or Friday if possible. All exercises, sets, repetitions and weight amounts were recorded, as well as the aerobic training.

Experimental Group 2 Nutrition met each Friday at 11:30 a.m. (approximately 1 hour). For nutritional training and various aspects of the "Lean Bodies" approach to lifestyle change. Emotional and psychological aspects about food were discussed during this time. This Group did not participate in the exercise classes.

Hypothesis

Can we establish the relationship of improved lean mass to bodyfat ratio (% of change) following diet and exercise modification by manipulation of types of foods with constant energy through-put, or increased energy through-put without reduction of energy through-put.

Null Hypothesis

There is no relationship of improved lean mass to bodyfat ratio (% of change) following:

1). diet and exercise modification by manipulation of types of foods

2). with constant energy through-put, or increased energy through-put without reduction of energy through-put.

Descriptive Class Summary and Design

for

Experimental Group 1 Lean Bodies

Week #1 Nutritional Components Class:

Experimental 1 Lean Bodies was scheduled to meet each Thursday at 5:00 p.m. (Experimental Group 1(NR) Reality was also scheduled to meet at this time with Experimental Group 1 Lean Bodies).

The first meeting was a time of teaching them how to record their dietary intake onto their "diet track" sheets. I explained that we needed them to record everything they ate for the next week, in order for us to have a sampling of their food intake. I explained how to fill out "diet track" sheets. I handed out "diet-track" sheets and let the Group practice filling out what they had for lunch that day. I instructed them to follow their normal eating habits/normal routine and record it onto their "diet track" sheets. I asked them to record the amount/quantity in ounces (for solid foods) and cups (for volume). Also, for them to be as exact as possible. See Week #1 Nutritional Components Class for Experimental Group 2 Nutrition, under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift Workers for descriptive summary of this class.

Week #2 Nutritional Components Class:

See Week #2 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

We covered the following information:

Foods to limit section:

> refined carbohydrates such as sugar can be converted to a long chain triglyceride by the liver, if the body cannot use it all for energy or glycogen stores.

>dairy products- all dairy products are healthy, but even low-fat choices still include lactose, a simple sugar that can convert to body fat. Limit your dairy servings to one (1) eight (8) ounce serving a day green leafy vegetables such as broccoli and kale are good sources of calcium. (pregnant or lactating women or women with osteoporosis should consult their physician before restricting dairy products.)

>Red meats- try to limit servings to once a week. Optional lean cuts include round steak, filet mignon, long horn beef (can be included in the diet more than once a week), ostrich, emu and venison.

>Processed foods- these tend to be in the middle of the grocery store, so try to shop in the outside aisles. Stick to whole grains like old-fashioned rolled oats instead of the processed one (1) minute oats, for example.

>sweet fruits and fruit juices- all fruits are very healthy and loaded with vitamins and minerals, however choosing the higher fiber/lower sugar fruits

could be advantageous for "leaning out". For example, bananas, grapes, dates and raisins contain higher amounts of simple sugars than green apples, green pears, strawberries, blueberries, boysenberries, cranberries and raspberries. Bring back in the sweeter fruits later in the program.
>commercially processed breads, pastas and bagels: These are healthy, however processed/refined, making them easier to convert to body-fat than true whole grains. For example, breads during the time when Christ walked on the earth, and in parts of Europe today are not like what is in our grocery stores today. In the past, the grain was ground with stone grinders resulting in wholly intact grain products that were very course nutrient dense breads. These allowed for a slower release into the system and assisted in a healthy digestion tract. Refined, processed breads, refined pastas and bagels are easier to convert to body-fat than true whole grains. This is especially true for an individual with a slow metabolism. True whole grains such as oatmeal, brown rice, buckwheat, corn grits, shredded wheat, kashi and cracked wheat are good choices. Cornbread, corn tortillas and brown rice cakes are also good choices.

Foods To Eat

Lean Proteins

Egg whites, Fish (especially white fish), tuna, trout, cod, flounder, shark, orange roughy, salmon, bass, ocean catfish, snapper, haddock, halibut, sea bass, swordfish etc.

Shrimp

Lean Meats (chicken, turkey and lean red meat such as round steak, venison, Longhorn beef).

Skim milk (limited to eight ounces per day in the first few weeks)

note: (I don't recall if I named every thing listed above, however the majority of them).

Starchy Carbohydrates

Potatoes

Sweet Potatoes

Oatmeal (all whole grains like: barley, corn grits, buckwheat, shredded wheat etc.

Corn

Lima Beans

Brown Rice

Kidney Beans

Legumes

Peas

Rice Cakes

Pinto Beans

Black-eyed Peas

Just to name a few...

note: (I don't recall if I named all of the above list, however the majority of them).

These foods are high in calories (utilized effectively by the body for meeting

energy requirements and glycogen storage. These foods "fuel the body with energy". Also, these are unprocessed complex carbohydrates.

Lean Fibrous Vegetables

Squash

Green Beans

Broccoli

Asparagus

"Salad" vegetables

Okra

Green Leafy vegetables

Carrots

Cauliflower

Cabbage

Mushrooms

Zucchini

note: (I don't recall if I named all of the above list, however the majority of them).

These were explained as being important for a healthy digestive tract. These are loaded with minerals, but low in calories. I explained to look to the starchy carbohydrate group for caloric density, not the lean fibrous vegetable group. Next, I discussed the importance of meeting energy needs with calories being sufficient for anabolism (growth).

Essential Fatty Acids

Next, I discussed Essential Fats: I explained that essential fatty acids are necessary for many biological functions such as: making prostaglandins, cell wall integrity etc. I told them that the skin is a good indicator of EFA needs. If the skin is dry, this could indicate a need for increasing EFA's. A good common source in the grocery store is Safflower Oil (expeller- pressed) manufactured by a cold pressed process. A good basic amount is app. 2-3 teaspoons per day. This can be poured over a baked potato or sweet potato, salad or almost any food. Also, Flax Oil is an excellent source of EFA and can even be purchased in capsule form. A couple of capsules per day could be a convenient way of bringing in Omega 3 and Omega 6 fatty acids.

Building A Meal

Next, I explained that the Participants should eat five (5) times per day. That would be three (3) major meals and two (2) mini meals or mock meals. It is important to combine the major meals as follows: one (1) protein, one (1) or two (2) starchy carbohydrates and one (1) lean fibrous vegetable. This is key, in that combining foods together from each group allows for a much slower and endured release of energy.

Mini- Meal

I discussed how a "mini-meal" is used in between "meals" to fuel the body and keep the metabolism up regulated. A "mini-meal" is a small amount of protein (one (1) to two (2) ounces) and about twice as much starchy

carbohydrate. Mr. Cade counsels our clients by phone (from our classes at our clinic and individuals who have purchased the book "Lean Bodies") and suggests to them one (1) cup cooked (starchy carbohydrate) and it seems to simplify the amount for them. Of course, this could vary with each individual, according to the amount of calories they require.

Mock Meal

I explained the use of supplements such as carbohydrate/amino acid blend mixed with water or a performance bar that could be used in between the major meals as "mock-meals".

Caloric Needs

I discussed the importance of each individual meeting their energy needs through sufficient calories.

Optimal Fueling Formula

Used on an as needed basis. I don't recall if I actually discussed it in this particular class period.

Eating On The Go

I utilized the "day in the life" approach for teaching this section.

Week #3 Nutritional Components Class

Trouble Shooting

In this class session for Experimental Group 1 Lean Bodies, I covered the following information:

Note: see week #3 Nutritional Components Class for Experimental Group #2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night -Shift workers for descriptive summary of this class.

We covered the following information:

> Trouble Shooting

I used my typical question-answer style of teaching method for this Group as well.

Week #4 Nutritional Components Class

Let's Eat (cooking class)

In this class session for Experimental Group 1 Lean Bodies, I covered the following information:

Note: see week #4 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class. I covered the following information:

> Be prepared

> Breakfast ideas

> Traveling for one day or planning for a day at the office

> Recipes

Week #5 Nutritional Components Class

Fats

In this class session, the following information was covered:

Note: see week #5 Nutritional Components Class for Experimental Group 2

Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

We covered the following information:

I was able to cover the topic of "Fats" more closely to the way I do in our typical "Lean Bodies" classes with this Group than the Hitachi Groups.

>Note- personal note to myself in my research note book (6-22-95, week 5) as follows- Lisa Mattich stated in class that she takes allergy medication and since being in the study she has not had to take any of her medication. Also an additional notation under the aforesaid entry states-energy levels increased in all but 3 participants.

Week #6 Nutritional Components Class

Note: see week #6 Nutritional Components Class for Group #2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

I taught this class very close to what is taught in the "Lean Bodies" classes in our clinic in Dallas.

I covered the information about water being the universal solvent and it's importance for health. Also, I took the class through a history lesson about fiber as explained earlier (see week #6 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and design in research Protocol (Part A) Hitachi Night-shift workers).

Week #7 Nutritional Components Class:

This class was taught by Mr. Wes Cade. He typically handles water, fiber and exercise. However, with this research Group, I taught about water and fiber the previous week. So, Mr. Cade used this class time to answer their questions and teach about exercise physiology on a layman level of practical application and theory. Note: I took this opportunity to take my family on vacation during this period of the Study, my wife and two small children had seen very little of me for several weeks due to the research Studies and business commitments. Mr. Cade and Mr. Wilson did an excellent job in my absence. I discussed this with my supervisors beforehand, and they felt it would be fine, being that I had my two (2) research assistants collecting data, along with Mr. Cade teaching a portion of the class he normally teaches in the "Lean Bodies" series of classes. Everything progressed as usual with the training schedule and "diet track" sheets being turned into my staff.

Week #8 Nutritional Components Class:

See week #8 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

Week #9 Nutritional Components Class

This was a time of collecting this Group's final week of diet track sheets before post testing/assessment the following week.

Note: I administered the second (2nd) Job Descriptive Index/Job In General Questionnaire to the majority of the Participants in this Group during this class period.

>Post testing/assessment scheduled for July 20th.

Note: There was not a need to utilize gift/incentives to insure that the Participants in the Non-Shift office workers Groups would come to the post/testing assessments.

Exercise Components Class Summary

for

Experimental Group 1 Lean Bodies

(Experimental Group 1(NR) met with Experimental Group 1 Lean Bodies)

Exercise Facilities Analysis

For this Study, I would rate the facilities and environment as optimal, compared to the study with the Hitachi night-shift workers. The Non-Shift Office Workers Study was afforded a spacious training center with a wider variety of equipment. There was also more equipment available to us as well. A nearby exercise equipment store loaned us additional equipment to be used during the Study. With the combination of our own equipment this provided us with an ample number of treadmills, recumbent bicycles, free weights, benches, dumbbells ranging from 3 lbs. to as high as 100 lbs., multi-station weight training unit, barbells and leg extension and leg curl pieces. Also, the fact that many of the Participants worked in the adjoining

office tower provided for easier communication and added exposure with the Participants.

Exercise Components Class

As mentioned earlier, this was a "hands on" exercise training protocol. This portion of the Study involved me and my staff (research assistants) conducting exercise training periods for the Participants in Experimental Group 1 Lean Bodies (and Experimental Group 1(NR) Reality), two (2) days per week each. As mentioned earlier, Mr. Cade and Mr. Wilson are professional trainers and their expertise has been very valuable to the research projects. After discussing and receiving their input regarding the methodology and praticum of this portion of the Study, we decided that the following schedule was the best to accommodate the Participants and us. With the three (3) of us training the Participants and the Participant's willingness to adjust their schedules, the following weekly training schedule was used for the majority of the training:

Monday- 2:00-3:00, 3:00-4:00, 4:00-5:00, 5:00-6:00 and 6:00-7:00 p.m.

Tuesday- 2:00--3:00, 3:00-4:00,4:00-5:00, 5:00-6:00 and 6:00-7:00 p.m.

Wednesday- 2:00-3:00, 3:00-4:00, 4:00-5:00, 5:00-6:00 and 6:00-7:00 p.m.

The Participants in Experimental Group 1 Lean Bodies (and Experimental Group 1(NR) Reality) committed to their training times in order to accomplish their strength training and aerobic conditioning exercise Study requirements. They met these requirements by coming to our facility to be trained on two (2) of the three (3) days offered in the training schedule. When we could, we

tried to accommodate trainees when they would need to come in to train at times other than the scheduled "training slots".

Aerobic conditioning: Aerobic conditioning was decided to be either at the beginning of the exercise time or following the strength training at the end. This Groups Experimental Group 1 Lean Bodies (and Experimental Group 1(NR) Reality) followed this format. The various modes of aerobic exercises included the following: stationary bicycling (recumbent bicycles), brisk walking (mostly treadmill), jogging (mostly treadmill) and aerobic step platforms. I communicated to the Participants that the intensity of their aerobic exercise should simply be as follows: "Train at a level where you are breathing hard, yet you can carry on a conversation". At the beginning, the Participants' aerobic exercise duration was approximately twenty (20) minutes. There was a gradual duration build up of aerobic exercise to thirty (30) minutes in the subsequent weeks. Some of the Participants performed their aerobics for longer than thirty (30) minutes in the latter part of the Study. A few of the Participants reported that they performed some aerobics on their own time, I asked them to record this information on their "diet track" sheets. There was some reporting on the "diet track" sheets from these Participants.

In order to realistically meet the scheduling needs of the Participants involved in this Study, it required offering "training slots" for the Participants to commit to between the hours of 2:00 and 7:00 p.m. Each Participant was scheduled to train with us two (2) out of the three (3) days offered. This

worked well and was advantageous toward more personalization for the trainee. We were able to effectively move into actual training sooner. I don't recall the exact way we covered body mechanics with this Group, however it was a more individualized format because of the training schedule and environment.

Week One (1)

The first recorded training sessions began a few days after Experimental Group 1 Lean Bodies (and Experimental Group 1(NR) Reality) had participated in their initial introduction of the "Lean Bodies" eating program. At each training session the Participants performed a five (5) minute minimum cardiovascular warm-up for the purposes of elevating core temperature and increasing blood flow to joints and connective tissue, Mr. Cade recommended this procedure mainly for injury prevention.

1st day routine: (thighs, back and midsection) began training with a 10-15 repetition scheme. Participants performed one (1) or two (2) warm up sets (approximately 10-15 reps) at least. The warm up set was lighter than maximum load. The working set poundage was decided upon by choosing a weight that the participant could perform no less than ten (10) and no more than fifteen (15) repetitions. Once the trainee could perform fifteen (15) repetitions the poundage was increased. The working set volume was recorded on the basis of a minimum of one (1) working set per exercise. Some Participants performed as many as two (2) to three (3) working sets. However, the requirement was a minimum of one (1) working set. We

recorded the heaviest poundage lifted for each exercise performed for the purpose of a benchmark for choosing the appropriate poundage for subsequent workouts. Also, this allowed us data for strength gains in each Participant from the start of the Study to the conclusion.

Aerobic conditioning: as recorded (averaged 20 min.)

2nd day routine: (chest, shoulders and arms) incorporated a 10-15 repetition scheme. Participants performed one (1) or two (2) warm up sets (approximately 10-15 reps.) at least. The warm up was a lighter than maximum load. The working set poundage was decided upon by choosing a weight that the Participant could perform no less than ten (10) and no more than fifteen (15) repetitions. Once the trainee could perform fifteen (15) repetitions the poundage was increased. The working set volume was recorded on the basis of a minimum of one (1) working set per exercise. Some participants performed as many as two (2) to three (3) working sets. However, the requirement was a minimum of one (1) working set. We recorded the heaviest poundage lifted for each exercise performed for the purpose of a benchmark for choosing the appropriate poundage for subsequent workouts. Also, this allowed us data for strength gains in each participant from the start of the study to the conclusion.

Aerobic conditioning: as recorded (averaged 20 min).

Week Two (2)

1st day routine: Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each

individual's progression of strength gains.

Aerobic conditioning: as recorded (averaged 30 minutes).

2nd day routine: Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (averaged 30 minutes).

Week Three (3)

1st day routine: Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis)

2nd day routine: Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis)

Week Four (4)

1st day routine: Thighs, back and mid section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (ranged from 25 to 60 minutes)

2nd day routine: Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis).

Week (5)

>Note- personal notations entered at beginning of training log as follows- (June 26,1995) Christine said she is feeling so much better since starting this program. She said her depression is better. Her friends said to her..."Gee Christine-you seem like you've won the lottery."

Next note states- Robyn- she stated she has 200% more stamina and she was going from early to late at night.

1st day routine: Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis).

>Note- personal notations entered in research notebook as follows:(6-27-95) Jean Madeley- in this last week...can go without nap and not tired any more ...can get more done, starting to be hungry...crunches getting easier.

Next note states- Brett- relapse time after working real hard on Saturdays...significantly reduced-not near as tired during the day sleeping better, dropping inches.

This last note that I wrote to myself about Brett is significant, because he is a chronic fatigue patient. Prior to coming into the research Study, he had little success with his doctor for his symptoms. This Participant is in Experimental Group 1(NR) Realty, however, he was in exercise training and nutritional

components class with Experimental Group 1 Lean Bodies which was the case with all of the Participants in Experimental Group 1(NR) Realty.

2nd day routine: Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis).

Week Six (6)

1st day routine: Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis). It is interesting to note that recorded aerobic duration times during this week are mostly over the 30-minute mark.

>Note- none of the participants trained on July 4th (Independence Day). They trained on the 3rd and 5th.

2nd day routine: Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic conditioning: as recorded (increased duration on individual basis).

Week Seven (7)

1st day routine: Thighs, back and mid-section

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic Conditioning: as recorded (increased duration on individual basis).

2nd day routine: Chest, shoulders and arms

Appropriate working set poundages were selected on the basis of each individual's progression of strength gains.

Aerobic Conditioning: as recorded (increased duration on individual basis).

>Post testing/assessment scheduled for July 20th.

Descriptive Class Summary and Design

For

Experimental Group 1(NR) Reality

This Group's Descriptive Class Summary and Design follows that of Experimental Group 1 Lean Bodies. This Group met each Thursday at 5:00 p.m. in conjunction with Experimental Group 1 Lean Bodies. Also, they performed their exercise portion of the Study along with Experimental Group 1 Lean Bodies. For an overview of this Group (Experimental Group 1(NR)) see "Experimental Group Reality" under "Study Method" section of "Non-Shift Office Workers Study (part A) of this research protocol.

Note: (6-26-95) Personal notation entered into research notebook as follows: Kathy Coker said she was not leaning out, she said she went up a pant size...we checked her sheet for that week-she was eating beef everyday (normal cuts) not long horn, more carbs,...She had been eating late at night. Her aerobics were at a pace where she was not breathing hard

at all. She is on BP medication. Her bike (aerobics)...she is not breathing hard at all (she eats while on the bike an energy bar and talks-no hard work at all)...120, she is not breathing hard enough or working hard enough to initiate in changes in kcal...burn, fat burned, VO2 max not going to improve this way. We asked her... to increase the intensity of her aerobics.to begin breathing hard yet be able to carry on a conversation and she needed to get her aerobics up to 45 minutes in A.M. and 30 minutes at night..then try to work a little harder during the 1st 15-20 minutes of the 45 min. aerobics training in the A.M. 6-27-95...we checked her body fat on 6-27-95 (calipered...she was down app. 5 lbs. in body fat. 6-28-95...She is able to go 45 min. in A.M. and 30 min. night aerobics. Background...She was at 25% body fat app. 1 yr ago she went through an emotional crisis...on anti-depressants...she lost down to 112 lbs...not eating...she also became sedentary...over the following year she began re-eating and gained to 35% body fat (on check 1st Study). She is down app. 5 lbs. Of body fat 6-27-95...She is going to discuss with her physician about keeping her heart rate higher...able to work harder now...she had increased poundages in strength training very well. I expect to see good changes for the remainder of Study...end of personal entry.

Descriptive Class Summary and Design

For

Experimental Group 2 Nutrition

#1 Nutritional Components Class:

This Group was scheduled to meet every Friday during their lunch hour. There was some discussion of starting the class at 12:00 noon, or starting at 11:30 a.m. I don't recall precisely which one we decided to use as a starting time. From looking at my notes, it looks as if we started at 12:00 noon, then decided to switch to 11:30 a.m.. Nevertheless, we settled into a starting time that best accommodated the class Participants. This Group did not participate in the exercise portion of the Study.

Week #1 Nutritional Components Class:

The first meeting was a time of teaching them how to record their dietary intake onto their "diet track" sheets. I explained that we needed them to record everything they ate for the next week, in order for us to have a sampling of their food intake. See Week #1 Nutritional Components Class for Experimental Group 2 Nutrition, under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift Workers for descriptive summary of this class.

Week #2 Nutritional Components Class:

See Week #2 Nutritional Components Class for Experimental Group 2 Nutrition, under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class. We covered the following information:

Foods to limit section-

> Refined carbohydrates such as sugar can be converted to a long chain triglyceride by the liver, if the body cannot use it all for energy or glycogen stores.

> Dairy products- all dairy products are healthy, but even low-fat choices still include lactose, a simple sugar that can convert easily to body fat. Limit your dairy servings to one (1) eight (8) ounce serving a day. Green Leafy vegetables such as broccoli and kale are good sources of calcium (pregnant or lactating women or women with osteoporosis should consult their physician before restricting dairy products.

>Red Meats- try to limit servings to once a week. Optional lean cuts include round steak, filet mignon, long horn beef (this can be consumed on a regular basis), ostrich, emu and venison.

>Processed foods- these tend to be in the middle of the grocery store, so try to shop in the outside aisles. Stick to whole grains like old fashioned rolled oats instead of the processed one (1) minute oats for example.

>Sweet fruits and fruit juices- all fruits are very healthy and loaded with vitamins and minerals, however choosing the higher fiber/lower sugar fruits could be advantageous for "leaning out". For example, bananas, grapes, dates and raisins contain higher amounts of simple sugars than green apples, green peas, strawberries, blueberries, boysenberries, cranberries and raspberries. Bring back in the sweeter fruits later.

>Commercially processed breads, pastas and bagels: These are healthy, however processed/ refined, making them easier to convert to body-fat than true whole grains. For example, breads during the time when Christ walked on the earth, or in parts of Europe today are not like what is in our grocery stores today. In the past, the grain was ground with stone grinders resulting in wholly intact grain products that were very course nutrient dense breads. These allowed for a slower release into the system and assisted in a healthy digestion tract. Refined, processed breads, refined pastas and bagels are easier to convert to body-fat than true whole grains. This is especially true for an individual with a slow metabolism. True whole grains such as oatmeal, brown rice, buckwheat, corn grits, shredded wheat, kashi and cracked wheat are good choices. Cornbread, corn tortillas and brown rice cakes are also good choices.

Foods To Eat

> Lean Proteins- Egg whites, Fish (especially white fish), tuna, trout, cod, flounder, shark, orange roughy, salmon, bass, ocean catfish, snapper, haddock, halibut, sea bass, swordfish etc.

Shrimp

Lean Meats (chicken, turkey and lean red meat such as round steak, venison, long horn beef.

Skim milk (limited to eight ounces per day in the first few weeks)

note: (I don't recall if I named each of the above list, however most of them.)

Starchy Carbohydrates

Potatoes

Sweet Potatoes

Oatmeal (all whole grains like: barley, corn grits, buckwheat, shredded wheat etc.

Corn

Lima Beans

Brown rice

Kidney Beans

Legumes

Peas

Rice Cakes

Pinto Beans

Black-eyed Peas

Just to name a few...

note: (I don't recall if I named each of the above list, however most of them.) These foods are high in calories (utilized effectively by the body for meeting energy requirements and glycogen storage. These foods "fuel the body with energy". Also, these are unprocessed complex carbohydrates.

Lean Fibrous Vegetables

Squash

Green Beans

Broccoli

Asparagus

"Salad" vegetables

Okra

Green Leafy vegetables

Carrots

Cauliflower

Cabbage

Mushrooms

Zucchini

note: (I don't recall if I named each of the above list, however most of them.) These were explained as being important for a healthy digestive tract. These are loaded with minerals, but low in calories. I explained to look to the starchy carbohydrate group for caloric density, not the Lean Fibrous Vegetable group. Next, I discussed the importance of meeting energy needs with calories being sufficient for anabolism (growth).

Essential Fatty Acids

Next, I discussed Essential Fats: I explained that essential fatty acids are necessary for many biological functions such as: making prostaglandins, cell wall integrity etc. I told them that the skin is a good indicator of EFA needs. If the skin is dry, this could indicate a need for increasing EFA's. A good common source in the grocery store is Safflower Oil (expeller-pressed) manufactured by a cold pressed process. A good basic amount is app. 2-3 teaspoons per day.

This can be poured over a baked potato or sweet potato, salad or almost any food. Also, Flax Oil is an excellent source of EFA and can even be purchased in capsule form for convenience. A couple of capsules per day could be a convenient way of bringing in Omega 3 and Omega 6 fatty acids.

Building A Meal

Next, I explained that the Participants should eat five (5) times per day. That would be three (3) major meals and two (2) mini meals or mock meals. It is important to combine the major meals as follows: one (1) protein, one (1) or two (2) starchy carbohydrates and one (1) lean fibrous vegetable. This is a key in that combining foods together from each group allows for a much slower and endured release of energy.

Mini-Meal

I discussed how a "mini-meal" is a small amount of protein one (1) to two (2) ounces and about twice as much starchy carbohydrate. Mr. Cade counsels our clients by phone (from our classes at our clinic and individuals who have purchased the book "Lean Bodies) and suggests to them one (1) cup cooked (starchy carbohydrate) and it seems to simplify the amount for them. Of course this could vary with each individual, according to the amount of calories they require.

Mock Meal

I explained the use of supplements such as a carbohydrate/amino acid blend mixed with water or a performance bar that could be used in between the major meals as "mock-meals".

Caloric Needs

I discussed the importance of each individual meeting their energy needs through sufficient calories.

Optimal Fueling Formula

Used on an as needed basis. I don't recall if I actually discussed it in this particular class period.

Eating On The Go

I utilized the "day in the life" approach for teaching this section.

Week #3 Nutritional Components Class

Trouble Shooting

In this class session, I covered the following information:

Note: see week #3 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

We covered the following information:

> Trouble Shooting

I used my typical question-answer style of teaching method for this group as well.

Week #4 Nutritional Components Class

Let's Eat (cooking class)

In this class session, I covered the following information:

Note: see week #4 Nutritional Components Class for Experimental Group 2

Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-shift workers for descriptive summary of this class. We covered the following information:

>Be prepared

>Breakfast ideas

>Traveling for one day or planning for a day at the office

>Recipes

Note: Administered initial Job Descriptive Index Questionnaire to the majority of the Participants in this Group during this class period.

Week #5 Nutritional Components Class

Fats

In this class session, the following information was covered:

Note: see week #5 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night- Shift workers for descriptive summary of this class. We covered the following information:

I was able to cover the topic of 'Fats" more closely to the way I do in our typical "Lean Bodies" classes with this Group than the Hitachi Groups.

Week # 6 Nutritional Components Class:

Note: see week #6 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

I taught this class very close to what is taught in the "Lean Bodies" classes in

our clinic in Dallas. I covered the information about water being the universal solvent and it's importance for health. Also, I took the class through a history lesson about fiber as explained earlier (see week #6 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in research Protocol (Part A) Hitachi Night-Shift Workers.

Week #7 Nutritional Components Class:

This class was taught by Mr. Wes Cade. He typically handles water, fiber and exercise. However, with this research Group I taught about water and fiber the previous week. Mr. Cade fielded questions regarding exercise from this Group. Even though this Group was not involved in the exercise portion of the Study, many of them came into the Study doing their own exercise program. Mr. Cade answered their exercise questions and discussed with them about exercise physiology on a layman level of practical application and theory. As mentioned earlier, I was out of town during this time. Mr. Cade and Mr. Wilson did an excellent job in my absence. Everything progressed as usual with the training schedule and "diet track" sheets being turned into my staff.

Week #8 Nutritional Components Class

Note: see week #8 Nutritional Components Class for Experimental Group 2 Nutrition under Descriptive Class Summary and Design in Research Protocol (part A) Hitachi Night-Shift workers for descriptive summary of this class.

Week #9 Nutritional Components Class

This was a time of collecting this Group's final week of diet track sheets

before post testing/assessment the following week.

Note: I administered the second (2nd) Job Descriptive Index Questionnaire to the majority of the Participants in this Group during this class period.

Post testing/assessment scheduled for July 20th. Unlike Hitachi groups, with the non-shift office workers groups we did not need to coax the Participants with gifts in order for them to come to the post/testing assessment.

Testing/Measurement Assessment Protocol (Part B)

for

Non-Shift Office Workers Study

Non-Shift Office Workers Study Participants were scheduled for their initial testing/assessment on May 12, 1995 and their post testing/assessment on July 21, 1995. The Participants were asked to fast for at least twelve (12) hours prior to the scheduled initial testing/assessment time. This was for the purpose of obtaining a fasting blood sample. The testing/assessment time was scheduled for 7:00 a.m.. During this time the following initial testing/assessments were performed:

I. Blood chemistry Analysis (including urinalysis)

II. Blood Pressure

III. Weight

IV. Body Fat Analysis

Testing/assessments performed at other times were:

V. Caltrac Monitor (energy output)

VI. Job Descriptive Index

VII. Comparative Food Attitude Interviews (audio taped)

Testing/Assessments Procedure Description

I. Blood Chemistry Analysis- Good Health Services administered this analysis in conjunction with Damon/Metwest a Corning Clinical Laboratory. The Medical Coordinator for good Health Services is Mary L. Welp, M.D. . The Lab Tests performed were the following: Basic Chem, Coronary risk, CBC and UA as requested (this is the same laboratory tests as Hitachi Night-Shift Workers Study, just titled slightly different).

My reason for performing the Blood Chemistry Profile and Urinalysis came from my interest in what changes might occur in the lab values of the participants over the course of the research study. I have a special interest in the area of Lipid profiles.

II. Blood pressure- Blood pressure readings were initially recorded for the purpose of comparison with the post study readings. Blood pressure was a pre and post study testing/assessments procedure.

III. Weight- Participants were initially weighed for the purpose of comparing their pre-study weight to their post-study weight. Also, the weight amount is needed in calculating their body fat analysis. Weight was a pre and post study testing/assessments procedure.

IV. Body Fat Analysis- I utilized two (2) individuals trained in administering the Skin Fold Caliper method for analyzing body composition. These

professionals were Peggy Christensen and Sean Morgan. Miss Christensen holds a Bachelor Of Science Degree in Dietetics. Mr. Morgan is a Certified Professional Trainer (Professional Fitness Specialist). Mr. Morgan performed very few of the body fat analyses due to his scheduling problems. Miss Christensen performed the bulk of the body fat analyses. I chose this method of body composition analysis due to its widespread usage in research. Participants were initially analyzed for the purpose of comparing their pre-study body composition to their post study body composition. Also, this method made it possible for us to compare pre-study lean mass to body fat ratio. Body Fat Analysis was a pre and post Study testing/assessments procedure.

V. Comparative Food Attitude Interviews- Participants from each group were interviewed regarding their food beliefs. This was administered in a question/answer style dialogue and recorded for further evaluation. When I formulated the questions to be asked, my desire was to uncover the Participants true beliefs about the relationship of food and how it relates to their physical and emotional health. I asked the following four (4) questions to the Participants:

1. Why do you eat?
2. If you wanted to lose body fat, what would you change about your eating?
3. Do you crave certain foods? If so, which ones?

4. What is the correct way to eat for health?

Comparative Food Attitude Interviews were administered as pre and post Study testing/assessment procedures.

VI. Caltrac Monitor- this allowed us to obtain a general sampling of energy output with each of the four groups on a one (1) off day and one (1) work day basis. The Caltrac Monitor operates on a motion detection method. The Caltrac Accelerometer provides an object measure of the quantity and enercost of physical activity. Height, weight, age, gender, along with measurements of movement acceleration calculate total energy expenditure expressed in kilocalories per unit time (this information comes from Caltrac research materials, see motion detection section of Validity and reliability of self-reported physical activity status: the Lipid Research Clinics questionnaire, Medicine And Science In Sports And Exercise, Copyright 1993 by the American College of Sports Medicine). The Caltrac was worn on the Participant's hip for a measure

of the kilocalories burned for a period of twenty-four (24) hours during an off day and twenty-four (24) hours during a work day. For these time periods the participants wore the unit a except during sleep or showering. Caltrac Monitoring was administered on an individual basis to four (4) Participants near the close of the Study. This was scheduled on an individual basis in conjunction with their off/work schedule. The sampling representation of data collected was as follows: two (2) Participants from Group #1 (Lean Bodies Nutrition and Exercise Group) and two (2) participants from Group #2

(Lean Bodies Nutrition Group).

The purpose of utilizing this measurement was to obtain a general idea of energy output for both work day and the off day.

VIII. The Job Descriptive Index/Job In General Index- -- (JDI/JIG) –

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The utilization of these indexes allowed me to investigate any changes of work related attitudes. I administered these indexes with each Group during the third (3rd) week of the Study and the eighth (8th) to ninth (9th) week of the Study (see recorded dates on JDI packets). The JDI/JIG was organized into a packet as follows: 1st page- company name, city and most importantly the Participant's code number. This coding system allowed for anonymity. The Participants did not have to worry about their Index answers getting back to their supervisors. I made certain that each JDI/JIG had a code number. There were spaces on the 2nd page for date, age, sex and Group. The beginning of the 3rd page directs the Participant how to fill out the Index on that page regarding "Work On Present Job". The beginning of the 4th page directs the participant how to fill out the Index on that page regarding

"Present Pay". The beginning of the 5th page directs the participant how to fill out the Index on that page regarding "Opportunities For Promotion". The beginning of the 6th page directs the participant how to fill out that page regarding "Supervision". The beginning of the 7th page directs the participant how to fill out the Index on that page regarding "Co-Workers (People). The beginning of the 8th page directs the participant how to fill out the Index on that page regarding "Job In General".

The Job Descriptive Index was administered for early and later testing/assessment procedures.

VIII. Diet Track Sheets- The Participants in all of the Groups used "Diet Track" sheets for the purpose of recording their food intake. The "Diet Track" sheets contain spaces for the following information: name, class day, class time, weight and food quantity, calories, protein, fat, carbohydrates, sodium and potassium. The first week, the Participants were asked to record their normal daily dietary intake. This gave us a "bench mark" for a "norm" prior to any nutritional changes that the study would produce. These sheets should prove to be useful in looking at "nutritional trends" of the Participants' diets.

I initially incorporated the "Diet Track" sheets from Mr. John Parrillo, with my "Lean Bodies" classes approximately five (5) years ago. Mr. Parrillo uses "diet track" sheets in his work with strength athletes. He requires his clients

to fill out these sheets for their everyday eating calculations. His clients are required to weigh everything they eat each day and look up all foods in Composition Of Foods, Agriculture Handbook No 8, Agricultural Research Service, United States Department Of Agriculture. I have utilized this book in my practice as well. However, I found it to be too cumbersome for the average person to utilize a food scale, weigh their food and then look it up. I found that athletes would do this, but not my average client. So, I created an "adaptive" method of keeping up with this information on the "diet track" sheets. Early on, in my classes, I started using The Complete Book Of Food Counts (Netzer, C., Dell Publishing, 1994, #p. 672). This book counts: Calories, Carbohydrates, Protein, Cholesterol, Sodium, Fat and Fiber. We have found it to be a quick and easy reference for looking up foods. In the Complete Book of Food Counts, the alphabetized method of looking up foods, along with the feature of the measured amounts already calculated, was much easier than the method of using a calculator with Composition Of Foods, Agriculture Handbook No 8 (Composition Of Foods, Watt, B., Merrill, A., Agriculture Handbook No. 8, Consumer and Food Economics Institute, Agricultural Research Service, United States Department Of Agriculture, Washington, D.C.,#p. 189, Literature Coded # 35). A certain amount of accuracy is sacrificed, however the reality of an average client using The Composition Of Foods, Agriculture Handbook No 8 in our classes was "overkill".

To be consistent with the Hitachi Night-Shift Workers Study, I chose

not to ask the Participants in the Study to use The Complete Book Of Food Counts for the purpose of them calculating their own food counts. I asked them to focus on being as descriptive and accurate as possible, so that myself and my staff could perform the food calculations, utilizing The Food Processor Plus.

IX. The Food Processor Plus- This is the source for food calculations for the "Hitachi Night Shift Workers" and "Non-Shift Office Workers" research Studies. The Food Processor Plus programs are used in USDA's Human Research Labs, hospitals, colleges and universities, medical research centers, Government agencies, corporate/business wellness programs; and by food manufacturers, food service organizations, fitness centers, authors of cookbooks, health professionals, and private individuals. (the aforesaid information was taken from the user's manual for The Food Processor Plus).

Note: I attempted to schedule a follow up body composition analysis several weeks after the post study testing/assessments. Between travel schedules and general conflicts in the participants' schedules, we had a small sampling.

I would like to thank Mr. John Parrillo for his contribution to the science of nutrition. He pioneered the concept of "increasing calories" for the elite athlete. His twenty (20) plus years of research and charting strength athletes has established the long-term benefits of building the metabolism.

Approximately, over the past six (6) years, I have learned much from Mr. Parrillo and his research. In my "Lean Bodies" program, I have taken many of the concepts that Mr. Parrillo has successfully used with strength athletes, and modified them for the average person. "Lean Bodies" is a "user friendly" program geared for the active person (even sedentary individuals benefit) that wants to make a lifestyle change. Mr. Parrillo works with mostly strength athletes that are required to eat at least six (6) meals per day. Although, this is advantageous for the competing body builder or strength athlete, I have found it to be unrealistic for the average person. I saw the potential for the same metabolic benefits for the average person on the street. On my part, what was needed was hard work, creativity, research design and development. I accepted the challenge and went to work. Through a lot of prayer, family support and willing "Lean Bodies" clients, the program is complete.

I would like to thank Mrs. Maggie Greenwood Robinson for her contribution to my research over the years. She is the co-author of three (3)) of my four (4) books "Cliff Sheats' Lean Bodies", "Cliff Sheats' Lean Bodies Total Fitness" and "30 Days To Swimsuit Lean." Her writing skills and original research contributions have been invaluable. She was also the professional writer for my "Lean Bodies Workbook", which I have utilized in my "Lean Bodies" classes for over eight (8) years. Her "word smithing" and organizational skills in the "Lean Bodies Workbook" have helped to provide a clear understanding of my program for my "lay students" to follow. The

categorizing of four (4) of the five (5) points of the "Lean Bodies" program was concisely developed through her organizational skills as seen in the "Lean Bodies Workbook", "Cliff Sheats' Lean Bodies", "Cliff Sheats' Lean Bodies Total Fitness" and "30 Days To Swimsuit Lean." Evidence of her skills, developmental assistance and creativity can be observed throughout the "Lean Bodies" program.

I would like to thank Mrs. Linda Thornbrugh for her recipes and cooking suggestions as my co-author of "Cliff Sheats' Lean Bodies Cookbook. Her contributions have helped create variety and helpful cooking tips to the "Lean Bodies" program.

I also would like to thank Kathy Coker for all she has provided to the cooking section of the "Lean Bodies" classes. Her contributions to the "Lean Bodies Workbook" in the area of cooking, planning, entertaining and organizational tips for the home have been priceless. I would also like to thank Kathy for her mentoring during my Ph.D. program.

I would thank my CPA, Steve Winn for his technical advice and assistance in various mathematical areas.

I would like to thank Lucia Dubose Ph.D. for her contributions to my work over the years. She has been a "warehouse of knowledge" to me. Specifically, I would like to thank her for her work in the area of "Functions of the Adrenals". Much of the constituents involved in the Psychology Of Change section (2 A. and 3 A,B) in my outline involving Stress Management (mental and emotional) and Psychological and Emotional symptomotology is

information compiled by Dr. Dubose and given to me for usefulness in my private practice. Much of this descriptive wording was taken from her outline involving "Adrenal Functions". Dr. Dubose has worked in the area of "Adrenal Functions", (especially factors which result in exhausted adrenals and symptoms of exhausted adrenals) for several years. Her research, among others, in this area has benefited me by providing insight into the connection between psychological/emotional health and nutrition. Dr. Dubose has realized substantial benefits of nutritional therapy in working with her clients affected in these areas.

I would like to thank Clay Jenkins for his invaluable expertise in technical and statistical assistance. Also, Jodee Barnett's transcribing skills are much appreciated. Dr. John Stanley of The Institute Of Food Research was a wonderful asset to my research program in the early stages. The ability to have Dr. Luke Bucci as part of my supervisory group has been rewarding. His knowledge, experience and availability have made every step of learning an adventure. I am grateful to The Royal Society of Health for welcoming me into their membership and professional program. I look forward with anticipation of their impact on my progress.

Ultimately, this research would not be possible without the sovereign direction of my Heavenly Father.

CLIFF SHEATS' LEAN BODIES WORKBOOK

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Lesson 1

INTRODUCTION

If you were told that eating more—not less—was the key to losing body fat, you would probably respond in disbelief. After all, every diet you have ever tried meant cutting calories, not increasing them.

In Lean Bodies, you will learn to follow a new approach to dieting—one that lets you ***eat to lose weight***. Eating to lose weight—it sounds too good to be true! But it works. And in a nutshell, here's how: By gradually increasing your calories, by spreading those calories out throughout the day in frequent meals, and by following a moderate aerobic exercise program, you change your metabolism so that it efficiently uses food and burns fat.

At present, your metabolism is probably running in low gear—a condition brought on by repeated attempts at low-calorie dieting. When you drop calories in this manner, your metabolic rate drops as well, and your body simply cannot convert food to fuel as efficiently. As a result, excess calories are stored as fat.

Consider the results of this research study, published in *The New England Journal of Medicine* (October 5, 1989);

A group of men ate 2,700 calories a day over a three-week period, eating three meals daily. They took a two-week break, then returned. They again ate 2,700 calories a day but divided those calories into 17 small meals a day. Remarkably, their low density lipoproteins (LDL—also known as the "bad cholesterol") dropped 13.9%; insulin levels dropped 21%; bodyfat loss was dramatic; and metabolic rates increased significantly. Even more interesting is that food absorption and utilization were greatly enhanced.

That familiar adage "If you don't use it, you lose it" applies to your metabolism. If you don't eat and you don't exercise, your metabolism will get lazy and out of shape—much like an unworked muscle. As another familiar saying goes: "Rome wasn't built in a day." Nor can your metabolism be rebuilt in a day. In fact, the process of rebuilding your metabolism will take longer than six weeks. But it will happen—as long as you give the program 100% effort. And the result will be a trimmer, healthier, and happier you.

BODY COMPOSITION TESTING

The single most important element in determining both health and fitness is bodyfat percentage. It is essential that your bodyfat analysis be done at the beginning and at the end of the Lean Bodies program. Determining your exact progress is impossible unless you are tested regularly.

Because of the unique nature of the course, there may be individuals who do not notice a great weight loss. After final evaluation, however, they find that they reduced their bodyfat percentage significantly. This happens because they have increased their lean body mass (muscle) while decreasing bodyfat.

It is important that you have a bodyfat analysis done when you begin the course and when you reach your goal. We are able to conduct a bodyfat analysis using an ultrasound BodyComp Analyzer approved by the FDA. Ultrasound is accurate within 1/2 to 1 percent of the underwater weighing method and is considered to be the most reliable method of determining bodyfat percentage. The procedure is simple and painless, requiring only five to 10 minutes of your time. The results are available immediately after the ultrasound is taken.

This analysis not only gives you your bodyfat percentage in pounds, it also gives you the following: your lean body mass percentage in pounds, your maximum heart rate, your aerobic training range for maximum fat burning, your projected ideal weight, total body water, and other important fitness measurements.

Other methods of body composition analysis include hydrostatic underwater weighing and calipers. Hydrostatic underwater weighing is a sophisticated test for measuring bodyfat. This method uses a large tank of water or a swimming pool, a scale with a chair, and a trained technician. Skinfold calipers are another way to determine how much bodyfat you are carrying. It measures skinfold thickness using a special instrument. Measurements are taken at specific points on the body. Some skinfold calipers take three measurements; others, up to nine or more. The measurements are then recorded and converted to a bodyfat percentage. To ensure accuracy, it is important to use the same technician each time your measurements are taken.

THE TOOLS

Health Appraisal Questionnaire: This tool is a symptomatology profile of your personal health history. (It is not a medical history. Please fill this questionnaire out and turn it in next week.)

Diet Track Sheets: These take the guesswork out of your eating program and enable you to view food as fuel. (Please turn these in for the next lesson.)

Sample Sheets: These give you samples of a day's menu.

Composition of Foods: In this workbook , beginning on page 49, you will find a guide to food composition. It provides information to help you calculate your daily intake of calories, protein, carbohydrates, fat, sodium, potassium, and calcium.

Food Composition Sheets: These provide the nuts and bolts for building your eating program.

Additional Notes:

PROTEINS

Your body needs protein to build all body cells. In foods, two types of protein exist: complete proteins and incomplete proteins. Complete proteins have the highest amounts of essential amino acids, which are the building blocks of protein. Found in vegetables, incomplete proteins have amino acids; however, those amino acids are lower in number and vary in proportion.

The two most important points to remember about protein are that it:

1.

2.

The proteins you may eat on this program are: egg whites, white meat chicken, white meat turkey, and fish, which are all lean proteins. They have a high "specific dynamic action" on the metabolism, meaning that they help speed up the metabolic rate.

Additional Notes:

STARCHY CARBOHYDRATES

These fuel your body with energy. During digestion, carbohydrates are broken down into glucose which is used by the body for energy. Glucose not used right away is stored in the muscles as glycogen.

The carbohydrates eaten on this program are complex carbohydrates, also known as slow-releasing sugars. These are used in a reaction called "Kreb's Cycle," a physiological process that takes place inside your cells and involves the conversion of food into energy.

The starchy carbohydrates you may eat on this program are: potatoes, sweet potatoes, yams, legumes, lima beans, kidney beans, into beans, black-eyed peas, peas, corn, brown rice, rice cakes, oatmeal, and other natural, unrefined whole grains.

Additional Notes:

LEAN VEGETABLES

Low in calories, these supply fiber, water, and most importantly, minerals. Minerals help form body structures such as bones, teeth, and tissues and are involved in controlling all physiological processes.



You may eat many types of lean vegetables, including asparagus, broccoli, cabbage, cauliflower, carrots, green beans, green leafy vegetables, mushrooms, okra, summer squash, zucchini, and salad vegetables.

Additional Notes:

FATS

Certain fats, called Essential Fatty Acids (EFAs), are vital for health. They supply energy, transport certain vitamins, and are part of cell walls. (An entire lesson is devoted to dietary fats.)

People who cut out fats often have Essential Fatty Acid deficiencies, which show up as dry, flaky skin. Dry skin is a sign that the heart, liver, brain, and other internal organs may not be getting enough of these vital nutrients either. In addition, EFAs are required by the body to break down saturated fats such as cholesterol.

On this program, you should eat a minimum of one teaspoon daily of Essential Fatty Acids. Good sources are:

Safflower Oil
Flaxseed Oil
Hain All Blend
Canola Oil
Evening Primrose Oil
Salmon Oil
Borage Oil

Additional Notes:

FOODS TO LIMIT



If you are already cutting the fat in your diet and are on the road to a lean body, here are a few things you can do to "tweak" your metabolism to help you reach your goal.

(Please be advised to consult your physician on your dietary needs before you consider this section, especially if you have kidney problems, are diabetic, or are pregnant or lactating.)

Refined carbohydrates or simple sugars. These are easily converted to bodyfat and contribute to other ill health effects.

In the space below, draw five circles. Next, draw a line between the second circle and the third circle.

These represent simple sugars, which are either sucrose or fructose. Both drive your blood sugar up rapidly, giving you a quick "rush" followed by a fast "crash." Complex carbohydrates, on the other hand, are slow-releasing and do not cause this reaction.

Dairy products. All dairy products are healthy, but even low-fat choices should be kept to a minimum. Permissible dairy products are skim milk and non-fat yogurt. Most dairy products are too high in fat and contain lactose, a simple sugar that can convert easily to bodyfat. This can have a negative effect on fat-burning—especially if you are allergic to milk products. Limit your serving to one 8 oz. serving a day.

The calcium usually supplied by dairy products can be provided by vegetables such as broccoli and green leafy vegetables. (Pregnant and lactating women and growing children should not restrict dairy products.)

Red meats. Although an excellent source of iron, vitamin B12, and protein, red meats are riddled with fat. Try to limit them to once a week, unless your physician has diagnosed you as anemic. Lean cuts such as eye-of-the-round, tenderloin, and filet mignon may be included later in the program. Long horn beef, venison, ostrich, and emu are other excellent sources of lean red meat.

All processed foods. These include: canned foods, foods containing artificial sweeteners and preservatives, pre-packaged "quickie foods," and fast foods.

Fruits and fruit juices. These are healthy foods, full of vitamins, minerals, and fibers. However, fruits—particularly bananas, raisins, and grapes—are simple sugars containing fructose. Because of its molecular structure, fructose is converted by the liver into fat. In addition, research has shown that fructose elevates triglyceride levels in the blood. *(American Journal of Clinical Nutrition, 45: 1197-201. Printed in the USA.)*

You don't have to cut fruits out entirely, however. If you have a sweet tooth or if you have difficulty getting off sugars, then eat fruits such as apples, strawberries, or blueberries, which all have a lower-than-average sugar content. After the first six weeks on the program, you may reintroduce sweeter fruits into your diet, especially as your metabolism improves.

Breads, pasta, and bagels. Even though many of these foods are nutritious, they are still processed, which means they are easily converted to sugar and then to fat. During the first six weeks of the program, stay away from bread, pasta, and bagels. Once you're eating 1800 calories a day or more, you won't miss these foods. Later on, when your body is metabolically more efficient, you will be able to re-introduce whole-grain bread into your diet.

Additional Notes:

BUILDING THE METABOLISM

Building the metabolism means training your body to process and utilize food more efficiently so that bodyfat is burned and lean tissue is preserved. You can build your metabolism in four ways:

(1) by exercising aerobically;

(2) by gradually increasing your calories;

(3) by spreading calories out over four or five meals a day;

(4) by choosing metabolic-activating foods.

Exercise. On this program, you should follow a moderate regimen of aerobic exercise for a minimum of 30 minutes each session. Exercise increases muscle, a metabolically active body tissue; enhances your oxygen delivery system (oxygen is needed to burn fat); improves the pumping action of your heart; and enlarges your major blood vessels. The enlargement of those vessels increases your blood volume for efficient transport of nutrients and the elimination of body toxins.
You should try to work up to a heart rate of between 130 and 150 beats a minute. To determine your individual rate, take the number 220, subtract your age, then multiply by 75%.

Learn to take your pulse by placing your fingers over the carotid artery on either side of your neck. Count your pulse during a 10-second period and then multiply that number by 6 to arrive at your pulse rate per minute. If you exceed your desired rate, you're burning more glycogen than fat.

Walking, riding a bicycle, or exercising on a ski machine are excellent choices. The more often you exercise, the more bodyfat you'll shed and the faster your metabolism will build. *A note on walking:* Many people who follow this program choose walking as their exercise. When walking, take normal strides but pump your arms in a swinging motion. This pumping action increases the aerobic benefits of walking.

PLANNING YOUR MEALS

The first week, start out by following my basic meal plan. Each week afterwards, add calories to the meal plan. The sample meal plans show you how to do this. As you continue on the program, you will have to make the necessary caloric adjustments according to how active you are. A person who exercises everyday or works in a physically demanding profession, for example, will require more calories than will a less active individual.

What follows are sample meal plans (one sample meal for each week for six weeks) for men and for women. These meal plans show you how to gradually increase calories from week to week. Typically, women increase calories by 100; men, by 200. Please note that the men's menus offer examples of how to gradually incorporate MCT oil into your meals. The same gradual increases can be used in the women's menus too.

Additionally, each meal plan provides nutrients in the ratio of: protein, 30 percent; carbohydrates, 60 percent; and fat, 10 percent. Unlike most diets, Lean Bodies daily meal plans provide a potassium/sodium ratio of at least 2 to 1. This helps maintains the body's water balance and is the correct ratio for heart health. If you are concerned about calcium intake, please note that these meal plans provide ample calcium to meet daily requirements. Taking a mineral supplement helps insure against deficiencies of calcium and other nutrients. Do not forget to take a teaspoon a day of essential fatty acids. Also, be sure to eat every three hours.

Women

Week 1 — Sample Day — 1500+ Calories

Breakfast: Corn grits (cook 4 tablespoons according to package directions). 3 large scrambled egg whites with 2 tbsp. mild picante sauce.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 4 oz. chicken breast. Brown rice (cook 1/3 cup of rice to yield proper cooked portion). 2 cups broccoli.

Mini-meal: 8 oz. non-fat yogurt. 4 rice cakes.

Dinner: 4 oz. baked cod. 8 oz. potato. 2 cups kale. Salad of 1 cup shredded Romaine lettuce, 1/2 cup chopped tomato, and 1/2 cup shredded carrots.

TOTAL DAILY NUTRIENTS: 1501 calories; 104.2 grams of protein; 253.1 grams of carbohydrate; 12.2 grams of fat; 743 mg of sodium; 3467 mg of potassium; and 863 mg of calcium.

Week 2 — Sample Day — 1600+ Calories

Breakfast: 4 oz. turkey breast. Brown rice (cook 1/3 cup rice to yield proper cooked portion).

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 4 oz. baked cod. Brown rice (cook 1/3 cup of rice to yield proper cooked portion). 1/4 cup black-eyed peas. 1/2 cup squash.

Mini-Meal: 4 rice cakes. 1 cup skim milk.

Dinner: 4 oz. baked chicken breast. 10 oz. potato. 1 cup broccoli. 1 cup turnip greens.

TOTAL DAILY NUTRIENTS: 1634 calories; 119.8 grams of protein; 272.2 grams of carbohydrate; 9.4 grams of fat; 502 mg of sodium; 3640 mg of potassium; and 815 mg calcium.

Week 3 — Sample Day — 1700+ Calories

Breakfast: Oatmeal (cook 8 tbsp according to package directions). 4 large scrambled egg whites with 2 tbsp. mild picante sauce.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 5 oz. baked chicken breast. 8 oz. potato. 2 cups broccoli.

Mini-Meal: 8 oz. non-fat yogurt. 4 rice cakes.

Dinner: 5 oz. baked cod. 1 cup cauliflower. Brown rice (cook 1/3 cup to yield proper portion). 1 cup collard greens.

TOTAL DAILY NUTRIENTS: 1730 calories; 125.6 grams of protein; 271.6 grams of carbohydrate; 17.7 grams of fat; 763 mg of sodium; 4304 mg of potassium; and 872 mg of calcium.

Week 4 — Sample Day — 1800+ Calories

Breakfast: Corn grits (cook 8 tablespoons according to package directions). 4 large scrambled egg whites. 1 cup skim milk.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 5 oz. chicken. 6 oz. potato. 2 cups broccoli.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 6 oz. turkey breast. 2 cups cauliflower. Brown rice (cook 1/2 cup to yield proper portion). 2 cups kale.

TOTAL DAILY NUTRIENTS: 1837 calories; 163.5 grams of protein; 275.6 grams of carbohydrate; 8.9 grams of fat; 879 mg of sodium; 4389 mg of potassium; and 1210 mg of calcium.

Week 5 — Sample Day — 1900+ Calories

Breakfast: 1 cup oatmeal mixed with 1 oz. protein powder. 1 cup skim milk.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang. 2 rice cakes.

Lunch: 4 oz. chicken breast, 6 oz. potato. 2 cups broccoli. Brown rice (cook 1/3 cup to yield proper portion).

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 4 oz. cod. Salad of 1 cup shredded Romaine lettuce, 1/2 cup chopped tomato, and 1/2 cup shredded carrots. 1 cup collard greens.

TOTAL DAILY NUTRIENTS: 1910 calories; 147.0 grams of protein; 304.2 grams of carbohydrate; 13.7 grams of fat; 665 mg of sodium; 4093 mg of potassium; and 863 mg of calcium.

Week 6 — Sample Day — 2000+ Calories

Breakfast: 1 cup puffed kasha. 1 scoop (1 oz.) protein powder mixed in 1 cup skim milk.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. turkey breast. 10 oz. potato. 2 cups broccoli. 1 cup black-eyed peas.

Mini-Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 3 large scrambled egg whites. 10 oz. potato. 5 oz. peas. 1 cup turnip greens.

TOTAL DAILY NUTRIENTS: 2011 calories; 165.7 grams of protein; 309.7 grams of carbohydrate; 12.4 grams of fat; 1018 mg of sodium; 5493 mg of potassium; and 1368 mg of calcium.

Week 7 — Sample Day — 2100+ Calories

Breakfast: 1 cup oatmeal. 3 large scrambled egg whites. 1 cup skim milk.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. red snapper. 8 oz. sweet potato. 1/2 cup lima beans. 1-1/2 cups kale.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 6 oz. chicken breast. 8 oz. potato. 2 cups broccoli. 1/2 cup corn.

TOTAL DAILY NUTRIENTS: 2097 calories; 184.9 grams of protein; 311.3 grams of carbohydrate; 14.3 grams of fat; 1002 mg of sodium; 5466 mg of potassium; and 1458 mg calcium.

Men

Week 1 — Sample Day — 2300+ Calories

Breakfast: 1 cup oatmeal with 1 scoop (1 oz.) protein powder. 6 oz. non-fat yogurt. 1/2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. chicken. Brown rice (cook 2/3 cup to yield proper cooked portion). 1 cup lima beans. 1 cup green beans.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 4 oz. halibut. 10 oz. potato. 1 cup green beans. 1-1/2 cup kale.

TOTAL DAILY NUTRIENTS: 2364 calories; 170.9 grams of protein; 368.8 grams of carbohydrate; 17.9 grams of fat; 846 mg of sodium; 5549 mg of potassium; and 1348 mg of calcium.

Week 2 — Sample Day — 2500+ Calories

Breakfast: 1 cup oatmeal. 3 large scrambled egg whites. 1 cup skim milk. 1 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 4 oz. tuna. Brown rice (cook 2/3 cup to yield proper cooked portion). 1 cup black-eyed peas. 1 cup broccoli.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 6 oz. turkey breast. 16 oz. potato. 2 cups green beans. 2 cups broccoli.

TOTAL DAILY NUTRIENTS: 2569 calories; 182.3 grams of protein; 403.0 grams of carbohydrate; 13.9 grams of fat; 845 mg of sodium; 6280 mg of potassium; and 1161 mg of calcium.

Week 3 — Sample Day — 2700+ Calories

Breakfast: 4 large scrambled egg whites. 14 oz. potato. 1 cup skim milk. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. turkey breast, 12 oz. potato. 1 cup green beans. 1/2 cup corn.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 8 oz. shrimp. Brown rice (cook 1 cup to yield proper cooked portion). 3 cups broccoli. 1 cup corn.

TOTAL DAILY NUTRIENTS: 2779 calories; 183.5 grams of protein; 433.6 grams of carbohydrate; 10.5 grams of fat; 1096 mg of sodium; 6839 mg of potassium; and 1189 mg calcium.

Week 4 — Sample Day — 2900+ Calories

Breakfast: 1 cup oatmeal. 4 large scrambled egg whites. 4 oz. non-fat yogurt. 1 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. chicken. 8 oz. sweet potato. 2 cups corn. 1-1/2 cups turnip greens. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 6 oz. turkey breast. Brown rice (cook 2/3 cup to yield proper cooked portion). 1 cup black-eyed peas. 1 cup squash.

TOTAL DAILY NUTRIENTS: 2928 calories; 189.7 grams of protein; 426.0 grams of carbohydrate; 20.6 grams of fat; 773 mg of sodium; 4898 mg of potassium; and 1180 mg of calcium.

Week 5 — Sample Day — 3100+ Calories

Breakfast: Barley grits (cook 3 oz. dry grits to yield proper portion). 3 large scrambled egg whites. 2 scoops (2 oz.) of carbohydrate supplement. 1 tbsp. MCT oil.

Mini-Meal: 2 oz. tuna. 10 oz. potato. 4 oz. non-fat yogurt.

Lunch: 4 oz. chicken. Brown rice (cook 2/3 cup to yield proper portion). 2 cups corn. 2 cups broccoli. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 6 oz. haddock. 16 oz. sweet potato. Salad of 1 cup shredded Romaine lettuce, 1/2 cup chopped tomato, 1/2 cup shredded carrots, and 3 tbsp. MCT oil. 1 cup of turnip greens.

TOTAL DAILY NUTRIENTS: 3192 calories; 172.4 grams of protein; 501.0 grams of carbohydrate; 12.7 grams of fat; 846 mg of sodium; 5603 mg of potassium; and 1224 mg of calcium.

Week 6 — Sample Day — 3300+ Calories

Breakfast: Corn grits (cook 4 oz. to yield proper portion). 4 large scrambled egg whites. 2 tbsp. mild picante sauce. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. chicken breast. 16 oz. potato. 2 cups broccoli. 1 cup lima beans. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 8 oz. cod. 2 cups cauliflower. Brown rice (cook 1 cup to yield proper cooked portion). 1-1/2 cups kale. 1 tbsp. MCT oil.

TOTAL DAILY NUTRIENTS: 3307 calories; 192.5 grams of protein; 490 grams of carbohydrate; 10.8 grams of fat; 1151 mg of sodium; 6789 mg of potassium; and 1258 mg of calcium.

Week 7 — Sample Day — 3500+ Calories

Breakfast: 1 cup oatmeal. 3 large scrambled egg whites. 1 cup skim milk. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement mixed with water, Crystal Light, or sugar-free Tang.

Lunch: 6 oz. chicken breast. 16 oz. sweet potato. 1 cup black-eyed peas. 1 cup squash. 2 tbsp. MCT oil.

Mock Meal: 2 scoops (2 oz.) carbohydrate supplement and 1 scoop (1 oz.) protein powder mixed with water, Crystal Light, or sugar-free Tang.

Dinner: 4 oz. turkey. Brown rice (cook 2/3 cup to yield proper cooked portion). 2 cups corn. 2 cups green beans. 2 tbsp. MCT oil.

TOTAL DAILY NUTRIENTS: 3515 calories; 178.3 grams of protein; 492.3 grams of carbohydrate; 18.8 grams of fat; 866 mg of sodium; 5866 mg of potassium; and 1133 mg calcium.

LESSON 1—QUESTIONS AND ANSWERS

1. Are lamb or pork allowed on this diet?
   Not for the first six weeks. Both meats are high in fat.

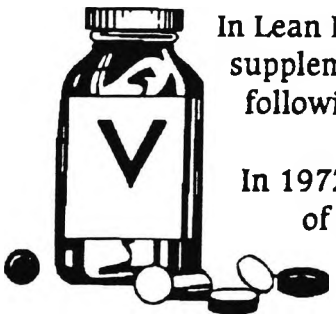
2. What about non-fat frozen yogurts?
   Again, not for the first six weeks.

3. If we eliminate bananas, how will we get dietary potassium?
   From potatoes. These contain more potassium than bananas.

4. Should we eat oat bran?
   Oatmeal is preferable to oat bran. As a pure fiber, oat bran has fewer carbohydrates than oatmeal. This means you'll have less energy if you eat only oat bran. If you like oat bran, however, mix it with your oatmeal.

Additional Notes:

SUPPLEMENTATION



In Lean Bodies, the decision to take nutritional supplements is yours. But as you decide, consider the following research studies:

In 1972, Drs. Cheraskin and Ringsdorf of the University of Alabama studied the nutritional health of 364 doctors and their wives and found that:

- 32% were deficient in vitamin C.
- 50% had less than the RDA of vitamin E (RDA refers to the minimum amount required to prevent disease.)
- The doctors' wives showed even greater deficiencies than their husbands.

A U.S. Department of Agriculture study of 7,500 families from across the nation revealed that only 50% of the diets met all the RDA for essential nutrients. The nutrients most frequently found to be deficient were:

1: calcium
2: vitamin A
3: vitamin C
4: iron
5: thiamine
6: riboflavin

Further supporting evidence exists for supplementing the American diet:

In 1934, the U.S. Department of Agriculture issued a handbook called Composition Handbook #8 of Foods which has been updated several times since its initial publication. In the spaces below, please fill in the blanks as your instructor discusses the study. Note how the nutrient content in a cup of rice has changed over the years:

	In 1950	In 1975	% Dropped
PROTEIN			10.9%
CALCIUM			21.0%
IRON			28.6%
B COMPLEX			7.6%
NIACIN			9.4%

Cabbage was traditionally high in vitamin C. But in 1985, cabbage had zero vitamin C! Carrots once had 22 mg of mineral level, but in 1986 they had 6 mg. In 1945, the protein in wheat was 17%, decreasing to 9% in 1985.

If you are convinced that additional nutrients are needed in your diet, we recommend the following:

ProCarb. This is a formulation containing the complex carbohydrate maltodextrin, a powdered starchy carbohydrate; caseinate protein, which is needed because protein helps break down carbohydrates; and the amino acid glycine, which has been found in research studies to release human growth hormone (HGH). HGH means more lean mass, and more lean mass means a faster metabolism. Glycine is also the sweetening agent in ProCarb.

Lipotropic Formula. This contains the following fat-burning agents: l-carnitine, B vitamins, betaine HCL, biotin, choline, and inositol, which are all necessary for fat mobilization and metabolism. The level of carnitine in the muscles has been found to determine the rate of fat burning. In fact, the higher the level, the faster metabolism proceeds.

Vitamin Formula. This is an excellent formulation of vitamins your body needs for maintenance, growth, repair, and energy. It contains a balance of B vitamins, vitamin C, vitamin D, vitamin E as well as beta carotene, one of the best sources of vitamin A. Also included is a nutrient called co-enzyme Q10, which plays a key role in energy production and cellular respiration.

Vitamins are spark plugs for "Kreb's Cycle", the metabolic process that takes place at the cellular level. In the space below, draw a circle of arrows, leaving a small space between each arrow.

These spaces represent the nutrient or the spark plug necessary to drive the energy conversion process. When nutrients are missing, the cycle is impeded and becomes inefficient.

Certain vitamins are important contributors to your oxygen delivery system (oxygen is needed to burn fat). Vitamin C is the best overall nutrient where oxygen delivery is concerned because it improves the release of oxygen from red blood cells.

Mineral - Electrolyte Formula. Minerals and electrolytes are important for the formation of body structures such as bones and tissues and are involved in many physiological processes, including metabolism and energy production. Referred to as electrolytes, certain minerals are responsible for maintaining the fluid balance of the body. Sodium, calcium, and chloride are the main electrolytes in the fluid outside cells; and potassium, magnesium, and phosphorous are found inside cellular fluid. Electrolytes provide a life-sustaining environment for our cells and must be kept in constant balance for good health. Low levels of electrolytes can result in fatigue and other ill effects. Minerals and electrolytes are lost through perspiration, so active people often have higher requirements for these nutrients.

The formula we recommend supplies the correct balance of extracellular and intracellular minerals for good health.

Additional Notes:

LESSON 2—QUESTIONS AND ANSWERS

1. Regarding vitamin B6, should I take it in a single tablet?
   It depends. If you are taking the balanced B-complex formula we recommend, then you do not need to take an extra B6 tablet. If you have PMS or fluid retention, then taking an additional 100 mg of B6 may be advisable.

2. Is it true that vitamins begin to deteriorate in nutrient value the moment you open the bottle?
   It depends on how you store them. Vitamins are a food, and like foods, are subject to spoiling. So store your vitamins carefully and always keep their lids tight.

Additional Notes:

Lesson 3

LIFESTYLE CLASS

Be prepared

1. Make a menu! (I know it hurts, but so do DPT shots, pierced ears and treadmills!)
2. Get a good grocery list.
3. Buy in bulk! (Fill that freezer! It takes less electricity to maintain a full freezer!)
4. Read labels. (Find those hidden sugars! Just because it says nonfat, does not mean it is not fat producing)
5. Dare to prepare! (Dicipline if freeing!! Don't grill one chicken breast, grill ten!)

Now It's Your Turn....

Jot down a few notes to make your new way of planning, implementing and eating fun, fast and flavorful!

Standby Recipe Notes....

Pancakes_____

_____

Waffles_____

_____

Omelettes_____

_____

Longhorn Beef (800) 697 - LEAN_____

_____

Blender Drinks_____

_____

Mini-Meals_____

_____

Traveling for a day or planning for a day at the office

A. We suggest the Lean Bodies' "Survival Kit"
   1. A vinyl food bag (available at the "Container Store")
   2. A re-freezable ice bag (Blue and "Igloo" at any department store)
   3. Plastic-lidded and partitioned plate (Rubbermaid at any grocery store)
   4. Re-sealable, microwavable containers (Tupperware available at any grocery store)
   5. Re-sealable freezer/sandwich bags (available at any grocery store)

B. To this you may add:
   1. Several small cans of water-packed tuna or chicken.

2. Muffins in sealed sandwich bags.
3. Frozen oatmeal pancakes or frozen oatmeal waffles ready for microwave. Don't forget the sauce.
4. Lidded cup with prepared Pro-Carb mixture.
5. Parrillo Supplement Bars for mock meals.
6. Rice cakes. These are great with dijon mustard and shaved turkey and tomatoes.
7. Partitioned plates with meal already prepared and ready for microwave.
8. Leftovers make good mini-meals.
9. Add any suggestions you like here: _____

_____

_____

This should successfully take you through the times you need to fuel your body and keep that metabolic rate up. However, do not forget your water intake! If you do not keep bottled water in your Survival Kit, then we sugggest that you drink at least 8 to 10 glasses per day!

Eating Out

A. Chinese: A great choice for steamed veggies and a good combination of lean and starchy carbs! Just remember: ask for no MSG, ask for steamed rice, and ask that all sauces be placed on the side for your control.

B. Seafood: Another good protein source, but remember to ask for baked, broiled or grilled without the butter, please! Take along your small packets of "Butter Buds" to sprinkle on your dinner. remember that less is best with Butter Buds; it will taste more like butter that way.

C. Steak restaurants: If you are really leaning out, try to avoid fatty red meats. Most steak places offer a grilled chicken, baked potato, and steamed veggies. Hoffbrau Steaks has a wonderful Longhorn beef burger with rice and order a dinner salad.

D. Fast foods: They are almost an American way of life, and we must all give in at times. However, these restaurants have become less greasy and more fat-conscious over the last few years.

1. Wendy's offers an 8-10 ounce baked potato, and salad bar, and broiled chicken sandwich.

2. Burger King offers a broiled chicken breast sandwich. Just request that they leave off the mayo and add only the mustard, pickles, lettuce, tomato and onions.

3. McDonald's offers a McLean burger, but it is not as fat-free as the Burger King sandwich. Be careful here!

F. Add any restaurants you have had a good experience with in adapting their food to your needs:_____

_____

_____

WATER AND FIBER

Water. Water is the most abundant nutrient found in the body. In fact, over 75 percent of the body is composed of water. As the primary transporter of nutrients throughout the body, water is involved in nearly every body process. You can survive without food for several days but without water, dehydration sets in within a few hours.

For optimum health, you should drink eight to ten glasses of water a day, especially since you expel approximately three quarts of water each day through excretion and perspiration.

Water is superior to other beverages because of its absorption rate. Seventy percent of a glass of water is absorbed by the body, for instance, while only six to ten percent of the same amount of soda is absorbed.

The water you drink should contain an appropriate level of minerals. Without minerals, deficiencies may develop, causing such conditions as joint pain, fatigue, muscle spasms, and elevated blood pressure. To ensure that you get minerals from water, choose tap, spring, or mineral water. Do not drink distilled water, however, because it loses all minerals during processing. Soft water does not provide very many minerals either. In fact, areas of the United States that have soft water show a higher number of coronary thrombosis cases per capita than do areas with hard water.

Fiber. In ancient times, man ground his own grain using two flat stones, and the result was a coarse, yet digestible food. In 450 BC, the Greeks developed millstones, powered by water. Later, the Romans improved on this "technology" by adding gears to the apparatus, allowing them to run several millstones at a time. By the Dark Ages, windmills became the chief method of milling grain.

The flour obtained from all of these early technologies was highly nutritious because of its coarseness. Yet it spoiled too quickly, and over time, millers began to seek ways to solve this spoilage problem.

In the 1840's with the advent of the Industrial Revolution, giant steel rollers replaced the primitive millstone. The new technology allowed modern millers to extract the wheat's germ, the most nutritious part of the seed. The byproduct of this new germless flour did not spoil as quickly.

Next came air sifters, which further purified the flour by removing the bran from the wheat. What was left was pure white flour as we know it today. Tons of this new white flour was imported to every corner of the world, and less than five percent of the population continued to eat the dark coarser bread, once popular in Europe.

Not long after the worldwide introduction of white flour, a disease called beri beri began to appear, particularly among the poor. The disease is a deficiency of thiamine, a B-complex vitamin supplied by whole grains.

In 1906, scientists discovered that our foods contain certain substances---which they called "vitamins"---that are necessary for our health. Deficiency diseases such as beri beri were linked with the low nutrient content of white flour. To remedy the problem, four synthetic nutrients were put into the flour: iron, riboflavin, niacin, and thiamine. This replacement was intended to "enrich" our white flour products.

Deficiency diseases continued. In 1910, appendectomy was the chief surgery of the day. Interestingly, Dr. Charles Mayo informed the 1924 National Conference of the American Medical Association that appendicitis was rare in past ages yet had become a disease of modern man.

By 1950, colon cancer had become the second leading cancer-causing death among men and fifth among women.

As our foods were processed more and more, they became devitalized. Grains, in particular, lost most of their fiber---a loss contrtibuting to deadly digestive tract illnesses.

Fiber is a nutrient necessary for good health. It absorbs moisture in the body and adds bulk to the feces. In the absence of fiber, food moves slowly through the system, putrifying in the body and eventually creating stools that are difficult to pass. A high fiber diet, on the other hand, keeps the digestive system healthy and may even enhance fat loss. A study of the African Bantu tribe showed that the natives ate an average of 3000 calories a day (well above the average consumption of our population) yet there was no obesity. The researchers concluded that this phenomenon was the result of the Bantu's high fiber diet and high level of activity.

In addition, a high fiber diet can help break the laxative habit.

For optimum health, choose raw, fresh foods and unrefined natural grains---such as those outlined in this program. If you cook these foods, your prepartion method must preserve fiber content. Stir frying, light steaming, cooking with cold-pressed oils---these are a few ways to maintain both fiber and nutrient content.

Along with other nutritious foods, water, and supplements, fiber is just one more nutrient you need to keep your body in peak health.

Thirty-Five Ways to Make a Minimeal

SPREADING your calories throughout the day is one of the keys to building your metabolism for better fat burning. You should be eating at least five meals a day ---- three main meals and two minimeals. Here are thirty-five delicious and satisfying suggestions for minimeals:

1. nacho flavored rice cakes, salsa and two-ounce chicken breast
2. sliced, baked green apple and nonfat yogurt
3. tuna (two ounces) on rice cakes
4. *orange shake: blend protein/carbohydrate supplement (two scoops) with sugar free Tang, ice cubes, and water
5. *berry shake: blend protein/carbohydrate supplement (two scoops) with one cup of frozen berries and water
6. *chocolate milk shake: blend protein/carbohydrate supplement (two scoops) with sugar free Nestle's, ice cubes and water
7. Parrillo Supplement Bar (this is one of the recommended supplements on the Lean Bodies program
8. *Lean Bodies muffins
9. *spicy corn chips with salsa or pico de gallo, and two-ounce chicken or turkey breast
10. air popped, fat free popcorn and two ounce chicken breast
11. baked potato topped with *tangy toppers
12. berries and nonfat yogurt
13. rice cakes spread with Dijon mustard, served with two-ounce tuna or other fish
14. pinto beans and salsa, or pico de gallo wrapped with corn tortillas
15. rice cakes spread with egg white salad (mix two chopped hard-boiled eggs, mustard, and a teaspoon of canola oil
16. snack omelet (combine two egg whitres, chopped onions, green peppers and mushrooms pour into small pan and cook until firm)
17. *chicken or turkey strips with a lean, fibrous vegetable
18. veggies and dip (mix curry powder to taste in nonfat yogurt, serve with cut, fresh vegetables or use *herbed cucumber dip)
19. *tomato soup (or any Lean Bodies soup) with rice cakes
20. cup of *turkey chili with rice cakes
21. *shrimp salad spread over rice cakes
22. *herbed potato skins, served with two ounce turkey breast
23. wedge of *spinach pan quiche
24. *eggs stuffed with potatos or tuna
25. small slice of *ground turkey loaf served with yellow mustard and rice cakes
26. a small portion of any leftover Lean Bodies meal
27. Lean Bodies *crackers with *yogurt cheese or *mock cream cheese
28. *toasted oats and nonfat yogurt
29. *potato chips and *onion dip
30. *mock peanut butter on *Lean Bodies crackers
31. *oven dried jerky with a lean, fibrous vegetable
32. *tuna pate' spread on rice cakes
33. *garbanzo nuts
34. *garbanzo bean spread on rice cakes or Lean Bodies crackers
35. *spicy corn chips with *refried bean dip or *mock guacamole

***See the Lean Bodies Cookbook for recipe.**

Menu Exchange

All fibrous carbs carbs exchange cup for cup

Animal meats exchange oz. for oz.

The remaining proteins (skim milk,yogurt, cottage cheese,egg whites & protein powders) exchange calories for calories

Example: 4 oz. turkey exchanges with 4 oz. of any fish

Example: 1 cup skim milk (85 calories) exchanges with 5 egg whites (85 calories)

In the starchy carb group the following exchange cup for cup (cooked): rice,corn,any beans & any peas. Additionally an 8 oz. potato or 7 oz. sweet potato exchange with these.

The remaining starchy carbs exchange calories for calories.

Example: 1 cup oats(350 calories) exchanges with 2 cups of corn(380 calories)

RECIPES

• *Basic Crepe*

In a mixing bowl, combine 1 cup oatmeal flour (ground from oatmeal flakes in your blender), 1 1/2 cups skim milk, 2 egg whites, salt substitute to taste. Beat with a rotary beater until blended. Heat a non-stick 6-inch skillet and lightly spray with Pam. Remove from heat. Spoon about 3 tablespoons of batter into skillet. Lift and tilt skillet to spread batter. Return to heat. Brown only on one side. Invert pan over paper towel and remove crepe. Repeat to make about 10 crepes. (To freeze, stack crepes between layers of waxed paper. Freeze up to four months. Thaw before using.)

• *Chicken and Broccoli Filling*

8 -10 basic crepes
1/4 cup chopped onion
1/4 cup reserved chicken broth from boiling chicken
1 cup skim milk
2 tbsp. cornstarch
Several sliced mushrooms (per your choice)
2 cup finely chopped cooked chicken (reserve the broth and boil rice in it for a nice, flavorful side dish)
1 10-ounce pkg. frozen cooked broccoli (drained and tender crisp)
1/4 to 1/2 cup white cooking wine

Prepare crepes and set aside. In saucepan, combine 1/4 c. chicken broth and onion. Cook covered 5 minutes and do not drain. Combine milk and cornstarch and add to saucepan. Cook and stir until thick and bubbly. Add mushrooms. Add wine. Stir and pour over mixed chicken and broccoli. Spoon about 1/4 c. of mixture on the unbrowned side of each

crepe and roll up. Arrange crepes in a baking dish, cover and bake in a 350-degree oven for 15 minutes. Serve hot.

• *Dessert Crepe*

Follow the directions for basic crepes. Prepare Jello Instant Vanilla Pudding (with Nutra-Sweet). Wash and drain fresh strawberries or blueberries.

Reserve a small portion of pudding; add berries to remaining pudding and stir. Place about 1/4 c. of this mixture on each crepe and roll up. Drizzle reserved pudding on top and place one berry as a garnish on top of crepe. Enjoy!

• *Basic Muffins (without Nutra-Sweet)*

2 cup oatmeal flour (ground in your blender)
1 tbsp. baking powder
2 tsp. cinnamon
2 tsp. Allspice (Use 1 tsp. if you prefer muffins that are less spicy.)
1 tsp. maple flavoring
1 tsp. vanilla flavoring
1 cup water
1/4 cup Granny Smith's frozen apple juice
2 tbsp. canola oil
6 egg whites (beaten until fluffy)
Rind from one lemon or orange (finely grated)

Blend all dry ingredients in a mixing bowl. Add water, flavorings, lemon or orange rind, oil, and thawed apple juice. Add beaten egg whites. Spray muffin tins with Pam and fill with batter 1/2 to 3/4 full. Bake in pre-heated 350-degree oven for approximately 20 minutes.

• *Basic Muffins (with Nutra-Sweet)*

Follow the above directions and add 1/2 to one whole package of orange Jello with Nutra-Sweet (dry) just before adding egg whites.

• *Raspberry Muffins*

Follow the directions for the Basic Muffins. Put raspberries in blender drain to remove seeds. Add sweetener to taste. Drizzle the raspberry mixture into muffin batter. Sprinkle sweetener on top of muffins.

• *Cliff's Cooler Pro-Carb Shake*

8 ice cubes
2 tbsp. water
2 scoops Pro-Carb
1 scoop protein powder
1/2 scoop sugar-free Nestle's Quik
1/2 tsp. vanilla

Combine all ingredients in a blender and blend until smooth. It will be very thick.

• *Oatmeal Pancakes or Waffles*

2 1/2 cup oatmeal
6 egg whites
1 cup skim milk
1 tbsp. safflower oil
1 tsp. baking powder
1 tbsp. vanilla
2 tsp. almond extract
1 tsp. maple extract

Blend oatmeal in blender to form oatmeal flour. Add all other ingredients and blend until smooth. Spray griddle with Pam. Heat. Pour batter onto griddle and allow to bubble, then turn. (Makes 16 to 10 pancakes or waffles) These will freeze well.

• *Strawberry Sauce*

1 3/4 cup water
2 tbsp. cornstarch dissolved in 1/4 c. water
One small strawberry Nutrasweet Jello

Bring water to a boil and add dissolved cornstarch. Stir until thick and clear. Add package of Jello. Stir and pour over pancakes. (For a great leftover, store in refrigerator, then heat in the microwave. Or puree fresh fruit in a blender and pour on top)

• *Eggs Mexicana*

20 egg whites, beaten
Butter Buds or Molly McButter to taste
1/2 cup oatmeal flour
1 tsp. baking powder
8 oz. dry curd cottage cheese, not-fat
1 7-oz. can green chilies

Pre-heat oven to 400 degrees. Combine eggs, butter substitute, flour and baking powder with a mixer. Stir in cottage cheese and chilies. Pour into a 9 x 12 pan that has been sprayed with Pam. Bake 10 minutes and then reduce heat to 350 degrees. Bake an additional 25-25 minutes or until set.

• *Kidney Bean Salad*

Large can of kidney beans, drained and rinsed (to remove excess salt)
1/4 cup of onion
1/4 cup of dill pickle, chopped
Small tomato, chopped

Combine all ingredients and top with Fiesta Salad Dressing. Keep refrigerated and eat cold.

• *Any Bean Salad*

1 16-oz. can of beans (packed in water only)
1 tbsp. green peppers, chopped
1 tbsp. pimentos, chopped
1 tbsp. green onion, chopped
1/2 cup canola oil or CapTri®
1/4 cup vinegar
1 pkg. Equal
1/4 tsp. pepper
2 radishes

Drain beans. Reserve liquid and add water to make one-third of a cup. Combine beans, peppers, pimento, and onion in a bowl. Mix oil, vinegar, Equal, pepper, and reserved bean liquid. Pour over the vegetables and marinate for three hours. Add radishes just before serving. With a slotted spoon, lift the beans on to a bed of salad greens.

• *Fiesta Salad & Dressing*

Marinade:
2 tbsp. liquid smoke
1/4 tsp. garlic powder
1/4 cup rice vinegar
2 tbsp. Picante sauce
1 tsp. canola oil

Bake chicken strips in 350 degree oven covered for 45 minutes. Cook navy beans per package directions (you may wish to soak them overnight). To fresh lettuce, add chopped purple onion to taste, diced tomatoes, fresh cilantro (1/2 bunch), diced cooked chicken, cooked navy beans

Combine all ingredients and use on salads.

Dressing:
1/4 to 1/2 cup rice vinegar (depending on how tart you like your dressing)
1 pkg. Equal
1 tsp. picante sauce
4 tsp. canola oil
Juice of 1/2 lime
Garlic powder to taste

For Extra Pizzaz: Place several corn tortillas in a 350 degree oven and bake until crispy. Crumble over the salad after adding the dressing.

• *Sweet Potato Muffins*

2 1/2 cups grated raw sweet potatoes
2 cups oat bran
1 tbsp. baking powder
1 1/2 tsp. cinnamon
1/2 tsp. allspice
1 1/4 cup water
6 egg whites
2 tbsp. canola or CapTri®

Combine the first 6 ingredients. Beat egg whites and fold into batter. Spray muffin pans with Pan and fill about half. Bake 350 degrees until golden brown.

• *Red Beans and Rice with Turkey Sausage*

3 large cans of red beans, undrained (unsalted and packed only in water) or dry pinto beans that have been soaked overnight (1/2 package)
Red pepper to taste
2 tbsp. paprika
Black pepper to taste
4 cups cooked Basmati or brown rice
Lean Bodies turkey sausage or venison sausage that has been sliced

Combine all ingredients except rice and simmer on low heat for about an hour. Serve over rice. (For a slightly different flavor, you may want to substitute the Lean Bodies sausage from Whole Foods for venison.)

• *Chicken Fajitas*

Marinate boneless, skinless chicken in 2 tbsp. liquid smoke, 1/4 tsp. garlic powder, 1/4 cup rice vinegar, 2 tbsp. picante, and 1 tsp. canola oil or CapTri®. Grill for the best flavor or broil. Cut chicken into strips.

Place a few strips of the chicken on a corn tortilla, add a little cooked rice, a few red beans (canned in water only), onion, and tomato. Roll up fajita and secure with a toothpick. These may be made ahead of time and frozen whole. Just pop them in the microwave for a quick meal.

• *Chicken Stew*

Boil 4 to 5 chicken breasts. Remove when tender and add 1 chopped onion to the stock. Add 3 to 4 chopped potatoes and cook until tender. Add 2 tbsp. chili powder and 1 small can of tomato sauce. Put one box of thawed frozen corn in a blender and blend. Add to soup mixture and simmer. Re-add chopped chicken and serve hot.

Lesson 4

FATS

Many types of dietary fats exist. Certain ones are necessary for good health while others rob us of good health.

In Lesson 1, you learned about fats called Essential Fatty Acids or EFAs. These are a group of vitamin-like substances that protect you from heart attacks, high blood pressure, and body fat accumulation. Your body cannot manufacture EFAs; you must obtain them from the foods you eat.

What happens if you don't take in sufficient quantities of EFAs? Consider the following case studies:

Case #1: A competitive female bodybuilder complained that her hair was falling out, her skin had become extremely dry, and her joints were stiff. After a complete work-up—including blood work—we discovered that she was suffering from an EFA deficiency. This deficiency was aggravated by a restrictive diet, in which she kept her calories and fats too low.

We put her on one tablespoon of flaxseed oil and six capsules of Evening Primrose Oil a day. Two weeks later, her hair stopped falling out and her skin was smooth and glowing. Not only that, her joint stiffness disappeared all together.

Case Study #2: A woman in one of our Lean Bodies classes lost a substantial amount of bodyfat. Though delighted with the weight loss, she was concerned over the dryness of her skin and hair. When asked about her EFA intake, she admitted not taking her safflower oil. We encouraged her to start using it in her diet, and one week later, she reported marked improvement in her skin and hair.

These cases illustrate how important EFAs are. In addition to preventing dry skin and hair and stiff joints, EFAs assist in mobilizing another type of fat known as "saturated fats." A build-up of saturated fats in the body leads to heart disease. By mobilizing these fats, EFAs help guard against heart attacks and high blood pressure. EFAs also prevent other fats from being stored as bodyfat.

EFAs have also been shown to alleviate symptoms of Premenstrual Tension (PMS). Examples of physical symptoms include fluid retention; weight gain; swollen ankles, legs, and fingers; painful breasts; headaches and backaches; skin problems such as acne and blotchiness; and food cravings. Mental symptoms of PMS include depression, tension, irritability, lethargy, weeping, tantrums, lack of concentration, and low self-esteem.

In 1981, a study was conducted at a major PMS clinic in Great Britain where 65 PMS sufferers were treated with Evening Primrose Oil. The starting dose was two capsules twice a day with food. More severe cases were treated with three capsules a day. Vitamin B6 was administered at the same time. Treatment began three days before the symptoms typically appeared.

The results were encouraging: 61% of the women experienced complete relief of their symptoms; 23%, partial relief; and 15%, no change. One particular symptom—breast discomfort—was improved in 72% of the cases. Other symptoms showing improvement were mood fluctuations, anxiety, irritability, headaches, and fluid retention.

The women in the study were all found to be low in EFAs. This shortage can lead to an apparent excess in the production of prolactin, a female hormone which is responsible for changes in mood and fluid metabolism. EFAs counteract the effects of prolactin.

In addition to EFAs, here are other types of dietary fat:

Saturated fats are found in dairy products, solid fats, and meats. They are solid at room temperature. Too much saturated fat in the diet has been associated with increased levels of dangerous cholesterol in the blood.

Unsaturated fats are found in fish and in most vegetable oils. Fish oils help lower cholesterol.

Monounsaturated fats are found in such foods as olive oil, olives, avocado, and cashew nuts. These foods have no apparent effect on cholesterol levels.

A PARTIAL LISTING OF COMMON FOODS ACCORDING TO CHOLESTEROL CONTENT

Meat, Fish, Eggs	*Cholesterol*
Liver (3 1/2 oz)	200 mg
Eggs (1 lg)	200 mg
Oysters (5-8)	200 mg
Lobster (3 1/2 oz)	200 mg
Shrimp (10 small)	125 mg
Clams (5-10)	99 mg
Veal (3 1/2 oz)	90 mg
Pork (3 1/2 oz)	70 mg
Beef (3 1/2 oz)	70 mg
Lamb (3 1/2 oz)	70 mg
Freshwater fish (3 1/2 oz)	70 mg
Chicken (3 1/2 oz)	60 mg

Dairy Foods	*Cholesterol*
Whole milk (8 oz)	27 mg
American cheese (1 oz)	25 mg
Ice cream (1/4 pt)	23-34 mg
Heavy cream (1 tbsp)	17 mg
Creamed Cottage Cheese (1/2 c)	14 mg
Butter (1 pat)	12 mg
Yogurt (1/2 cup)	6 mg
Half & Half (1 tbsp)	5 mg
Skim milk (8 oz)	1 mg

FOODS ACCORDING TO TYPES OF FAT:

Primarily SATURATED FATS:

Meats, beef, veal, lamb, pork
Cold cuts, sausages
Eggs
Whole milk
Whole milk cheese
Cream, sweet & sour
Ice cream
Butter
Margarines (some)
Lard
Hydrogenated shortenings
Chocolate
Coconut, coconut oil
Cakes, pastry, cookies, gravy
Sauces, snack food

Primarily POLYUNSATURATED FATS:

Liquid vegetable oils
Corn, cottonseed, safflower, soybean
Margarines containing substantial
amounts of the above oils
Fish

ESSENTIAL FATTY ACIDS

Omega-3 Fats

Omega-6 Fats

MONOUNSATURATED FATS:

Olive oils
Olives
Avocado

Medium chain triglycerides or MCTs are special dietary fat that can provide energy and assist in accelerating your metabolism. MCT oil is a 100% natural product, refined from fractionated coconut oil and vegetables oils. Incidentally, MCT does not have any of the negative health effects associated with tropical oils. This supplement was first introduced in hospitals and used for patients and infants who had trouble digesting conventional fats. Today, MCT oil is gaining popularity as a dietary supplement for athletes and fitness enthusiasts because of its unique energy-producing and metabolism-building properties.

One of the major differences between MCTs and conventional fats is in molecular structure. Saturated fats, for example, are constructed of 21 carbon atoms and are called long chain triglycerides (LCTs). This structure means that LCTs must go through an elaborate series of complex reactions, entering the body through the lymph system, in order for the fat to be broken down. In the process, not all the fat is broken down and consequently can be stored as bodyfat.

MCTs, on the other hand, have a much shorter chain of only eight to ten carbon atoms. This means they can enter the body through the intestinal wall directly into the bloodstream where they are used immediately for energy. Unlike LCTs, MCTs are not stored as bodyfat.

MCTs have many other benefits. They improve the absorption of calcium and magnesium and have been shown to lower cholesterol levels in the blood.

The type of MCT oil we recommend in the Lean Bodies program is CapTri®. It has a carbon chain of eight and is therefore very pure--unlike other MCTs which are mixtures of eight, ten, or more carbon atoms.

CapTri should be taken with food and can be poured over lean vegetables. Gradually introduce it into your diet, however, and work up to three tablespoons a day (over three meals a day). CapTri is so rapidly absorbed that it tends to cause stomach cramping if too much is taken at a time.

If you are a diabetic or have a condition called ketosis, please consult your physician before using CapTri.

LESSON 4—QUESTIONS AND ANSWERS

1. Does CapTri have any calories?
   Yes, approximately 114 per tablespoon.

2. Won't CapTri cause me to gain weight?
   No, instead it helps put your body into a fat-burning mode because of its effect on your metabolism.

3. Can I use CapTri in place of other fats?
   No, CapTri should be taken in addition to such fats as safflower oil, flaxseed oil, or canola oil. The reason is, CapTri does not supply Essential Fatty Acids to your diet.

Additional Notes:

Lesson 5

Start With A Healthy Attitude

Here are some guidelins that can help you keep a positive attitude about your training program.

You do need to set goals for your training program. But make sure the goals you set for yourself are realistic.

Acknowledge each gain you make, even if it doesn't seem big.

Avoid comparing yourself to anyone else. Your biochemistry, body type, and metabolism are as individual as you are.

Aerobic Conditioning

One of the factors that has the most dramatic effect on metabolism is aerobic exercise. Accompanied by adequate calories and proper nutrition. aerobic exercise has several beneficial results:

- It burns fat.
- It enhances your oxygen delivery system (oxygen is needed to burn fat.)
- It increases muscle, a metabolically active body tissue.
- It improves the pumping action of your heart.
- It enlarges your major blood vessels so that more nutrients can be carried to body tissues and carbon dioxide can be transported away much faster.

Some popular and effective forms of aerobic exercise include:

Step Aerobics: Stepping up and down on small benches as part of an aerobic dance routine is intense. A recent study showed that combining hand-held weights with bench stepping burned more calories than just bench stepping by itself.

Power Walking: If you have never exercised berfore. I suggest that you begin with a walking program. Walking is a natural movement that just about everyone can do, anywhere and anytime, weather permitting.
Treadmills are a popular device used for walking. In addition to giving you a great aerobic workout, tredmills work the legs and buttocks. The motorized versions let you set the challenge by adjusting the speed of the moving belt, the elevation of its grade, or both. Some models feature digital displays that tell you how many calories you have burned and miles you have walked.

Running: Running is an excellent way to burn fat and achieve cardiovascular fitness, if done consistently. As with any form of exercise, proper form is essential. To start a running program, set an initial goal of one mile, and gradually try to work up to achieving it. Once this goal is met, to add higher intensity to your running program, try running that same mile. but cover that distance in a shorter amount of time.

Aerobic Intensity

Aerobic intensity refers to how hard you work out when you're walking, jogging, running, bicycling, swimming, or performing any other form of heart-pumping activity. To burn fat and build cardiovscular health, you must gradually increase the intensity of your exercise effort.

If you're not exercising now, start working out in the lower end of your range for at least 30 minutes. Gradually increase your intensity so that you reach the higher end of your range as your body becomes more aerobically conditioned. Also, the more conditioned you become, the greater ability you have to exceed the 85 percent range. Always strive for higher intensities as safely as you can sustain them.

Heart Rate. Heart rate indicates the amount of work your heart does to keep up with the demands of various activities, including exercise. During exercise, your heart rate increases in direct proportion to your exercise effort. The rate at which your heart beats during exercise is called "exercising heart rate." For best results, you should exercise at a level sufficient enough to raise your heart rate to 70 to 85 percent or higher of your maximum heart rate (MHR). MHR is expressed as 220 minus your age.

The chart below can help you identify your target heart training range, based on your age.

YOUR TARGET HEART TRAINING RANGE	
Age	*Beats Per Minute*
20	140 - 170
25	137 - 166
30	133 - 162
35	130 - 157
40	126 - 153
45	123 - 149
50	119 - 145
55	116 - 140
60	112 - 136
65	109 - 132
70	105 - 128

Biomechanics

If you're like many people, you probally have a lot of misconceptions about strength training. Put your misconceptions aside! Strength training, also called resistance training, tones, develops, and strengthens the muscles of the body and is one of the best activities you can adopt for health and longevity. Here's why:

Weight Control. Strong, toned muscles are metabolically more active than untoned muscles. In other words, toned muscles burn calories more efficiently, even at rest. the calorie burning potential of strength training has been compared to that of cycling, an aerobic exercise. Over a 40-minute period, researchers measured the caloric "afterburn" of these two activities - the length of time the metabolism is activated following exercise. Strength training resulted in a caloric afterburn that was 36 percent higher than cycling.

Bone Strength. Strength training not only develops muscle, it also develops bone mass. In study after study, weight bearing exercise has produced a remineralization of bone tissue. This effect has important implications in the prevention of osterporosis, an age related disease that results in bone thinning, particularly in post-menopausal women.

Youth and Vitality. The loss of muscle tone and strength is a process that begins in your late twenties, unless you undertake a regular exercise program that includes strength training. Strength training is the only exercise known to regenerate vital body tissue (muscle), regardless of age.

Heart Health. There is a growing body of evidence that strength training has cardiovascular benefits, including improved blood cholesterol levels, increased efficiency in the way the heart does its job, and decreased blood perssure.

The Nutritional Demands of Training

Take a close look at your diet when you start training. As your training increases, you should also increase your calories, or food energy intake. Complex, starchy carbohydrates give the body energy during workouts, and protein builds and repairs muscles. Eat more of both of these foods when you are training. Yo should also increase your intake of chelated minerals, which help the muscles develop more efficiently. The liver needs additional vitamin B12 because it is working harder to manufacture and store glycogen. Digestive enzymes help break down the additional protein you consume. (Enzymes are made from protein.)

Rest. Sleep is essential to the body's ability to restore its muscles and energy systems. The heart, especially, needs sufficient rest. It pumps enough blood each day to fill a railroad car. It's interesting to note, however, that the heart is actually working only nine out of every 24 hours when beating at a moderate 70 pulses a minute. It rests the remaining 15 hours.

Recovery. Muscles need between 24 and 48 hours of rest before training again. It is during this time that muscle strengthening and toning takes place. To allow for adequate recovery, never work the same muscle groups two days in a row. If you repeatedly train a muscle before its glycogen stores are replenished, you risk damage or loss of muscle tissue. Allow time to remove fatigue toxins from the muscles. Start out by training three times a week on non-consecutive days. This allows complete physical recuperation and provides time for muscle growth to occur. To borrow from the old adage; never train a muslce before its time.

Exercises for Thighs

Thigh Exercises	Primary Body Part	Secondary Body Part
Squats	Thighs and Buttocks	Calves
Lunges	Thighs and Buttocks	Claves
Leg Extensions	Frontal Thigh	Tibialis
Leg Curls	Hamstrings	Buttocks, Upper Calf

Exercises for Back & Midsection

Back Exercises	Primary Body Part	Secondary Body Part
Front Pulldown	Mid and Upper Back	Biceps, Forearm Flexors
Seated Rows	Entire Back	Biceps, Forearm Flexors
One-Arm Rows	Mid and Upper Back	Biceps, Forearm Flexors
Hyper-Extensions	Lower Back	

Mid-Section Exercises	Primary Body Part	Secondary Body Part
Crunches	Abdominal, Obliques (Internal & External)	
Trunk Raise	Same as above	
Cable Crunch	Same as above	

Exercises for Chest & Shoulders

Chest Exercises	Primary Body Part	Secondary Body Part
Bar Bench Press	Entire Chest	Shoulders, Triceps
Dumbbell Bench Press	Entire Chest	Shoulders, Triceps
Incline Press	Upper, Mid-Chest	Shoulders, Triceps
Flat Flyes	Entire Chest	Shoulders
Machine Flyes	Entire Chest	Shoulders

Shoulder Exercises	Primary Body Part	Secondary Body Part
Side Lateral Raise	Lateral Deltoid	Upper Back (Trapezius)
Front Lateral Raise	Anterior Deltoid	Upper Back (Trapezius)
Rear Lateral Raise	Posterior Deltoid	Upper & Mid Back
Upright Rows	Lateral & Anterior Deltoid	Upper Back, Biceps, Forearm
Dumbbell Overhead Press	Anterior & Lateral Deltoid	Trapezius, Triceps

Exercises for Biceps, Triceps and Forearms

Bicep Exercises	Primary Body Part	Secondary Body Part
Barbell Curl	Biceps & Brachialis	Forearm, Brachioradialis
Dumbbell Curl	Same	Same
Cable Curl	Same	Same
Concentration Curl	Same	Same

Tricep Exercises	Primary Body Part	Secondary Body Part
Pushdowns	Triceps	Delts, Chest, Abs
Lying Extensions	Triceps	Lats, Chest, Abs, Serratus Intercostals
Overhead Extensions	Triceps	Deltoids
Kickbacks	Triceps	Posterior Delt, Trapezius

Forearm Exercises	Primary Body Parts	Secondary Body Parts
Wrist Curls	Forearm Flexors	Biceps
Reverse Curls	Brachioradialis, Forearm Extensors	

Personal Goals

WEEK OF:_____

BODY COMPOSITION GOAL:

BENEFITS OF REACHING THIS GOAL	STEPS I'M TAKING TO REACH THIS GOAL

NUTRITION GOAL:

BENEFITS OF REACHING THIS GOAL	STEPS I'M TAKING TO REACH THIS GOAL

WEIGHT TRAINING GOAL:

BENEFITS OF REACHING THIS GOAL	STEPS I'M TAKING TO REACH THIS GOAL

AEROBICS GOAL:

BENEFITS OF REACHING THIS GOAL	STEPS I'M TAKING TO REACH THIS GOAL

Lesson 6

STRESS/IMMUNITY

Each one of us is quite different, not only in the way we look and act but also in how our body requires various nutrients. This difference is referred to as "biochemical individuality" and it is very important in planning a nutrition program for optimum health.

Take athletes for example. A study at the University of California—Davis found that endurance athletes need 33 percent more protein each day than less active people.

Our own personal nutrient requirements vary, depending on our level of acitivity, age, sex, and other factors. Let's take a few moments to analyze our own biochemical individuality. In response to your instructor's questions, please fill in the blanks below:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

*A term coined by Dr. Roger J. Williams, University of Texas—Austin.

Stress. Another factor affecting biochemical individuality is stress. Stress interferes with the immune system, which is your body's natural defense mechanism against disease. When the immune system is weakened, a wide array of physical and mental complaints often results, including the increased production of fat and cholesterol.



This increase occurs because stress triggers the release of hormones which cause the body to form glucose and to step up production of fat and cholesterol. So you see: stress management is an important factor in weight control.

One way to manage stress is through proper nutrition. Here's a case in point:

If not given nutrients, especially vitamin B-complex, stressed rats will die when made to swim in cold water. Two good vitamin sources—brewer's yeast and desiccated liver—sustained the rats during this experiment.

By giving your body the nutritional resources it needs, you help insure yourself against stress.

Let's check your level of stress with the following test. (Check the events which have occurred in your life during the past six months. Add the points for each of these events for your total score.)

*STRESS TEST

1. *Has your spouse died? 20 pts.*
2. *Have you become divorced or separated from your partner? 15 pts.*
3. *Has a close relative died (other than your wife or husband)? 13 pts.*
4. *Have you been hospitalized due to injury or illness? 11 pts.*
5. *Have you married or reconciled with your wife or husband after a separation? 10 pts.*

6. *Has there been a major change, for better or worse, in the health of a close member of your family? 9 pts.*

7. *Have you found out you are soon to become a parent? 9 pts.*

8. *Have you lost your job or retired? 9 pts.*

9. *Are you experiencing any sexual difficulties? 8 pts.*

10. *Has a new member been born or married into your immediate family? 8 pts.*

11. *Has a close friend died? 8 pts.*

12. *Have your finances become markedly better or worse? 8 pts.*

13. *Have you changed jobs? 8 pts.*

14. *Have any of your children moved out of the family home or started or finished school? 6 pts.*

15. *Is trouble with in-laws causing tension within your family? 6 pts.*

16. *Is there anyone at home or at work whom you dislike strongly? 6 pts*

17. *Do you frequently have premenstrual tension? 6 pts.*

18. *Have you had an important personal success, such as a rapid promotion at work? 6 pts.*

19. *Have you experienced jet lag (travel fatigue) at least twice? 6 pts.*

20. *Has there been a major domestic upheaval, such as a move or extensive remodeling of your house (but no change in family relationships)? 5 pts.*

21. *Have you had problems at work that may be putting your job at risk? 5 pts.*

22. Have you taken on a substantial debt or mortgage? 3 pts.

23. Have you had a minor brush with the law, such as being ticketed for a traffic violation? 2 pts.

Add the points for each question that applies to you: ***30 points or less:*** You are not likely to have a stress-related illness or accidental injury now or in the near future. ***60 points or more:*** You are experiencing a substantial level of stress. You are at a higher risk for one or more stress-related problems and should try to manage your stress effectively.

* From The American Medical Society.

*MANAGING STRESS IN YOUR LIFE

• Do learn to slow down. The constant need to do more in less time causes enormous frustration for many people. Even when you make temporary accomplishments, the "swimming up stream" effect you experience can create feelings of aggressiveness and hostility.

• Don't neglect nutrition, exercise, or sleep. A disruption in the balance of diet, exercise, and sleep allows stressors to do their damage on your body and mind.

• Don't alter your living patterns too quickly. Because change is a stressor, significant changes in your life should be eased into slowly. Athletes always warm up before the game; your body, mind, and emotions also need a "warm up." For example, if you must begin to rise one hour earlier in the morning, compensate by going to bed one hour earlier at night.

• Don't overindulge; try to practice moderation. Excessive behavior disrupts the body's natural rhythm. Too much alcohol, for instance, will disrupt your immune system.

• Don't expect too much from yourself. You're only human, so forgive yourself when you make a mistake. You'll enjoy life more — and people will enjoy you more — if you learn not to take too seriously those everyday ups and downs. Enjoy today.

* From ***Health and Happiness*** by Dr. Emanual Cheraskin, M.D.

STRENGTHENING YOUR IMMUNE SYSTEM

Your immune system is a complex network of various types of cells and organs that work together to fight disease, from the common colds to deadly cancers. Proper nutrition is the most powerful way to keep your immune system strong. And a strong immune system is your fortress against disease.

One indication of a weakened immune system is a condition known as chronic fatigue. There are two types: viral, which is related to mononucleosis-type illnesses, and fungal, which is related to candidias, better known as yeast proliferations.

Symptoms of viral chronic fatigue include: mild fever and chills; sore throat; lymph node pain; unexplained, general muscle weakness or discomfort; unusual headaches; and various neurological complaints such as irritability, confusion, sleep disturbances, and inability to concentrate.

Symptoms of fungal chronic fatigue or candidias manifest themselves in white blood count and in elevated levels of carbon dioxide in the blood. Dietary culprits in creating yeast in the body include cheese, beer, wine, bread, smoked meats, vinegar, hot sauce, and some vegetables (especially breads with substantial amounts of fungus).

What follows is a test you can take to assess whether or not you're susceptible to candidias.

*CANDIDIAS QUESTIONNAIRE

Please answer "yes" or "no."

1. *Have you taken repeated "rounds" of antibiotic drugs?*

2. *Have you been troubled by premenstrual tension (PMS), abdominal pain, menstrual problems, vaginitis, prostatitis, or loss of sexual interest?*

3. *Does exposure to tobacco, perfume, and other chemical odors provoke moderate to severe problems?*

4. *Do you crave sugar, breads, or alcoholic beverages?*

5. *Are you bothered by recurrent digestive problems?*

6. *Are you bothered by fatigue, depression, poor memory, or "nerves"?*

7. *Are you bothered by hives, psoriasis, or other chronic skin rashes?*

8. *Have you ever taken birth control pills?*

9. *Are you bothered by headaches, muscle and joint pains, or incoordination?*

10. *Do you feel bad all over, yet the cause has not been found?*

* From ***The Yeast Connection*** by Dr. William G. Crook, MD.

If you have three to four "yes" answers, then yeast may possibly play a role in contributing to your problems. With five to six "yes' answers, yeast is probably significant. Seven or more "yes' answers means that your symptoms are almost certainly yeast-connected.

If so, what should you do? Avoid refined carbohydrates; dairy products; fatty cuts of meat; all processed foods, including canned foods and foods containing artificial sweeteners; all fruits and fruit juices; vinegar; potatoes; eggplant; peppers; cucumbers; cheese; wine; beer; mushrooms; truffles; hot sauce; breads; smoked meats; brewer's yeast; and yeast-containing foods.

Low calorie diets also lower immune system defenses. A study reported in *The Physician and Sportsmedicine* showed that athletes on low calorie diets experienced a sharp decline in their white blood cells and in the ability to fight viruses and bacterial infections. Other research suggests that low protein diets also weaken the immune system.

Another factor affecting immunity is low blood sugar or "hypoglycemia" which describes a condition in which there are low levels of glucose in the blood. Hypoglycemia interferes with the healthy functioning of the pancreas and the adrenal system, which helps regulate blood sugar levels.

*HYPOGLYCEMIA TEST

Score yourself with a 1 (mild), 2 (moderate), or 3 (intense)

1. *Abnormal craving for sweets.*
2. *Afternoon headaches.*
3. *Alcohol consumption.*
4. *Allergies—tendency to asthma, hay fever, skin rash*
5. *Awake after a few hours of sleep. Difficulty falling asleep.*
6. *Aware of breathing heavy.*
7. *Bad dreams.*
8. *Bleeding gums.*
9. *Blurred vision.*
10. *Brown spots or bronzing of skin.*
11. *Bruise easily.*
12. *Butterfly stomach, cramps.*
13. *Can't decide easily.*
14. *Can't start in the a.m. before coffee.*
15. *Can't work under pressure.*
16. *Convulsions.*
17. *Crave candy or coffee in the afternoons.*
18. *Cry easily for no reason.*
19. *Depressed.*
20. *Dizzy.*

21. *Drink ____ cups of coffee daily.*
22. *Eat when nervous.*
23. *Fearful.*
24. *Hallucinations.*
25. *Hand trembles.*
26. *Heart palpitates if meals missed or delayed.*
27. *Highly emotional.*
28. *Hunger between meals.*
29. *Insomnia.*
30. *Inward trembling.*
31. *Irritable before meals.*
32. *Lack energy.*
33. *Magnify insignificant events.*
34. *Moods of depression, blues, or melancholy.*
35. *Poor memory.*
36. *Reduced initiative.*
37. *Weakness, dizziness.*
38. *Worrier, feel insecure.*
39. *Chronic fatigue.*
40. *Chronic nervous exhaustion.*
41. *Eat often or get hunger pangs.*
42. *Faintness, if meals delayed.*
43. *Fatigue, eating relieves.*
44. *Get shaky if hungry.*
45. *Sleepy after meals.*
46. *Sleepy during day.*
47. *Symptoms come before breakfast?*
    (Answer no with a 0; yes with a 1)
48. *Do you feel better after breakfast than before?*
    (Answer no with a 0; yes, with a 1)

** Developed by Dr. John F. Bumpus, MD*

25 points or more: You should be tested further for hypoglycemia. If you answered "yes" to three or more questions between questions 36 and 46, you may have sugar intolerance.

What can you do to bolster your immune system? First, it's vital to follow a diet which meets your protein requirements and is rich in natural, unrefined foods—the type of diet you adhere to in this program. Beyond

that, certain supplements play a major role in fortifying your immune system. These are called "anti-oxidants."

Anti-oxidants are a special class of nutrients that fight "free radicals," a group of cells that damage otherwise healthy cells. Free radicals are cellular aberrations, formed when molecules somehow come up with an odd number of electrons. These cells work at destructing healthy cells by robbing oxygen, and this robbery weakens the immune system.

Normally, free radicals are not a problem because they are captured by the body's own army of anti-oxidants. Trouble arises, however, when free radicals outnumber the anti-oxidants—a situation that results from aging and exposure to pollutants and toxins. Unchecked, free radicals roam the body, scavenging for oxygen and ultimately creating the type of cell damage associated with arthritis, cancer, heart disease, and other degenerative diseases.

A potent anti-oxidant is vitamin E, which is important for oxygenation at the cellular level. Animal studies have shown that vitamin E helps protect white blood cells from oxidative damage. In addition, this nutrient seems to enhance the ability of white blood cells to destroy disease-causing bacteria.

For the first time, there is evidence that vitamin E may have the same immune system-bolstering effects on humans as it does on animals. In a one-month study by Dr. Sai Ramasastry at the USDA Human Research Center on Aging at Tufts University, a group of 30 elderly people took 800 IU's of vitamin E a day and another 30 took a placebo. The analysis of blood samples of the vitamin E group showed high levels of certain biochemicals that fight disease. In addition, the subjects' T-cells (cells which help other cells destroy invading agents) were secreting more interleuken-2, a bio-chemical that helps T-cells multiply. The analysis of the placebo group did not show the same results.

Other known anti-oxidants include: acidophilus, a healthy bacteria that maintains friendly flora in your system and is helpful in preventing candidias; garlic; vitamin C; beta carotene; selenium; glutathione; and certain herbal remedies such as pycnogenol.

If you have hypoglycemia, chromium in its picolinate form can be of great help. Chromium is a mineral that plays a key role in the metabolism of glucose, and it has some amazing benefits. Consider these facts:

• Studies show that many Americans are deficient in chromium.

• The body cannot effectively absorb dietary sources of chromium—even though chromium is found in broccoli, potatoes, and other vegetables.

• Simple sugars such as sucrose and fructose (fruit sugar) robs the body of chromium.

• A double blind/placebo study entitled the "Anabolic Effect of Chromium Picolinate in Male Subjects" found the following: In the group taking chromium picolinate, lean body mass significantly increased after only 14 days and continued to increase to 5.69 pounds at the end of the study. Total body weight in the group decreased significantly by 2.63 pounds, and total bodyfat decreased from 15.8% to 2.2%.

The placebo group did not change significantly until the final measurement. Bodyfat decreased only 1.06%. And the total bodyweight change was not significant.

Additional Notes:

LESSON 6—QUESTIONS AND ANSWERS

1. How should you eat when you're under stress?
   Proper nutrition during stress does much to minimize the stress reaction. The first healthy habit that seems to be discarded during stress, however, is good nutrition. Many people either stop eating or start overeating. Both lead to even greater stress. When under stress, try to preserve healthy eating habits. Proper nutrition is one of the best forms of stress management.

2. How important is stress management in controlling bodyfat?
   Very important. Stress often makes us feel reluctant to exercise or to eat. Or we eat the wrong foods and too much of them. These bad habits adversely affect our metabolism, causing a likely increase in bodyfat.

3. Is low blood sugar correctable?
   Yes—because 95% of all hypoglycemia is reactive, meaning that it is caused by factors within our control, such as diet. The other 5% of hypoglycemia is caused by medical problems such as pancreatic tumors.

4. How can I build my adrenal system?
   By eating more protein.

5. What is glucose tolerance factor or GTF?
   It refers to your body's ability to metabolize sugar. Chromium helps regulate insulin metabolism so that your blood sugar does not drop too rapidly.

6. How can I boost my immune system?
   With supplemental nutrients called anti-oxidants. These include vitamin C, vitamin E, beta-carotene, acidophilus, garlic, selenium, glutathione, and pycnogenol.

LOOKING AHEAD

Congratulations! You have now successfully changed your lifestyle. Just think: No longer will you have to "starve" yourself to lose weight. Now you can eat more of the right kind of calories—without sacrifice—and stay trimmer and healthier than you have been in years. You are free from the bonds of restrictive dieting!

In short, you have learned to successfully rebuild your metabolism. But keep in mind that this process is continuing. Like an athlete striving for the next goal, you must constantly strive to make your body more efficient, with a fit metabolism, a healthy body, and a positive perspective.

By giving your body all the resources it needs, you will reach those goals!

COMPOSITION OF FOODS, 100 GRAMS, EDIBLE PORTION

FOOD	Calorie	Protein	Fat	Carbohydrates	Na	K	Ca
Asparagus:							
Cooked spears, boiled, drained	20	2.2	0.2	3.6	1	183	21
Frozen-cuts and tips							
Cooked, boiled, drained	22	3.2	0.2	3.5	1	20	22
Frozen-spears							
Cooked, boiled, drained	23	3.2	0.2	3.8	1	238	22
Barley, pearled -Light	349	8.2	1.0	78.8	3	160	16
Barley, pearled -Pot or Scotch	348	9.6	1.1	7.2	296	34	
Bass:							
Black sea - raw	93	19.2	1.2	0.0	68	256	
Smallmouth & Largemouth -raw	104	18.9	2.6	0.0			
Striped - raw	105	8.9	2.7	0.0			
White - raw	98	18.0	2.3	0.0			
Beans, common, mature seeds, dry:							
White - raw	340	22.3	1.6	61.3	19	1196	144
White - cooked	118	7.8	0.6	21.2	7	416	50
Red - raw	343	22.5	1.5	61.9	10	984	110
Red - cooked	118	7.8	0.5	21.4	3	340	38
Pinto, calico, & red Mexican-raw	349	22.9	1.2	63.7	10	984	135
Black - raw	339	22.3	1.5	61.2	25	1038	135
Beans, lima, mature seeds, dry:							
Raw	345	20.4	1.6	64.0	4	1529	72
Cooked	138	8.2	0.6	25.6	2	612	29
Beans, snap:							
Green:							
Raw	32	1.9	0.2	7.1	7	243	56
Cooked, boiled, drained	25	1.6	0.2	5.4	4	151	50
Frozen - cut							
Cooked, boiled, drained	25	1.6	0.1	5.7	1	152	40
Frozen - French style							
Cooked, boiled, drained	26	1.6	0.1	6.0	2	136	38
Yellow or wax:							
Raw	27	1.7	0.2	6.0	7	243	56
Cooked, boiled, drained, cooked	22	1.4	0.2	4.6	3	151	50
Frozen - cut							
Cooked, boiled, drained	27	1.7	0.1	6.2	1	164	35
Beets, common, red:							
Raw	43	1.6	0.1	9.9	60	335	16
Cooked, boiled, drained	32	1.1	0.1	7.2	43	208	14
Beet greens, common:							
Raw	24	2.2	0.3	4.6	130	570	119
Cooked, boiled, drained	18	1.7	0.2	3.3	76	332	99
Bluefish - raw	117	20.5	3.3	0.0	74	23	
Broadbeans - raw:							
Immature seeds	105	8.4	0.4	17.8	4	471	27
Mature seeds, dry	338	25.1	1.7	58.2	102		
Broccoli:							
Raw spears	32	3.6	0.3	5.9	15	382	103
Cooked spears, boiled, drained	26	3.1	0.3	4.5	10	267	88
Frozen Broccoli:							
Chopped, cooked, boiled, drained	26	2.9	0.3	4.6	15	212	54
Spears, cooked, boiled, drained	26	3.1	0.2	4.7	12	220	41
Brussels sprouts:							
Raw	45	4.9	0.4	8.3	14	390	36
Cooked, boiled, drained	36	4.2	0.4	6.4	10	273	32
Frozen, cooked, boiled, drained	33	3.2	0.2	6.5	14	295	21
Bulgur (parboiled wheat):							
Dry, commercial, made from-							
Cmb wheat	359	8.7	1.4	79.5	262	30	
Hard red winter wheat	354	11.2	1.5	75.7	229	29	
White wheat	357	10.3	1.2	78.1	310	36	

FOOD	Calorie	Protein	Fat	Carbohydrates	Na	K	Ca
Cabbage:							
Common varieties							
Raw	24	1.3	0.2	5.4	20	233	49
Cooked, boiled, drained							
Shredded	20	1.1	0.2	4.3	14	163	44
Wedges	18	1.0	0.2	4.0	13	151	42
Red, raw	31	2.0	0.2	6.9	26	268	42
Savoy, raw	24	2.4	0.2	4.6	22	269	67
Cabbage, Chinese (celery cabbage)							
Compact heading type, raw	14	1.2	0.1	3.0	23	253	43
Carrots							
Raw	42	1.1	0.2	9.7	47	341	37
Cooked, boiled, drained	31	0.9	0.2	7.1	33	222	33
Catfish, freshwater, raw	103	17.6	3.1		60	330	
Cauliflower:							
Raw	27	2.7	0.2	5.2	13	295	25
Cooked, boiled, drained	22	2.3	0.2	4.1	9	206	21
Frozen, cooked, boiled, drained	18	1.9	0.2	3.3	10	207	17
Celery:							
Raw	17	0.9	0.1	3.9	126	341	39
Cooked, boiled, drained	14	0.8	0.1	3.1	88	239	31
Chicken:							
Light meat without skin - raw	117	23.4	1.9	0.0	50	320	11
Chickpeas, mature, dry, raw	360	20.5	4.8	61.0	26	797	150
Cod - raw	78	17.6	0.3	0.0	70	382	10
Collards:							
Raw							
Leaves without stems	45	4.8	0.8	7.5		450	250
Including stems	40	3.6	0.7	7.2	43	401	203
Cooked, boiled, drained							
Leaves without stems-cooked in-							
Small amount of water	33	3.6	0.7	5.1		262	188
Large amount of water	31	3.4	0.7	4.8		243	177
Frozen, cooked, boiled, drained	30	2.9	0.4	5.6	16	236	176
Corn, sweet- white and yellow:							
Raw	96	3.5	1.0	22.1	trace	280	3
Cooked, boiled, drained							
Kernels, cut off cob	83	3.2	1.0	18.8	trace	165	3
Kernels, cooked on cob	91	3.3	1.0	21.0	trace	196	3
Frozen							
Kernels, cut off cob	79	3.0	0.5	18.8	1	184	3
Kernels, cooked on cob	94	3.5	1.0	21.6	1	231	3
Corn grits, degermed & enriched:							
Dry form	362	8.7	0.8	78.1	1	80	4
Cooked	51	1.2	0.1	11.0	205	11	1
Cowpeas, including black-eyed peas:							
Immature seeds							
Frozen (black-eyed peas only)							
Cooked, boiled, drained	130	8.9	0.4	23.5	39	337	28
Mature seeds							
Raw	44	3.3	0.3	9.5	4	215	74
Cooked	34	2.6	0.3	7.0	3	196	17
Cucumbers:							
Not pared	15	0.9	0.1	3.4	6	160	25
Pared	14	0.6	0.1	3.2	6	160	17
Egg whites, fresh	51	10.9	trace	0.8	146	139	9
Eggplant:							
Raw	25	1.2	0.2	5.6	2	214	12
Cooked, boiled, drained	19	1.0	0.2	4.1	1	150	11
Endive (curly and escarole), raw	20	1.7	0.1	4.1	14	294	81
Flounder, cooked, baked	202	30.0	8.2	0.0	237	587	23
Garbanzos, mature seeds,							
dry, raw	360	20.5	4.8	61	26	797	150
Grouper, incl. red, black							
and speckled							
Raw	87	19.3	0.5	0.0			

FOOD	Calorie	Protein	Fat	Carbohydrates	Na	K	Ca
Haddock -raw	79	18.3	0.1	0.0	61	304	23
Halibut, Atlantic & Pacific - raw	100	20.9	1.2	0.0	54	449	13
Kale:							
Raw							
Leaves without stems, midribs	53	6.0	0.8	9.0	75	378	249
Cooked, boiled, drained							
Leaves without stems, midribs	39	4.5	0.7	6.1	43	221	187
Frozen							
Cooked, boiled, drained	31	3.0	0.5	5.4	21	193	121
Lake trout - raw	168	18.3	10.0	0.0			
Leeks, bulb & lower leaf portion							
Raw	52	2.2	0.3	11.2	5	347	52
Lentils, mature seeds, dry:							
Whole - raw	340	24.7	1.1	60.1	30	377	79
Whole - cooked	106	7.8	trace	19.3	249	25	
Split, without seed coat, raw	345	24.7	0.9	61.8	46		
Lettuce, raw:							
Butterhead, Boston, Bibb	14	1.2	0.2	2.5	9	264	35
Cos or Romaine,	18	1.3	0.3	3.5	9	264	68
Looseleaf, or bunching varieties	18	1.3	0.3	3.5	9	264	68
Mackerel, Atlantic, raw	19	19.0	12.2	0.0	5		
Mackerel, Pacific, raw	159	21.9	7.3	0.0	8		
Milk, cow:							
Fluid (pasteurized and raw)							
Skim	36	3.6	0.1	5.1	52	145	121
Dry							
Skim (non-fat solids), regular	363	35.9	0.8	52.3	532	1745	1308
Skim (non-fat solids), instant	359	35.8	0.7	51.6	526	1725	1293
Mushrooms, commercial:							
Raw	28	2.7	0.3	4.4	15	414	6
Canned, solids and liquid	17	1.9	0.1	2.4	400	197	6
Mustard greens:							
Raw	31	3.0	0.5	5.6	32	377	183
Cooked, boiled, drained	23	2.2	0.4	4.0	18	220	138
Frozen							
Cooked, boiled, drained	20	2.2	0.4	3.1	10	157	104
New Zealand spinach:							
Raw	19	2.2	0.3	3.1	159	795	58
Cooked, boiled, and drained	13	1.7	0.2	2.1	92	463	48
Oatmeal, or rolled oats:							
Dry form	390	14.2	7.4	68.2	2	352	53
Cooked	55	2.0	1.0	9.7	218	61	9
Ocean perch, raw	88	18.0	1.2	0.0	79	269	20
Onions, mature, dry:							
Raw	38	1.5	0.1	8.7	10	157	27
Cooked, boiled, drained	29	1.2	0.1	6.5	7	110	24
Onions, young green (bunching varieties):							
Raw, bulb & entire top	36	1.5	0.2	8.2	5	231	51
Raw, bulb & white portion of top	45	1.1	0.2	10.5	5	231	40
Parsnips:							
Raw	76	1.7	0.5	17.5	12	541	50
Cooked, boiled, drained	66	1.5	0.5	14.9	8	379	45
Peas, edible-podded:							
Raw	53	3.4	0.2	12.0		170	62
Cooked, boiled, drained	43	2.9	0.2	9.5		119	56
Peas, green, immature:							
Raw	84	6.3	0.4	14.4	2	316	26
Cooked, boiled, drained	71	5.4	0.4	12.1	1	196	23
Frozen, cooked, boiled, drained	68	5.1	0.3	11.8	115	135	19
Peas and carrots, frozen:							
Cooked, boiled, drained	53	3.2	0.3	10.1	84	157	25

FOOD	Calorie	Protein	Fat	Carbohydrates	Na	K	Ca
Peppers, sweet, garden varieties:							
Immature, green							
Raw	22	1.2	0.2	4.8	13	213	9
Cooked, boiled, drained	18	1.0	0.2	3.8	9	149	9
Perch:							
White, raw	118	19.3	4.0	0.0			
Yellow, raw	91	19.5	0.9	0.0	68	230	
Pimentos, canned, solids & liquid	27	0.9	0.5	5.8			7
Pollock, raw	95	20.4	0.9	0.0	48	350	
Popcorn, popped, plain	386	12.7	5.0	76.7	3		11
Potatoes:							
Raw	76	2.1	0.1	17.1	3	407	7
Cooked							
Baked in skin	93	2.6	0.1	21.1	4	503	9
Boiled in skin	76	2.1	0.1	17.1	3	407	7
Boiled, pared before cooking	65	1.9	0.1	14.5	2	285	6
Pumpkin:							
Raw	26	1.0	0.1	6.5	1	340	21
Canned	33	1.0	0.3	7.9	2	240	25
Radishes, raw							
Common	17	1.0	0.1	3.6	18	322	30
Oriental, diakon and Chinese	19	0.9	0.1	4.2		180	35
Red and gray snapper, raw	93	19.8	0.9	0.0	67	323	16
Rice:							
Brown, raw	360	7.5	1.9	77.4	9	214	32
Brown, cooked	119	2.5	0.6	25.5	282	70	12
Rutabagas:							
Raw	46	1.1	0.1	11.0	5	239	66
Cooked, boiled, drained	35	0.9	0.1	8.2	4	167	59
Salmon:							
Atlantic, raw	217	22.5	13.4	0.0			79
Pink (humpback), raw	119	20.0	3.7	0.0	64	306	
Sockeye (red), Canned, solids and liquid	171	20.3	9.3	0.0	522	344	
Seabass, white, raw	96	21.4	0.5	0.0			
Shad or American shad, raw	170	18.6	10.0	0.0	54	330	20
Shrimp:							
Raw	91	18.1	0.8	1.5	140	220	63
Canned							
Wet pack, solids and liquid	80	16.2	0.8	0.8			59
Dry pack or drained solids of wet pack	116	24.2	1.1	0.7		122	115
Soybeans							
mature seeds, dry, raw	403	34.1	17.7	33.5	5	1677	226
mature seeds, dry,cooked	130	11.0	5.7	10.8	2	540	73
Spinach:							
Raw	26	3.2	0.3	4.3	71	470	93
Cooked, boiled, drained	23	3.0	0.3	3.6	50	324	93
Frozen							
Chopped, cooked, boiled, drained	23	3.0	0.3	3.7	52	333	113
Leaf, cooked, boiled, drained	24	2.9	0.3	3.9	49	362	105
Squash:							
Summer							
All varieties							
Raw	19	1.1	0.1	4.2	1	202	28
Cooked, boiled, drained	14	0.9	0.1	3.1	1	141	25
Crookneck and Straightneck, yellow							
Raw	20	1.2	0.2	4.3	1	202	28
Cooked, boiled, drained	15	1.0	0.2	3.1	1	141	25
Scallop varieties, white & pale green							
Raw	21	0.9	0.1	5.1	1	202	28
Cooked, boiled, drained	16	0.7	0.1	3.8	1	141	25

FOOD	Calorie	Protein	Fat	Carbohydrates	Na	K	Ca
Zucchini and Cocozelle, (Italian marrowtype), green							
Raw	17	1.2	0.1	3.6	1	202	28
Cooked, boiled, drained	12	1.0	0.1	2.5	1	141	25
Winter							
All varieties							
Raw	50	1.4	0.3	12.4	1	369	22
Cooked							
Baked	63	1.8	0.4	15.4	1	258	28
Boiled and mashed	38	1.1	0.3	9.2	1	258	20
Acorn							
Raw	44	1.5	0.1	11.2	1	384	31
Cooked							
Baked	55	1.9	0.1	14.0	1	480	28
Boiled and mashed	34	1.2	0.1	8.4	1	269	28
Butternut							
Raw	54	1.4	0.1	14.0	1	487	32
Cooked							
Baked	68	1.8	0.1	17.5	1	609	40
Boiled and mashed	41	1.1	0.1	10.4	1	341	29
Hubbard							
Raw	39	1.4	0.3	9.4	1	217	19
Cooked							
Baked	50	1.8	0.4	11.7	1	271	24
Boiled and mashed	30	1.1	0.3	6.9	1	152	17
Squash, frozen							
Summer, Yellow Crookneck							
Cooked, boiled, drained	21	1.4	0.1	4.7	3	167	14
Winter							
Heated	38	1.2	0.3	9.2	1	207	25
Succotash (corn & lima beans)							
Frozen, cooked, boiled, drained	93	4.2	0.4	20.5	38	246	13
Sweet potatoes:							
Raw -all commercial varieties	114	1.7	0.4	26.3	10	243	32
Cooked -all commercial varieties							
Baked in skin	141	2.1	0.5	32.5	12	300	40
Boiled in skin	114	1.7	0.4	26.3	10	243	32
Swordfish, raw	118	19.2	4.0	0.0	19		
Tomatoes:							
Raw	22	1.1	0.2	4.7	3	244	13
Cooked, boiled	26	1.3	0.2	5.5	4	287	15
Canned, solids & liquid							
Regular pack	21	1.0	0.2	4.3	130	217	6
Dietary pack (low sodium)	20	1.0	0.2	4.2	3	217	6
Tomato juice:							
Canned or bottled							
Regular pack	19	0.9	0.1	4.3	200	227	7
Dietary pack (low sodium)	19	0.8	0.1	4.3	3	227	7
Trout, brook, raw	101	19.2	2.1	0.0			
Trout, rainbow or steelhead, raw	195	21.5	11.4	0.0			
Tuna:							
Bluefin, raw	145	25.2	4.1	0.0			
Yellowfin, raw	133	24.7	3.0	0.0	37		
Canned in water, solids & liquid	127	28.0	0.8	0.0	41	279	16
Turkey, light meat, raw	116	24.6	1.2	0.0	51	320	
Turnips:							
Raw	30	1.0	0.2	6.6	49	268	39
Cooked, boiled, drained	23	0.8	0.2	4.9	34	188	35

FOOD	Calorie	Protein	Fat	Carbohydrates	Na	K	Ca
Turnip greens, leaves including stems							
Raw	28	3.0	0.3	5.0	246		
Cooked boiled, drained, cooked in small amount of water, short time	20	2.2	0.2	3.6			184
Large amount of water, long time	19	2.2	0.2	3.3			174
Canned, solids & liquids	18	1.5	0.3	3.2	236	243	100
Frozen, cooked, boiled, drained	23	2.5	0.3	3.9	17	149	118
Vegetable juice cocktail, canned	17	0.9	0.1	3.6	200	221	12
Vegetables, mixed (carrots, corn, peas green snap beans, lima beans) frozen							
Cooked, boiled, drained	64	3.2	0.3	13.4	53	191	25
Watercress, leaves with stems, raw	19	2.2	0.3	3.0	52	282	151
Wheat, shredded, without salt or other ingredients	354	9.9	2.0	79.9	3	348	43
Whitefish, lake, raw	155	18.9	8.2	0.0	52	299	
Yam, tuber, raw	101	2.1	0.2	23.2		600	20
Yogurt, made from partially skimmed milk	50	3.4	1.7	5.2	51	143	120

Conversions

1 ounce = 28 grams
1 pound = 16 ounces = 453.59 grams
1 cup of water = 237 grams
1 fluid ounce of water = 30 grams

*Source: *Composition of Foods, Agriculture Handbook No. 8.* Agricultural Research Service. U.S. Department of Agriculture.

Appendix

FOODS TO EAT/FOODS TO LIMIT

Complete Proteins (These contain all essential amino acids.) 3 1/2 - 4 oz at each meal
Egg Whites: 88%
Fish (white fish): 78%
Chicken and turkey: 68%
Lean red meats: 68%

Tuna	Orange Roughy
Trout	Salmon
Shrimp	Bass
Cod	Ocean Catfish
Flounder	Venison
Shark	Ostrich

The RDA of protein is based on sedentary people. However, recent studies report an increased need for protein in the diets of active people. Don't be guilty of omitting this vital food from your diet.

If you are a kidney patient, follow your doctor's guidelines if your doctor asks you to restrict protein intake.

Starchy Carbohydrates

Potatoes	Kidney beans
Sweet potatoes	Legumes
Oatmeal	Rice cakes
Corn	Pinto beans
Peas	Black-eyed peas
Lima beans	
Brown rice	

Lean Vegetables (Fibrous) Carbohydrate Sources

Squash	Asparagus
Green beans	Carrots
Broccoli	Cauliflower
Asparagus	Cabbage
"Salad vegetables"	Mushrooms
Okra	Zucchini
Green leafy vegetables	

Fats
One (1) teaspoon safflower or Hain All-Blend daily to maintain Essential Fatty Acids. Restrict all fat intake.

FOODS TO LIMIT

If you are already cutting the fat in your diet and are on the road to a lean body, here are a few things you can do to "tweak" your metabolism to help you reach your goal!

Please be advised to consult your physician on your dietary needs, before you consider this section, especially if you are a kidney patient, a diabetic, or a pregnant or lactating woman.

Refined carbohydrates: These are simple carbohydrates such as sugar that convert easily to bodyfat.

Dairy products: All dairy products are healthy, but even low-fat choices still include lactose, a simple sugar that converts easily to bodyfat. Limit your dairy servings to one 8 oz. serving a day. Green leafy vegetables, broccoli, and kale are good sources of calcium. *(Pregnant or lactating women or women with osteoporosis should consult their physicians before restricting dairy products.)*

Red meats: Try to limit servings to once a week. Optional lean cuts include round steak, filet mignon, long horn beef, ostrich, emu, and venison.

Processed foods: These include any canned foods. These tend to be in the middle of the grocery store, so try to shop in the outside aisles. Stick to whole grains such as Old Fashioned Rolled Oats instead of 1 Minute Cooked Oats.

Sweet fruits and fruit juices: Bananas, grapes, and fruits with a higher concentration of the simple sugar fructose, as well as less fiber, are very healthy. However, if your goal is to lose bodyfat, you might try substituting fruits higher in fiber and lower in sugar. Preferred choices include apples, pears, and berries.

Commercially processed breads, pasta, and bagels: These are very healthy but also are refined, making them easier to convert to bodyfat than true whole grains, which include oatmeal, brown rice, buck wheat, grits, shredded wheat, kashi, and cracked wheat. Corn bread, tortillas, and rice cakes are also better choices. Try to limit processed foods to once a week.

Meals

Each meal should consist of: one (1) or two (2) starchy carbohydrates, one (1) or two (2) lean vegetables, and one (1) protein.

RESTAURANTS
WHERE YOU CAN EAT LEAN

Agnew's Grill
3011 Routh St.
720-3900
* North Plate

Allen Street Bar & Grill
2900 McKinley Ave.
871-0256
* North Plate

Black-Eyed Pea
All locations
* Lean Plate

Bonanza
Participating
restaurants
* Lean Plate

Carrelli's Italian
12219 Coit Rd.
386-7931
* Special Order

Cheddar's
All locations
* Lean Plate

Chef Chu
All locations
* Special Order

Dream Cafe
2800 Routh St.
954-0486
* Special Order

Gilberts Deli
127 Preston Forest Village
373-333
* North Plate

Good Eats Cafe
All locations
* North Plate

Lean Foods Cafe
Inside Austin Gym
231-8414
* Lean Plate

Lomo Luna
All locations
* Special Order

Lucky's
All locations
* Special Order

May Dragon
4848 Beltline Rd.
392-9998
* Special Order

Ming Garden
All locations
* North Plate

Original Pancake House
All locations
* North Plate

Phil's Natural Eats
2815 Elm St.
761-8400
* North Plate

Pulido's
All locations
* Lean Plate

Rodolfo's Italian
5956 Royal Lane
368-5039
* Heart Healthy

San Francisco Rose
3024 Greenville Ave.
826-2020
* North Plate

Tong's Chinese Restaurant
11661 Preston Rd.
361-6588
* Special Order

8.0 Restaurant
2800 Routh St.
979-0880
* North Plate

Zucchini's
In the Galleria
934-9494
* Lean Plate

Cliff Sheats' Lean Bodies

Name________________ Class Day________

Class Time________ Weight________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

Name________________ Class Day________

Class Time________ Weight________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

Name________________ Class Day________

Class Time________ Weight________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

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Class Time_________ Weight_________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

Name________________ Class Day________

Class Time________ Weight________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

cliff sheats LEAN BODIES

Cliff Sheats' Lean Bodies

Name__________________ Class Day_________

Class Time_________ Weight_________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

Name_________________ Class Day_________

Class Time_________ Weight_________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

cliff sheats LEAN BODIES

Cliff Sheats' Lean Bodies

Name_________________ Class Day_________

Class Time_________ Weight_________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

BODIES LEAN

Cliff Sheats' Lean Bodies

Name__________________ Class Day_________

Class Time_________ Weight_________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

Name__________________ Class Day_________

Class Time_________ Weight_________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

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FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Cliff Sheats' Lean Bodies

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Cliff Sheats' Lean Bodies

Name________________ Class Day________

Class Time________ Weight________

FOOD	QUANTITY	CALORIES	PROTEIN (grams)	FAT (grams)	CARBS (grams)	SODIUM (mg)	POTASSIUM (mg)

Effects of energy through-put and food attitude patterns in response to food choice, amount and combination while following a strength training and aerobic exercise program.

Dietary composition: psychological and nutritional/biochemical perspectives

Horace Clifton Sheats, Jr.

Thesis submitted for the degree of Doctor of Philosophy,

City University London

School of Social and Health Sciences.

June, 1999

Appendix

Contents

Section 3	Participant's Sample Diet Track Analysis (food diary data) used in Study. This is one Participant's Sample for their whole Study.

Serving Size: 1482.49 g (52.29 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
49 g	Quaker Toasted Oats 1 cup 49g.	49.00	190.00	5.00	39.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Power Bar	65.00	225.00	10.00	40.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
3 cup	Romaine Lettuce-Chopped	168.00	26.88	2.74	4.00	0.79
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
1 piece	Chewing Gum	4.00	13.64	0	3.87	3.87
9 oz-wt	Snow Cone	255.15	199.02	1.02	83.18	83.18
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	170.10	474.58	13.61	78.25	6.12
1 tbs	Ranch Salad Dressing	14.88	54.44	0.45	0.69	0.53
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	101.27	168.78	8.17	19.96	--
1 each	York Peppermint Patty Candy-Large	42.00	145.32	1.30	32.80	--
	Totals	1482.49	1913.32	106.02	323.74	114.48

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
49 g	Quaker Toasted Oats 1 cup 49g.	2.50	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
3 cup	Romaine Lettuce-Chopped	0.34	0.01	0.18	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 piece	Chewing Gum	0.01	0	0	--	0
9 oz-wt	Snow Cone	0	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	11.06	--	--	--	0
1 tbs	Ranch Salad Dressing	5.64	2.42	2.13	--	5.83
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	6.35	--	--	--	15.43
1 each	York Peppermint Patty Candy-Large	3.82	--	--	0	0
	Totals	36.81	4.56	3.61	0	170.83

Serving Size: 1482.49 g (52.29 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Power Bar	2.00	60.00	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
3 cup	Romaine Lettuce-Chopped	0.08	40.32	0	0.74	1.26
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
1 piece	Chewing Gum	0	0	--	0	0
9 oz-wt	Snow Cone	0.00	2.55	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	0	--	--	--
1 tbs	Ranch Salad Dressing	0.01	0.09	0	0.60	4.46
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	0.00	0	--	0.13	--
	Totals	3.11	138.97	0.51	1.75	6.17

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Power Bar	300.00	25.00	5.40	140.00	120.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
3 cup	Romaine Lettuce-Chopped	60.48	23.52	1.85	10.08	487.20
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
1 piece	Chewing Gum	0	--	0	0	0.16
9 oz-wt	Snow Cone	5.10	--	0.41	2.55	7.65
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	20.41	--	4.42	--	--
1 tbs	Ranch Salad Dressing	14.88	--	0.04	1.55	19.78
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	100.72	--	1.18	--	--
1 each	York Peppermint Patty Candy-Large	7.14	--	0.63	26.46	49.14
	Totals	574.25	48.52	16.08	229.97	1159.39

Serving Size: 1482.49 g (52.29 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Power Bar	20.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
3 cup	Romaine Lettuce-Chopped	13.44	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
1 piece	Chewing Gum	0.24	0	0	0	0
9 oz-wt	Snow Cone	56.13	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	1248.53	--	--	--	--
1 tbs	Ranch Salad Dressing	65.30	--	--	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	494.53	--	--	--	--
1 each	York Peppermint Patty Candy-Large	16.38	--	--	--	--
	Totals	2895.43	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
3 cup	Romaine Lettuce-Chopped	0	0	--	0.04	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 piece	Chewing Gum	0	0	0	0	0
9 oz-wt	Snow Cone	0	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	--	--	--	--
1 tbs	Ranch Salad Dressing	--	--	--	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0.02	0.05	0	1.21	0

Serving Size: 1482.49 g (52.29 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
3 cup	Romaine Lettuce-Chopped	0.01	0	0	--	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 piece	Chewing Gum	0	0	0	0	0
9 oz-wt	Snow Cone	0	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	--	--	--	--
1 tbs	Ranch Salad Dressing	--	--	--	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0.43	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
3 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 piece	Chewing Gum	0	0	0	0	0
9 oz-wt	Snow Cone	0	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	--	--	--	--
1 tbs	Ranch Salad Dressing	--	--	--	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0	0.26	0	1.80	0.05

Serving Size: 1482.49 g (52.29 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
3 cup	Romaine Lettuce-Chopped	0	--	0.05	0.13	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 piece	Chewing Gum	0	0	0	0	0
9 oz-wt	Snow Cone	0	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	--	--	--	--
1 tbs	Ranch Salad Dressing	--	--	--	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0	0	1.06	0.18	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
3 cup	Romaine Lettuce-Chopped	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 piece	Chewing Gum	0	0	0	0	0
9 oz-wt	Snow Cone	0	0	0	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	--	--	--	--
1 tbs	Ranch Salad Dressing	--	--	--	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 1482.49 g (52.29 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
49 g	Quaker Toasted Oats 1 cup 49g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Power Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
3 cup	Romaine Lettuce-Chopped	0.13	0.05
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
1 piece	Chewing Gum	--	--
9 oz-wt	Snow Cone	0	0
6 oz-wt	Roll/Bread Dough-Soft Bread Sticks PLB	--	--
1 tbs	Ranch Salad Dressing	--	--
101.265 g	Pizza Hut ThinCrispy Pizza-VeggieLover's	--	--
1 each	York Peppermint Patty Candy-Large	--	--
	Totals	0.23	1.16

Notes

Serving Size: 1817.92 g (64.12 oz-wt.)
Serves: 1.00
Water: 35%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	89.47	340.00	7.16	68.89	25.95
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	124.50	56.03	0.85	13.45	13.20
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Granny Smith Apple-Raw+Peel (Australian)	138.00	60.72	0.41	14.90	14.21
1 cup	Rotini Pasta Noodles-Cooked	140.00	197.40	6.69	39.62	1.82
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	73.71	159.06	6.93	17.54	1.03
1 oz-wt	Canadian Bacon-Grilled	28.35	52.45	6.86	0.39	0.39
4 oz-wt	Bread Sticks-Salted	113.40	435.46	13.61	85.39	8.85
0.06166 oz-wt	Olive Oil	1.75	15.45	0	0	0
0.125 lb	All Purpose White Flour	56.70	206.39	5.84	43.26	0.96
0.16666 tbs	White Granulated Sugar	2.08	8.06	0	2.08	2.08
0.5 tbs	Butter	7.09	50.86	0.06	0.00	0.00
0.16666 tbs	White Powdered Sugar-Sifted	1.04	4.05	0	1.04	1.01
0.16666 tbs	White Granulated Sugar	2.08	8.06	0	2.08	2.08
1 cup	RTS Home Cookin' Soup Minestrone CAM	245.00	120.00	3.99	19.01	5.00
1 each	Dinner Roll (Brown & Serve)-Browned	28.35	85.05	2.38	14.29	0.67
1 tbs	Butter	14.19	101.72	0.12	0.01	0.01
12 oz-wt	Stouffer's Entree Fettucini Alfredo	340.20	576.00	18.00	48.00	7.20
	Totals	1817.92	2601.76	83.91	389.95	102.44

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.8134 cup	Kellogg's Low Fat Granola Cereal	6.26	--	--	--	0
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.07	0.01	0.01	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
1 cup	Rotini Pasta Noodles-Cooked	0.94	0.11	0.38	--	0
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	6.93	--	--	--	10.54
1 oz-wt	Canadian Bacon-Grilled	2.40	1.15	0.23	0	16.44
4 oz-wt	Bread Sticks-Salted	3.29	1.41	0.98	--	3.40
0.06166 oz-wt	Olive Oil	1.75	1.29	0.15	0.02	0
0.125 lb	All Purpose White Flour	0.56	0.05	0.23	--	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	5.75	1.73	0.21	0	15.54
0.16666 tbs	White Powdered Sugar-Sifted	0.00	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	2.01	--	--	--	5.00
1 each	Dinner Roll (Brown & Serve)-Browned	2.07	0.58	0.96	0.13	0.28
1 tbs	Butter	11.51	3.46	0.43	0	31.07
12 oz-wt	Stouffer's Entree Fettucini Alfredo	34.80	--	--	--	120.00
	Totals	78.33	9.79	3.58	0.15	207.26

Serving Size: 1817.92 g (64.12 oz-wt.)
Serves: 1.00
Water: 35%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.8134 cup	Kellogg's Low Fat Granola Cereal	1.39	--	3.46	13.81	--
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.05	48.43	0	0.04	0.07
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	6.90	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	0.05	0	0	0.04	--
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	6.93	--	--	--
1 oz-wt	Canadian Bacon-Grilled	0.13	6.12	0.09	0.07	0.17
4 oz-wt	Bread Sticks-Salted	0.02	0	0	0.11	0.29
0.06166 oz-wt	Olive Oil	0	0	0	0.21	0.22
0.125 lb	All Purpose White Flour	0.02	0	0	0.21	0.76
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	0.00	0	0.10	0.11	0.11
0.16666 tbs	White Powdered Sugar-Sifted	0	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	1.20	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	0.02	0.03	0.03	0.28	--
1 tbs	Butter	0.00	0	0.20	0.22	0.22
12 oz-wt	Stouffer's Entree Fettucini Alfredo	0.05	0	--	--	--
	Totals	1.73	105.62	3.87	15.12	1.85

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.8134 cup	Kellogg's Low Fat Granola Cereal	36.68	--	12.53	72.47	259.47
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	11.21	--	0.12	12.45	236.55
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Granny Smith Apple-Raw+Peel (Australian)	6.90	--	0.28	5.52	151.80
1 cup	Rotini Pasta Noodles-Cooked	9.80	--	1.97	25.20	43.40
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	178.66	--	0.81	--	--
1 oz-wt	Canadian Bacon-Grilled	2.84	--	0.23	5.95	110.57
4 oz-wt	Bread Sticks-Salted	31.75	--	4.88	22.68	104.33
0.06166 oz-wt	Olive Oil	0.00	--	0.01	0.00	0
0.125 lb	All Purpose White Flour	8.51	--	2.64	12.47	60.67
0.16666 tbs	White Granulated Sugar	0.02	--	0.00	0	0.04
0.5 tbs	Butter	1.67	--	0.01	0.16	1.84
0.16666 tbs	White Powdered Sugar-Sifted	0.01	--	0.00	0	0.02
0.16666 tbs	White Granulated Sugar	0.02	--	0.00	0	0.04
1 cup	RTS Home Cookin' Soup Minestrone CAM	60.00	--	1.08	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	33.74	--	0.89	6.52	37.71
1 tbs	Butter	3.33	--	0.02	0.31	3.69
12 oz-wt	Stouffer's Entree Fettucini Alfredo	480.00	--	1.73	--	204.00
	Totals	905.14	--	27.56	163.74	1214.13

Serving Size: 1817.92 g (64.12 oz-wt.)
Serves: 1.00
Water: 35%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	89.47	0	0	0	0
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	1.25	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	1.38	--	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	1.40	0	0	0	0
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	443.86	--	--	--	--
1 oz-wt	Canadian Bacon-Grilled	438.29	0	0	0	0.01
4 oz-wt	Bread Sticks-Salted	1898.32	--	--	--	--
0.06166 oz-wt	Olive Oil	0.00	0	0	0	0
0.125 lb	All Purpose White Flour	1.13	--	--	--	--
0.16666 tbs	White Granulated Sugar	0.02	0	0	0	0
0.5 tbs	Butter	58.67	0.19	0.11	0.06	0.14
0.16666 tbs	White Powdered Sugar-Sifted	0.01	0	0	0	0
0.16666 tbs	White Granulated Sugar	0.02	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	990.00	--	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	147.70	0	0	0	0
1 tbs	Butter	117.33	0.37	0.22	0.13	0.29
12 oz-wt	Stouffer's Entree Fettucini Alfredo	1020.00	--	--	--	--
	Totals	5773.85	0.56	0.33	0.19	0.44

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	0	0	0	0	0
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0.01	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	0	0.00	--	0.12	--
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	--	--	--	--
1 oz-wt	Canadian Bacon-Grilled	0.01	0.04	--	0.51	--
4 oz-wt	Bread Sticks-Salted	--	--	--	--	--
0.06166 oz-wt	Olive Oil	0	0	0	0.19	0
0.125 lb	All Purpose White Flour	--	--	--	0.08	--
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	0.16	0.58	0.06	1.51	0.05
0.16666 tbs	White Powdered Sugar-Sifted	0	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	--	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	0.00	0	--	0.23	--
1 tbs	Butter	0.32	1.16	0.12	3.02	0.11
12 oz-wt	Stouffer's Entree Fettucini Alfredo	--	--	--	--	--
	Totals	0.49	1.77	0.18	5.67	0.16

Serving Size: 1817.92 g (64.12 oz-wt.)
Serves: 1.00
Water: 35%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	0	0	0	0	--
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	0.02	--	--	--	--
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	--	--	--	--
1 oz-wt	Canadian Bacon-Grilled	0.25	--	--	--	--
4 oz-wt	Bread Sticks-Salted	--	--	--	--	--
0.06166 oz-wt	Olive Oil	0.04	0.01	0	0	0
0.125 lb	All Purpose White Flour	0.00	--	--	--	--
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	0.70	0.02	0	0	0.07
0.16666 tbs	White Powdered Sugar-Sifted	0	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	--	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	0.09	0.01	--	--	0
1 tbs	Butter	1.39	0.04	0	0	0.14
12 oz-wt	Stouffer's Entree Fettucini Alfredo	--	--	--	--	--
	Totals	2.49	0.07	0	0	0.21

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	--	--	--	--	--
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0.00	0	0.01	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	--	0	--	0.11	0
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	--	--	--	--
1 oz-wt	Canadian Bacon-Grilled	--	0.11	--	1.03	0
4 oz-wt	Bread Sticks-Salted	--	--	--	1.41	--
0.06166 oz-wt	Olive Oil	--	0.01	0	1.27	0.01
0.125 lb	All Purpose White Flour	--	--	--	0.05	--
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	--	0.13	0.05	1.45	0
0.16666 tbs	White Powdered Sugar-Sifted	0	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	--	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	--	0.00	--	0.49	0.00
1 tbs	Butter	--	0.26	0.11	2.89	0
12 oz-wt	Stouffer's Entree Fettucini Alfredo	--	--	--	--	--
	Totals	0	0.51	0.16	8.71	0.01

Serving Size: 1817.92 g (64.12 oz-wt.)
Serves: 1.00
Water: 35%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	--	--	--	--	--
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	--	0.01	0.00	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	0	--	0.35	0.03	0
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	--	--	--	--
1 oz-wt	Canadian Bacon-Grilled	0	--	0.20	0.03	0
4 oz-wt	Bread Sticks-Salted	--	--	0.98	--	--
0.06166 oz-wt	Olive Oil	0	--	0.14	0.01	0
0.125 lb	All Purpose White Flour	--	--	0.22	0.01	--
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	0	--	0.13	0.08	0
0.16666 tbs	White Powdered Sugar-Sifted	0	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	--	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	--	--	0.85	0.06	--
1 tbs	Butter	0	--	0.26	0.17	0
12 oz-wt	Stouffer's Entree Fettucini Alfredo	--	--	--	--	--
	Totals	0	0	3.13	0.40	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	--	--	--	--	--
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 cup	Rotini Pasta Noodles-Cooked	--	0	0	0	0
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	--	--	--	--
1 oz-wt	Canadian Bacon-Grilled	--	0	0	0	0
4 oz-wt	Bread Sticks-Salted	--	--	--	--	--
0.06166 oz-wt	Olive Oil	--	0	0	0	0
0.125 lb	All Purpose White Flour	--	--	--	--	--
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
0.5 tbs	Butter	0	0	0	0	0
0.16666 tbs	White Powdered Sugar-Sifted	0	0	0	0	0
0.16666 tbs	White Granulated Sugar	0	0	0	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	--	--	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	--	0	0	0	0
1 tbs	Butter	0	0	0	0	0
12 oz-wt	Stouffer's Entree Fettucini Alfredo	--	--	--	--	--
	Totals	0	0	0	0	0

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Serving Size: 1817.92 g (64.12 oz-wt.)
Serves: 1.00
Water: 35%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.8134 cup	Kellogg's Low Fat Granola Cereal	--	--
4 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.00	0.01
245 g	1/2% milk 1 cup 245 gr.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--
1 cup	Rotini Pasta Noodles-Cooked	0.03	0.35
73.7063 g	Dominos Veggie Pizza 12 inch Thin Crust	--	--
1 oz-wt	Canadian Bacon-Grilled	0.03	0.20
4 oz-wt	Bread Sticks-Salted	--	0.98
0.06166 oz-wt	Olive Oil	0.01	0.14
0.125 lb	All Purpose White Flour	0.01	0.22
0.16666 tbs	White Granulated Sugar	0	0
0.5 tbs	Butter	0.08	0.13
0.16666 tbs	White Powdered Sugar-Sifted	--	--
0.16666 tbs	White Granulated Sugar	0	0
1 cup	RTS Home Cookin' Soup Minestrone CAM	--	--
1 each	Dinner Roll (Brown & Serve)-Browned	0.06	0.85
1 tbs	Butter	0.17	0.26
12 oz-wt	Stouffer's Entree Fettucini Alfredo	--	--
	Totals	0.40	3.13

Serving Size: 1451.16 g (51.19 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	49.00	170.00	5.00	41.00	0
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	249.00	112.05	1.69	26.89	26.39
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Power Bar	65.00	225.00	10.00	40.00	--
0.33 lb	Plain Bagel	149.69	411.64	15.72	79.93	2.25
1.5 g	Toasted Sesame Seeds CBT	1.50	10.71	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	138.00	60.72	0.41	14.90	14.21
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
3 oz-wt	Baby Carrots-Raw-2.75 inch	85.05	32.32	0.71	6.95	4.18
170 g	DannonRegYogurt 6oz. 170gr.	170.00	170.00	7.00	30.00	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	31.72	130.07	4.00	22.84	0.40
	Totals	1451.16	1497.41	66.04	283.54	66.47

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.50	--	--	0	0
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.15	0.02	0.03	0	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Power Bar	1.00	--	--	--	--
0.33 lb	Plain Bagel	2.40	0.72	0.93	0.21	0
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	--
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	0.45	0.02	0.22	0	0
170 g	DannonRegYogurt 6oz. 170gr.	2.50	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	3.01	1.01	1.45	--	0
	Totals	10.01	1.78	2.63	0.21	4.99

Serving Size: 1451.16 g (51.19 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.16	0	0	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.11	96.86	0	0.07	0.15
3 each	Egg White-Cooked	0.00	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	2.00	60.00	--	--	--
0.33 lb	Plain Bagel	0.08	0	0	0.15	3.97
1.5 g	Toasted Sesame Seeds CBT	--	--	--	--	--
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	6.90	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
3 oz-wt	Baby Carrots-Raw-2.75 inch	0.07	7.14	0	0.43	--
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	0.05	0	--	0.33	--
	Totals	2.47	206.92	0	0.98	4.12

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	20.00	--	1.44	60.00	200.00
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	22.41	--	0.25	24.90	473.10
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	300.00	25.00	5.40	140.00	120.00
0.33 lb	Plain Bagel	110.77	--	5.34	43.41	151.18
1.5 g	Toasted Sesame Seeds CBT	--	--	2.31	--	--
1 each	Granny Smith Apple-Raw+Peel (Australian)	6.90	--	0.28	5.52	151.80
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
3 oz-wt	Baby Carrots-Raw-2.75 inch	19.56	--	0.66	10.21	237.29
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	3.49	--	0.72	47.90	76.45
	Totals	529.30	25.00	16.81	342.92	1552.61

Serving Size: 1451.16 g (51.19 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	2.49	0	0	0	0
3 each	Egg White-Cooked	318.44	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Power Bar	20.00	--	--	--	--
0.33 lb	Plain Bagel	799.33	--	--	--	--
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	1.38	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	29.77	0	0	0	0
170 g	DannonRegYogurt 6oz. 170gr.	90.00	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	155.45	--	--	--	--
	Totals	1981.85	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0.02	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
0.33 lb	Plain Bagel	0	0	--	0.24	--
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	0.01	0.00	--	0.07	--
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0.01	0.00	0	0.32	0

Serving Size: 1451.16 g (51.19 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
0.33 lb	Plain Bagel	0.15	0.01	--	--	0
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	0.00	0.01	0	--	0
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0.15	0.03	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0.00	0	0.02	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
0.33 lb	Plain Bagel	--	0	--	0.52	0
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	--	0.01	--	0.02	0
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0	0.01	0	0.56	0

Serving Size: 1451.16 g (51.19 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	--	0.02	0.01	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
0.33 lb	Plain Bagel	--	--	0.81	0.07	--
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	0	--	0.19	0.03	0
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0	0	1.02	0.11	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0	0	0	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
0.33 lb	Plain Bagel	--	0	0	0	0
1.5 g	Toasted Sesame Seeds CBT	0	0	0	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	--	0	0	0	0
170 g	DannonRegYogurt 6oz. 170gr.	--	--	--	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0	0	0	0	0

Serving Size: 1451.16 g (51.19 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.01	0.02
3 each	Egg White-Cooked	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Power Bar	--	--
0.33 lb	Plain Bagel	0.07	0.81
1.5 g	Toasted Sesame Seeds CBT	0	0
1 each	Granny Smith Apple-Raw+Peel (Australian)	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
3 oz-wt	Baby Carrots-Raw-2.75 inch	0.03	0.19
170 g	DannonRegYogurt 6oz. 170gr.	--	--
1.119 oz-wt	LoSodium LoFat Microwave Popcorn	--	--
	Totals	0.11	1.02

Serving Size: 1319.15 g (46.53 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	36.75	142.50	3.75	29.25	--
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Power Bar	65.00	225.00	10.00	40.00	--
1 each	Whole Cucumber 8 inch long	301.00	39.13	2.08	8.34	5.90
3 oz-wt	WaterPacked Tuna 30z. 85.05	85.05	100.00	21.00	0	--
0.5 tbs	Kraft Light Mayonnaise Dressing	7.50	25.00	0	0.50	0
0.5 tbs	Nonfat Yogurt-Plain	7.66	4.27	0.44	0.59	0.59
1 piece	Hearty Slice 7-Grain Bread PPF	38.00	100.00	3.00	18.00	2.00
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	56.70	54.52	9.81	2.18	0
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	24.81	3.22	0.25	0.52	0.40
2 piece	Fresh Tomato Slices	40.00	8.40	0.34	1.86	1.12
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	28.35	7.65	0.25	1.83	0.71
4 piece	Dill Pickle Slices	24.00	4.32	0.15	0.99	0.29
3.25 oz-wt	Submarine/Hoagie Roll	92.14	267.20	8.38	51.04	3.69
	Totals	1319.15	1156.12	80.96	176.13	33.73

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
36.75 g	Quaker Toasted Oats 1 cup 49g.	1.88	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Power Bar	1.00	--	--	--	--
1 each	Whole Cucumber 8 inch long	0.39	0.01	0.18	0	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	1.00	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	2.50	--	--	--	0
0.5 tbs	Nonfat Yogurt-Plain	0.01	0.00	0.00	0.00	0.14
1 piece	Hearty Slice 7-Grain Bread PPF	1.50	0.50	0	--	0
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	1.09	--	--	0	21.81
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	0.05	0.00	0.02	0	0
2 piece	Fresh Tomato Slices	0.13	0.02	0.05	0	0
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0.05	0.01	0.03	0	0
4 piece	Dill Pickle Slices	0.05	0.00	0.02	0	0
3.25 oz-wt	Submarine/Hoagie Roll	2.76	0.90	0.93	--	0
	Totals	12.41	1.45	1.23	0.00	26.94

Serving Size: 1319.15 g (46.53 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	2.00	60.00	--	--	--
1 each	Whole Cucumber 8 inch long	0.13	15.95	0	0.39	0.75
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	0	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0.00	0.07	0.00	0.00	--
1 piece	Hearty Slice 7-Grain Bread PPF	--	0	--	--	--
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	--	0	--	--	--
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	0.01	0.97	0	0.11	0.19
2 piece	Fresh Tomato Slices	0.03	7.64	0	0.32	0.37
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0.07	25.32	0	0.20	--
4 piece	Dill Pickle Slices	0.00	0.46	0	0.04	0
3.25 oz-wt	Submarine/Hoagie Roll	0.04	0	0	0.07	--
	Totals	2.29	146.41	0.00	1.12	1.31

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	300.00	25.00	5.40	140.00	120.00
1 each	Whole Cucumber 8 inch long	42.14	--	0.78	33.11	433.44
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	0	--	0	--	5.00
0.5 tbs	Nonfat Yogurt-Plain	15.24	--	0.01	1.46	19.52
1 piece	Hearty Slice 7-Grain Bread PPF	0	--	0.72	--	--
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	0	--	0.39	--	--
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	4.71	3.47	0.12	2.23	39.19
2 piece	Fresh Tomato Slices	2.00	2.00	0.18	4.40	88.80
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	2.55	--	0.13	2.84	50.18
4 piece	Dill Pickle Slices	2.16	--	0.13	2.64	27.84
3.25 oz-wt	Submarine/Hoagie Roll	82.92	--	2.58	18.43	82.92
	Totals	497.89	30.47	10.84	216.09	1009.69

Serving Size: 1319.15 g (46.53 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Power Bar	20.00	--	--	--	--
1 each	Whole Cucumber 8 inch long	6.02	0	0	0	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	350.00	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	55.00	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	5.86	0.00	0.00	0.00	0.00
1 piece	Hearty Slice 7-Grain Bread PPF	180.00	0	0	0	0
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	632.42	0	0	0	0
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	2.23	0	0	0	0
2 piece	Fresh Tomato Slices	3.60	0	0	0	0
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0.57	0	0	0	0
4 piece	Dill Pickle Slices	307.68	0	0	0	0
3.25 oz-wt	Submarine/Hoagie Roll	534.40	--	--	--	--
	Totals	2981.21	0.00	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
1 each	Whole Cucumber 8 inch long	0	0.00	0	0.11	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0.00	0.00	--	0.00	--
1 piece	Hearty Slice 7-Grain Bread PPF	0	0	0	0	0
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	0	0	0	0	0
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	0	0	--	0.01	--
2 piece	Fresh Tomato Slices	0	0	--	0.01	--
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0	0	0	0.01	0
4 piece	Dill Pickle Slices	0.00	0.00	--	0.01	--
3.25 oz-wt	Submarine/Hoagie Roll	--	--	--	--	--
	Totals	0.00	0.00	0	0.15	0

Serving Size: 1319.15 g (46.53 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
1 each	Whole Cucumber 8 inch long	0.01	0	0	0	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0.00	0	--	--	0.00
1 piece	Hearty Slice 7-Grain Bread PPF	0	0	0	0	--
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	0	0	0	0	--
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	0.00	0	0	--	0
2 piece	Fresh Tomato Slices	0.01	0	0	--	0
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0.00	0	0	0	0.00
4 piece	Dill Pickle Slices	0.00	--	--	--	--
3.25 oz-wt	Submarine/Hoagie Roll	--	--	--	--	--
	Totals	0.02	0	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
1 each	Whole Cucumber 8 inch long	--	0	0	0.01	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	--	0.00	--	0.00	0
1 piece	Hearty Slice 7-Grain Bread PPF	--	--	--	--	--
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	--	--	--	--	--
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	--	0.00	--	0.00	0
2 piece	Fresh Tomato Slices	--	0.00	--	0.02	0
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	--	0.00	0	0.00	0
4 piece	Dill Pickle Slices	--	0	--	0.00	0
3.25 oz-wt	Submarine/Hoagie Roll	--	--	--	--	--
	Totals	0	0.00	0	0.04	0

Serving Size: 1319.15 g (46.53 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
1 each	Whole Cucumber 8 inch long	0	--	0.09	0.09	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0	--	0.00	0	0
1 piece	Hearty Slice 7-Grain Bread PPF	--	--	0	0	0
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	--	--	--	--	--
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	0	--	0.01	0.02	0
2 piece	Fresh Tomato Slices	0	--	0.05	0.00	0
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0	--	0.03	0.00	0
4 piece	Dill Pickle Slices	0	--	0.01	0.01	0
3.25 oz-wt	Submarine/Hoagie Roll	--	--	--	--	--
	Totals	0	0	0.18	0.12	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Power Bar	--	--	--	--	--
1 each	Whole Cucumber 8 inch long	--	0	0	0	0
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	--	0	0	0	0
1 piece	Hearty Slice 7-Grain Bread PPF	0	0	0	0	0
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	--	--	--	--	--
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	--	0	0	0	0
2 piece	Fresh Tomato Slices	--	0	0	0	0
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	--	0	0	0	0
4 piece	Dill Pickle Slices	--	0	0	0	0
3.25 oz-wt	Submarine/Hoagie Roll	--	--	--	--	--
	Totals	0	0	0	0	0

Serving Size: 1319.15 g (46.53 oz-wt.)
Serves: 1.00
Water: 42%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
36.75 g	Quaker Toasted Oats 1 cup 49g.	--	--
3 each	Egg White-Cooked	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Power Bar	--	--
1 each	Whole Cucumber 8 inch long	0.09	0.09
3 oz-wt	WaterPacked Tuna 30z. 85.05	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--
0.5 tbs	Nonfat Yogurt-Plain	0	0.00
1 piece	Hearty Slice 7-Grain Bread PPF	--	--
2 oz-wt	LouisRich Deli Thin Roasted TurkeyBreast	0	0
0.875 oz-wt	Iceberg/Crisphead Lettuce-Chopped	0.02	0.01
2 piece	Fresh Tomato Slices	0.00	0.05
1 oz-wt	Sweet Green Bell Peppers-Raw-Chopped	0.00	0.03
4 piece	Dill Pickle Slices	0.01	0.01
3.25 oz-wt	Submarine/Hoagie Roll	--	--
	Totals	0.12	0.18

Serving Size: 1639.16 g (57.82 oz-wt.)
Serves: 1.00
Water: 28%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
44.736 g	Kellogg's Low Fat Granola Cereal	44.74	170.00	3.58	34.45	12.97
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	250.00	160.00	1.00	39.00	--
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Power Bar	65.00	225.00	10.00	40.00	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	69.03	30.37	0.21	7.46	7.11
9 oz-wt	Snow Cone	255.15	199.02	1.02	83.18	83.18
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
0.5 tbs	Kraft Light Mayonnaise Dressing	7.50	25.00	0	0.50	0
0.5 tbs	Nonfat Yogurt-Plain	7.66	4.27	0.44	0.59	0.59
1 piece	Hearty Slice 7-Grain Bread PPF	38.00	100.00	3.00	18.00	2.00
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	120.49	180.00	13.00	21.00	--
1 oz-wt	Skinless Chicken Breast-Roasted	28.35	46.78	8.79	0	0
1 each	Ice Cream Cone-Dipped-Small DQ	156.00	340.00	6.00	42.00	31.00
	Totals	1639.16	1755.34	89.54	307.19	155.88

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
44.736 g	Kellogg's Low Fat Granola Cereal	3.13	--	--	--	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
3 each	Egg White-Cooked	0	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	0	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	1.00	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
9 oz-wt	Snow Cone	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	2.50	--	--	--	0
0.5 tbs	Nonfat Yogurt-Plain	0.01	0.00	0.00	0.00	0.14
1 piece	Hearty Slice 7-Grain Bread PPF	1.50	0.50	0	--	0
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	5.00	--	--	--	25.00
1 oz-wt	Skinless Chicken Breast-Roasted	1.01	0.35	0.22	--	24.10
1 each	Ice Cream Cone-Dipped-Small DQ	17.00	--	--	--	20.00
	Totals	32.16	0.86	0.22	0.00	74.23

Serving Size: 1639.16 g (57.82 oz-wt.)
Serves: 1.00
Water: 28%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
44.736 g	Kellogg's Low Fat Granola Cereal	0.69	--	1.73	6.91	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Power Bar	2.00	60.00	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	3.45	--	--	--
9 oz-wt	Snow Cone	0.00	2.55	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	0	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0.00	0.07	0.00	0.00	--
1 piece	Hearty Slice 7-Grain Bread PPF	--	0	--	--	--
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	0.17	0	0.09	0.05	0.08
1 each	Ice Cream Cone-Dipped-Small DQ	--	1.20	--	--	--
	Totals	2.87	103.28	1.82	6.96	0.08

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
44.736 g	Kellogg's Low Fat Granola Cereal	18.34	--	6.26	36.24	129.73
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Power Bar	300.00	25.00	5.40	140.00	120.00
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	3.45	--	0.14	2.76	75.94
9 oz-wt	Snow Cone	5.10	--	0.41	2.55	7.65
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	0	--	0	--	5.00
0.5 tbs	Nonfat Yogurt-Plain	15.24	--	0.01	1.46	19.52
1 piece	Hearty Slice 7-Grain Bread PPF	0	--	0.72	--	--
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	4.25	--	0.30	8.22	72.58
1 each	Ice Cream Cone-Dipped-Small DQ	200.00	--	1.08	--	--
	Totals	592.55	25.00	14.71	202.21	573.21

Serving Size: 1639.16 g (57.82 oz-wt.)
Serves: 1.00
Water: 28%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	44.74	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	30.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Power Bar	20.00	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	0.69	--	--	--	--
9 oz-wt	Snow Cone	56.13	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	55.00	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	5.86	0.00	0.00	0.00	0.00
1 piece	Hearty Slice 7-Grain Bread PPF	180.00	0	0	0	0
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	660.00	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	20.98	0	0	0	0
1 each	Ice Cream Cone-Dipped-Small DQ	130.00	--	--	--	--
	Totals	2436.83	0.00	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
9 oz-wt	Snow Cone	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0.00	0.00	--	0.00	--
1 piece	Hearty Slice 7-Grain Bread PPF	0	0	0	0	0
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	0.00	0.01	--	0.20	--
1 each	Ice Cream Cone-Dipped-Small DQ	--	--	--	--	--
	Totals	0.00	0.01	0	0.20	0

Serving Size: 1639.16 g (57.82 oz-wt.)
Serves: 1.00
Water: 28%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	0	0	0	0	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
9 oz-wt	Snow Cone	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0.00	0	--	--	0.00
1 piece	Hearty Slice 7-Grain Bread PPF	0	0	0	0	--
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	0.07	--	--	--	--
1 each	Ice Cream Cone-Dipped-Small DQ	--	--	--	--	--
	Totals	0.07	0	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
9 oz-wt	Snow Cone	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	--	0.00	--	0.00	0
1 piece	Hearty Slice 7-Grain Bread PPF	--	--	--	--	--
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	--	0.04	--	0.30	0.01
1 each	Ice Cream Cone-Dipped-Small DQ	--	--	--	--	--
	Totals	0	0.04	0	0.30	0.01

Serving Size: 1639.16 g (57.82 oz-wt.)
Serves: 1.00
Water: 28%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
9 oz-wt	Snow Cone	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	0	--	0.00	0	0
1 piece	Hearty Slice 7-Grain Bread PPF	--	--	0	0	0
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.17	0.01	0
1 each	Ice Cream Cone-Dipped-Small DQ	--	--	--	--	--
	Totals	0	0	0.17	0.01	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Power Bar	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
9 oz-wt	Snow Cone	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--	--	--	--
0.5 tbs	Nonfat Yogurt-Plain	--	0	0	0	0
1 piece	Hearty Slice 7-Grain Bread PPF	0	0	0	0	0
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--	--	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	--	0.02	0.00	0.00	0.01
1 each	Ice Cream Cone-Dipped-Small DQ	--	--	--	--	--
	Totals	0	0.02	0.00	0.00	0.01

Serving Size: 1639.16 g (57.82 oz-wt.)
Serves: 1.00
Water: 28%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
44.736 g	Kellogg's Low Fat Granola Cereal	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
3 each	Egg White-Cooked	0	0
250 g	Dole Tropical fruit juice 8 fl.oz 250gr	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Power Bar	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
9 oz-wt	Snow Cone	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
0.5 tbs	Kraft Light Mayonnaise Dressing	--	--
0.5 tbs	Nonfat Yogurt-Plain	0	0.00
1 piece	Hearty Slice 7-Grain Bread PPF	--	--
120.49 g	BorderLightSoftChickenTaco4 1/4oz.120.49	--	--
1 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.18
1 each	Ice Cream Cone-Dipped-Small DQ	--	--
	Totals	0.02	0.18

Serving Size: 1944.18 g (68.58 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
1 cup	Special K Cereal KL	28.35	100.00	6.00	20.00	3.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	249.00	112.05	1.69	26.89	26.39
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
0.5 cup	Whole Strawberries-Cup Measure	72.00	21.60	0.44	5.06	4.06
1 each	Power Bar	65.00	225.00	10.00	40.00	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
4 oz-wt	Beef Round-Pot Roasted	113.40	311.85	32.55	0	0
2 oz-wt	New Potato-Peeled Cooked (Australian)	56.70	36.29	1.42	7.26	0.23
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	15.50	7.50	1.00	1.00	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	248.03	220.03	3.99	18.01	2.01
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
	Totals	1944.18	1417.14	99.42	171.91	81.24

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Special K Cereal KL	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.15	0.02	0.03	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.27	0.04	0.13	0	0
1 each	Power Bar	1.00	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
4 oz-wt	Beef Round-Pot Roasted	19.16	8.44	0.56	0.86	108.86
2 oz-wt	New Potato-Peeled Cooked (Australian)	0.06	--	--	--	0
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	1.00	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	14.01	--	--	--	5.01
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
	Totals	35.88	8.51	0.85	0.86	128.84

Serving Size: 1944.18 g (68.58 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
1 cup	Special K Cereal KL	0.70	15.00	1.25	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.11	96.86	0	0.07	0.15
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
0.5 cup	Whole Strawberries-Cup Measure	0.04	40.82	0	0.10	0.19
1 each	Power Bar	2.00	60.00	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	0.37	0	0.34	0.27	0.49
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	11.91	--	--	--
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	0	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	3.28	287.48	1.59	0.94	1.67

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
1 cup	Special K Cereal KL	10.00	--	4.50	18.00	55.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	22.41	--	0.25	24.90	473.10
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
0.5 cup	Whole Strawberries-Cup Measure	10.08	--	0.27	7.20	119.52
1 each	Power Bar	300.00	25.00	5.40	140.00	120.00
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	6.80	--	3.55	24.95	319.79
2 oz-wt	New Potato-Peeled Cooked (Australian)	2.27	--	0.28	10.77	243.81
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	40.01	--	0.72	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	478.05	40.68	16.60	243.52	1798.80

Serving Size: 1944.18 g (68.58 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
1 cup	Special K Cereal KL	230.00	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	2.49	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.72	0	0	0	0
1 each	Power Bar	20.00	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	56.70	0	0	0	0.05
2 oz-wt	New Potato-Peeled Cooked (Australian)	1.70	--	--	--	--
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	225.00	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	1740.24	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
	Totals	3444.25	0	0	0	0.05

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Special K Cereal KL	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0.02	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0	0	0	0.01	0
1 each	Power Bar	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	0.05	0.52	--	4.40	--
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0.05	0.52	0	4.45	0

Serving Size: 1944.18 g (68.58 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Special K Cereal KL	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.00	0	0	0	0
1 each	Power Bar	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	2.57	0.02	--	--	0.12
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	2.58	0.02	0	0	0.12

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Special K Cereal KL	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0.00	0	0.02	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	--	0.00	0	0.04	0
1 each	Power Bar	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	--	0.56	--	7.03	0.03
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0	0.57	0	7.10	0.03

Serving Size: 1944.18 g (68.58 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Special K Cereal KL	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	--	0.02	0.01	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0	--	0.08	0.06	0
1 each	Power Bar	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	0	--	0.38	0.03	0
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0	0	0.51	0.18	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Special K Cereal KL	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	--	0	0	0	0
1 each	Power Bar	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
4 oz-wt	Beef Round-Pot Roasted	--	0.03	0	0	0
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--	--	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0	0.03	0	0	0

Serving Size: 1944.18 g (68.58 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
1 cup	Special K Cereal KL	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.01	0.02
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.06	0.08
1 each	Power Bar	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
4 oz-wt	Beef Round-Pot Roasted	0.03	0.41
2 oz-wt	New Potato-Peeled Cooked (Australian)	--	--
2 cup	Romaine Lettuce-Chopped	0.08	0.03
15.5 g	Newman's Dressing 1 Ta. 15.5gr.	--	--
8.749 oz-wt	Campbells Conden Cream of Mushroom Soup	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
	Totals	0.18	0.55

Notes

Part. listed...1 new potato...later clarification...2 inches. I estimated this to be app. 2 oz.

Part. listed...Newman's Dressing...1 Ta. with nutrition facts...but no gr. wt. Food Processor will not accept a new food item without a gr. wt. I went to the grocery store on 2 different occasions and could not find a Newman's dressing to match the nutrition facts the participant listed. I found the gr. wt. of 2 tablespoons to be 31gr. in a Newman's lower fat type of dressing... and the label facts the participant listed revealed a lower fat type of dressing. I entered the gr. wt. of the Newman's lower fat dressing as a close match gr. wt. for the nutrition facts the participant listed for the Newman's dressing she consumed. This allowed me to enter the nutrition facts the participant provided.

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
45 g	Krumpet 1 ea. 45 gr.	45.00	90.00	3.00	19.00	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	249.00	112.05	1.69	26.89	26.39
19 g	Simply Fruit jelly 1Ta.19gr.	19.00	50.00	0	13.00	--
1 each	McDonald's McLean Deluxe Sandwich	213.70	344.80	23.50	37.44	8.00
1 each	McDonald's Small Svg Potato French Fries	68.00	207.40	2.92	26.25	0
1 each	3 Musketeers Candy Bar	60.40	251.26	1.93	46.39	40.77
1 each	York Peppermint Patty Candy-Large	42.00	145.32	1.30	32.80	--
	Totals	697.10	1200.83	34.35	201.77	75.16

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
45 g	Krumpet 1 ea. 45 gr.	0.50	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.15	0.02	0.03	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	0	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	11.64	3.60	1.16	--	59.12
1 each	McDonald's Small Svg Potato French Fries	10.06	3.11	2.50	--	0
1 each	3 Musketeers Candy Bar	7.79	2.60	0.27	--	6.64
1 each	York Peppermint Patty Candy-Large	3.82	--	--	0	0
	Totals	33.96	9.33	3.95	0	65.76

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.11	96.86	0	0.07	0.15
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	0.29	7.89	--	0.63	--
1 each	McDonald's Small Svg Potato French Fries	0.24	7.89	0	0.83	--
1 each	3 Musketeers Candy Bar	0.01	0.24	--	0.36	--
1 each	York Peppermint Patty Candy-Large	0.00	0	--	0.13	--
	Totals	0.65	112.88	0	2.02	0.15

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	22.41	--	0.25	24.90	473.10
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	131.20	--	4.29	39.80	536.60
1 each	McDonald's Small Svg Potato French Fries	9.38	--	0.53	26.45	468.50
1 each	3 Musketeers Candy Bar	50.74	--	0.44	17.52	80.33
1 each	York Peppermint Patty Candy-Large	7.14	--	0.63	26.46	49.14
	Totals	220.87	--	6.14	135.13	1607.67

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
45 g	Krumpet 1 ea. 45 gr.	260.00	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	2.49	0	0	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	0	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	809.40	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	134.60	--	--	--	--
1 each	3 Musketeers Candy Bar	117.18	--	--	0.01	0.01
1 each	York Peppermint Patty Candy-Large	16.38	--	--	--	--
	Totals	1340.05	0	0	0.01	0.01

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0.02	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	0.10	0.16	--	1.76	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0.10	0.16	0	1.78	0

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	1.91	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	1.91	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0.00	0	0.02	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	--	0.05	--	2.50	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	--	0.05	0	2.52	0

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	--	0.02	0.01	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	--	--	0.22	0.05	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0	--	0.24	0.06	0

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0	0	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	--	0	0	0	0

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.01	0.02
19 g	Simply Fruit jelly 1Ta.19gr.	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--
1 each	3 Musketeers Candy Bar	0.05	0.22
1 each	York Peppermint Patty Candy-Large	--	--
	Totals	0.06	0.24

Notes

Part. listed...Krumpet...1...with nutrition facts...without a gr. wt. Food Processor will not accept a new food item without a gr. wt. I looked at the gr. wt. of "1 crumpet biscuit"...and used that gr. wt. as an app. gr. wt. for the "Krumpet" the participant listed. This allowed me to enter the nutrition facts the participant provided for me on her diet track sheet.

Part. listed...Simply fruit jelly...1 tablespoon...with nutrition facts...but no gr. wt. or flavor of jelly. Food Processor will not accept a new food item without a gr. wt. I went to the grocery store and obtained the gr. wt. and nutrition facts of Concord Grape Simply Fruit...and used it's gr. wt. as an approximate gram weight for Simply Fruit listed by the participant. This allowed me to enter the nutrition facts the participant provided for me on her diet track sheets.

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
45 g	Krumpet 1 ea. 45 gr.	45.00	90.00	3.00	19.00	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	249.00	112.05	1.69	26.89	26.39
19 g	Simply Fruit jelly 1Ta.19gr.	19.00	50.00	0	13.00	--
1 each	McDonald's McLean Deluxe Sandwich	213.70	344.80	23.50	37.44	8.00
1 each	McDonald's Small Svg Potato French Fries	68.00	207.40	2.92	26.25	0
1 each	3 Musketeers Candy Bar	60.40	251.26	1.93	46.39	40.77
1 each	York Peppermint Patty Candy-Large	42.00	145.32	1.30	32.80	--
	Totals	697.10	1200.83	34.35	201.77	75.16

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
45 g	Krumpet 1 ea. 45 gr.	0.50	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.15	0.02	0.03	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	0	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	11.64	3.60	1.16	--	59.12
1 each	McDonald's Small Svg Potato French Fries	10.06	3.11	2.50	--	0
1 each	3 Musketeers Candy Bar	7.79	2.60	0.27	--	6.64
1 each	York Peppermint Patty Candy-Large	3.82	--	--	0	0
	Totals	33.96	9.33	3.95	0	65.76

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.11	96.86	0	0.07	0.15
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	0.29	7.89	--	0.63	--
1 each	McDonald's Small Svg Potato French Fries	0.24	7.89	0	0.83	--
1 each	3 Musketeers Candy Bar	0.01	0.24	--	0.36	--
1 each	York Peppermint Patty Candy-Large	0.00	0	--	0.13	--
	Totals	0.65	112.88	0	2.02	0.15

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	22.41	--	0.25	24.90	473.10
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	131.20	--	4.29	39.80	536.60
1 each	McDonald's Small Svg Potato French Fries	9.38	--	0.53	26.45	468.50
1 each	3 Musketeers Candy Bar	50.74	--	0.44	17.52	80.33
1 each	York Peppermint Patty Candy-Large	7.14	--	0.63	26.46	49.14
	Totals	220.87	--	6.14	135.13	1607.67

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
45 g	Krumpet 1 ea. 45 gr.	260.00	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	2.49	0	0	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	0	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	809.40	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	134.60	--	--	--	--
1 each	3 Musketeers Candy Bar	117.18	--	--	0.01	0.01
1 each	York Peppermint Patty Candy-Large	16.38	--	--	--	--
	Totals	1340.05	0	0	0.01	0.01

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0.02	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	0.10	0.16	--	1.76	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0.10	0.16	0	1.78	0

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	0	0	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	1.91	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	1.91	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0.00	0	0.02	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	--	0.05	--	2.50	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	--	0.05	0	2.52	0

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0	--	0.02	0.01	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	--	--	0.22	0.05	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	0	--	0.24	0.06	0

Serving Size: 697.10 g (24.59 oz-wt.)
Serves: 1.00
Water: 56%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--	--	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	--	0	0	0	0
19 g	Simply Fruit jelly 1Ta.19gr.	--	--	--	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--	--	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
1 each	3 Musketeers Candy Bar	--	--	--	--	--
1 each	York Peppermint Patty Candy-Large	--	--	--	--	--
	Totals	--	0	0	0	0

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
45 g	Krumpet 1 ea. 45 gr.	--	--
8 fl oz	Orange Juice-Unsweet-Frozen Conc + Water	0.01	0.02
19 g	Simply Fruit jelly 1Ta.19gr.	--	--
1 each	McDonald's McLean Deluxe Sandwich	--	--
1 each	McDonald's Small Svg Potato French Fries	--	--
1 each	3 Musketeers Candy Bar	0.05	0.22
1 each	York Peppermint Patty Candy-Large	--	--
	Totals	0.06	0.24

Notes

Part. listed...Krumpet...1...with nutrition facts...without a gr. wt. Food Processor will not accept a new food item without a gr. wt. I looked at the gr. wt. of "1 crumpet biscuit"...and used that gr. wt. as an app. gr. wt. for the "Krumpet" the participant listed. This allowed me to enter the nutrition facts the participant provided for me on her diet track sheet.

Part. listed...Simply fruit jelly...1 tablespoon...with nutrition facts...but no gr. wt. or flavor of jelly. Food Processor will not accept a new food item without a gr. wt. I went to the grocery store and obtained the gr. wt. and nutrition facts of Concord Grape Simply Fruit...and used it's gr. wt. as an approximate gram weight for Simply Fruit listed by the participant. This allowed me to enter the nutrition facts the participant provided for me on her diet track sheets.

Serving Size: 2145.44 g (75.68 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	49.00	170.00	5.00	41.00	0
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Long Grain Brown Rice-Cooked-Hot	195.00	216.45	5.05	44.85	0.78
0.666 cup	Carrot Slices-Steamed	103.90	44.78	1.08	10.49	6.86
0.666 cup	Broccoli Pieces-Steamed	103.90	29.09	3.11	5.45	2.08
0.666 cup	Cauliflower-Chopped-Steamed	82.58	20.65	1.64	4.30	1.98
8 oz-wt	Progresso Tomato Soup-Canned-Prep	226.80	84.70	2.82	14.12	7.53
1 cup	Whole Strawberries-Cup Measure	144.00	43.20	0.88	10.12	8.12
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	170.10	109.42	5.97	16.91	12.93
0.5 cup	Rolled Oats-Dry	40.50	155.52	6.48	27.14	0.73
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	207.36	539.14	16.59	107.83	0
0.25 cup	Tomato Sauce-Canned	61.25	18.38	0.82	4.40	2.33
0.125 cup	Mushroom Pieces-Cooked	19.50	5.27	0.43	1.00	0.02
0.125 cup	Onions-Cooked	26.25	11.55	0.36	2.68	1.63
0.125 cup	Sweet Green Bell Peppers-Cooked	17.00	4.76	0.16	1.14	0.61
1 each	Tossed Vegetable Salad (Plain) Small	104.00	16.64	1.31	3.36	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	14.00	30.00	0	1.00	0.50
	Totals	2145.44	2160.10	135.92	347.83	60.13

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.50	--	--	0	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Long Grain Brown Rice-Cooked-Hot	1.76	0.64	0.63	--	0
0.666 cup	Carrot Slices-Steamed	0.20	0.01	0.08	0	0
0.666 cup	Broccoli Pieces-Steamed	0.36	0.02	0.17	0	0
0.666 cup	Cauliflower-Chopped-Steamed	0.17	0.02	0.09	0	0
8 oz-wt	Progresso Tomato Soup-Canned-Prep	1.88	0.47	1.41	--	0
1 cup	Whole Strawberries-Cup Measure	0.53	0.07	0.27	0	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	1.99	--	--	--	0
0.5 cup	Rolled Oats-Dry	2.55	0.81	0.94	--	0
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	0	--	--	--	0
0.25 cup	Tomato Sauce-Canned	0.10	0.02	0.04	0	0
0.125 cup	Mushroom Pieces-Cooked	0.09	0.00	0.04	0	0
0.125 cup	Onions-Cooked	0.05	0.01	0.02	0	0
0.125 cup	Sweet Green Bell Peppers-Cooked	0.03	0.00	0.02	0	0
1 each	Tossed Vegetable Salad (Plain) Small	0.07	0.00	0.04	0	0
1 tbs	Wendy's LoCal LoFat Ranch Dressing	2.50	--	--	--	5.00
	Totals	19.89	4.20	5.05	0	154.58

Serving Size: 2145.44 g (75.68 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.16	0	0	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Long Grain Brown Rice-Cooked-Hot	0.28	0	0	0.43	1.23
0.666 cup	Carrot Slices-Steamed	0.15	7.26	0	0.44	--
0.666 cup	Broccoli Pieces-Steamed	0.15	82.18	0	0.50	--
0.666 cup	Cauliflower-Chopped-Steamed	0.17	32.54	0	0.03	--
8 oz-wt	Progresso Tomato Soup-Canned-Prep	--	0.11	--	--	--
1 cup	Whole Strawberries-Cup Measure	0.08	81.65	0	0.20	0.37
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	0.05	0	0	0.46	0.75
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	0.09	8.02	0	0.25	0.29
0.125 cup	Mushroom Pieces-Cooked	0.02	0.78	0.37	0.02	0.06
0.125 cup	Onions-Cooked	0.03	1.37	0	0.09	0.09
0.125 cup	Sweet Green Bell Peppers-Cooked	0.04	12.65	0	0.12	--
1 each	Tossed Vegetable Salad (Plain) Small	0.08	24.13	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	0	--	--	--
	Totals	2.33	250.69	0.88	2.84	3.25

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	20.00	--	1.44	60.00	200.00
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Long Grain Brown Rice-Cooked-Hot	19.50	--	0.82	83.85	83.85
0.666 cup	Carrot Slices-Steamed	28.05	--	0.52	15.58	335.58
0.666 cup	Broccoli Pieces-Steamed	49.77	--	0.91	25.97	336.62
0.666 cup	Cauliflower-Chopped-Steamed	18.17	--	0.36	12.39	250.23
8 oz-wt	Progresso Tomato Soup-Canned-Prep	18.82	--	1.69	--	--
1 cup	Whole Strawberries-Cup Measure	20.16	--	0.55	14.40	239.04
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	21.06	--	1.71	59.94	141.75
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	8.58	--	0.47	11.64	227.24
0.125 cup	Mushroom Pieces-Cooked	1.17	--	0.34	2.34	69.42
0.125 cup	Onions-Cooked	5.78	4.07	0.06	2.89	43.58
0.125 cup	Sweet Green Bell Peppers-Cooked	1.53	--	0.08	1.70	28.22
1 each	Tossed Vegetable Salad (Plain) Small	13.52	--	0.66	11.44	178.88
1 tbs	Wendy's LoCal LoFat Ranch Dressing	10.00	--	0	--	--
	Totals	267.78	4.07	11.42	362.45	2922.65

Serving Size: 2145.44 g (75.68 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
3 each	Egg White-Cooked	318.44	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Long Grain Brown Rice-Cooked-Hot	9.75	0	0	0	0
0.666 cup	Carrot Slices-Steamed	36.36	0	0	0	0
0.666 cup	Broccoli Pieces-Steamed	28.05	0	0	0	0
0.666 cup	Cauliflower-Chopped-Steamed	24.78	0	0	0	0
8 oz-wt	Progresso Tomato Soup-Canned-Prep	931.67	0	0	0	0
1 cup	Whole Strawberries-Cup Measure	1.44	0	0	0	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	9.95	--	--	--	--
0.5 cup	Rolled Oats-Dry	1.62	0	0	0	0
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	746.50	--	--	--	--
0.25 cup	Tomato Sauce-Canned	370.56	0	0	0	0
0.125 cup	Mushroom Pieces-Cooked	0.39	0	0	0	0.00
0.125 cup	Onions-Cooked	0.79	0	0	0	0
0.125 cup	Sweet Green Bell Peppers-Cooked	0.34	0	0	0	0
1 each	Tossed Vegetable Salad (Plain) Small	27.04	--	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	120.00	--	--	--	--
	Totals	2938.55	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Long Grain Brown Rice-Cooked-Hot	0.00	0.01	--	0.30	--
0.666 cup	Carrot Slices-Steamed	0.00	0.00	0	0.02	0
0.666 cup	Broccoli Pieces-Steamed	0	0	0	0.05	0
0.666 cup	Cauliflower-Chopped-Steamed	0	0	0	0.02	0
8 oz-wt	Progresso Tomato Soup-Canned-Prep	0	0	0	0	0
1 cup	Whole Strawberries-Cup Measure	0	0	0	0.02	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	0.01	0.00	--	0.38	--
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	0	0	--	0.01	--
0.125 cup	Mushroom Pieces-Cooked	0.00	0.00	0	0.01	0
0.125 cup	Onions-Cooked	0	0.00	--	0.01	--
0.125 cup	Sweet Green Bell Peppers-Cooked	0	0	0	0.00	0
1 each	Tossed Vegetable Salad (Plain) Small	--	--	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	--	--	--	--
	Totals	0.03	0.06	0	2.00	0

Serving Size: 2145.44 g (75.68 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Long Grain Brown Rice-Cooked-Hot	0.03	--	--	--	--
0.666 cup	Carrot Slices-Steamed	0.00	0.00	0	0	0
0.666 cup	Broccoli Pieces-Steamed	0.01	0	0	0	0
0.666 cup	Cauliflower-Chopped-Steamed	0.00	0.00	0	0	0
8 oz-wt	Progresso Tomato Soup-Canned-Prep	0	0	0	0	--
1 cup	Whole Strawberries-Cup Measure	0.01	0	0	0	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	0.02	--	--	--	--
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	0.00	0	0	--	0
0.125 cup	Mushroom Pieces-Cooked	0.00	0	0	0	0
0.125 cup	Onions-Cooked	0.00	0	0	--	0
0.125 cup	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
1 each	Tossed Vegetable Salad (Plain) Small	--	--	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	--	--	--	--
	Totals	0.51	0.00	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Long Grain Brown Rice-Cooked-Hot	--	0.01	--	0.63	0
0.666 cup	Carrot Slices-Steamed	--	0.00	0	0.01	0
0.666 cup	Broccoli Pieces-Steamed	--	0	0	0.02	0
0.666 cup	Cauliflower-Chopped-Steamed	--	0	0	0.01	0.01
8 oz-wt	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	--	0.00	0	0.07	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	--	0.00	--	0.80	0
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	--	0.00	--	0.01	0
0.125 cup	Mushroom Pieces-Cooked	--	0	0	0.00	0
0.125 cup	Onions-Cooked	--	0	--	0.01	0
0.125 cup	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.00	0
1 each	Tossed Vegetable Salad (Plain) Small	--	--	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	--	--	--	--
	Totals	0	0.27	0	3.36	0.06

Serving Size: 2145.44 g (75.68 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Long Grain Brown Rice-Cooked-Hot	0	--	0.60	0.03	0
0.666 cup	Carrot Slices-Steamed	0	--	0.07	0.01	0
0.666 cup	Broccoli Pieces-Steamed	0	--	0.04	0.13	0
0.666 cup	Cauliflower-Chopped-Steamed	0	--	0.02	0.07	0
8 oz-wt	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	0	--	0.16	0.11	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	0	--	0.90	0.04	0
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	0	--	0.04	0.00	0
0.125 cup	Mushroom Pieces-Cooked	0	--	0.03	0.00	0
0.125 cup	Onions-Cooked	0	--	0.02	0.00	0
0.125 cup	Sweet Green Bell Peppers-Cooked	0	--	0.02	0.00	0
1 each	Tossed Vegetable Salad (Plain) Small	--	--	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	--	--	--	--
	Totals	0	0	2.90	0.45	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Long Grain Brown Rice-Cooked-Hot	--	0	0	0	0
0.666 cup	Carrot Slices-Steamed	--	0	0	0	0
0.666 cup	Broccoli Pieces-Steamed	--	0	0	0	0
0.666 cup	Cauliflower-Chopped-Steamed	--	0	0	0	0
8 oz-wt	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	--	0	0	0	0
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--	--	--	--
0.5 cup	Rolled Oats-Dry	--	0	0	0	0
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--	--	--	--
0.25 cup	Tomato Sauce-Canned	--	0	0	0	0
0.125 cup	Mushroom Pieces-Cooked	--	0	0	0	0
0.125 cup	Onions-Cooked	--	0	0	0	0
0.125 cup	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
1 each	Tossed Vegetable Salad (Plain) Small	--	--	--	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	--	--	--	--
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 2145.44 g (75.68 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0
3 each	Egg White-Cooked	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Long Grain Brown Rice-Cooked-Hot	0.03	0.60
0.666 cup	Carrot Slices-Steamed	0.01	0.07
0.666 cup	Broccoli Pieces-Steamed	0.13	0.04
0.666 cup	Cauliflower-Chopped-Steamed	0.07	0.02
8 oz-wt	Progresso Tomato Soup-Canned-Prep	--	--
1 cup	Whole Strawberries-Cup Measure	0.11	0.16
6 oz-wt	Dairyless Yogurt 6oz. 171gr.	--	--
0.5 cup	Rolled Oats-Dry	0.04	0.90
207.361 g	Kabuli 1/8pizza crst.50gr.8serv.perCont.	--	--
0.25 cup	Tomato Sauce-Canned	0.00	0.04
0.125 cup	Mushroom Pieces-Cooked	0.00	0.03
0.125 cup	Onions-Cooked	0.00	0.02
0.125 cup	Sweet Green Bell Peppers-Cooked	0.00	0.02
1 each	Tossed Vegetable Salad (Plain) Small	--	--
1 tbs	Wendy's LoCal LoFat Ranch Dressing	--	--
	Totals	0.50	3.00

Serving Size: 1478.33 g (52.15 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	42.53	50.00	10.50	0	--
39.5 g	BrownRiceBread 2 slices79gr.	39.50	100.00	2.00	19.00	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	8.00	5.00	0	1.00	0.25
0.5 each	Large Tomato	91.00	19.11	0.77	4.23	2.55
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	226.80	210.92	4.47	48.99	3.86
1 cup	Broccoli Pieces-Cooked	156.00	43.68	4.66	7.91	2.81
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	64.00	70.00	4.00	12.00	4.00
1 each	Sweet Green Bell Peppers-Raw	74.00	19.98	0.66	4.77	1.85
0.5 cup	Mushroom Pieces-Raw	35.00	8.75	0.74	1.63	0.49
	Totals	1478.33	1588.01	124.03	236.05	38.33

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	0.50	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	2.00	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
0.5 each	Large Tomato	0.30	0.05	0.12	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
8 oz-wt	Baked Potato-Flesh Only-Medium	0.23	0.00	0.10	0	0
1 cup	Broccoli Pieces-Cooked	0.55	0.04	0.26	0	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0	0	0	5.00
1 each	Sweet Green Bell Peppers-Raw	0.14	0.02	0.08	0	0
0.5 cup	Mushroom Pieces-Raw	0.15	0.00	0.06	0	0
	Totals	14.95	2.23	1.93	0	152.08

Serving Size: 1478.33 g (52.15 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	--	0	--	--	--
0.5 each	Large Tomato	0.07	17.38	0	0.73	0.85
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
8 oz-wt	Baked Potato-Flesh Only-Medium	0.68	29.03	0	0.11	0.14
1 cup	Broccoli Pieces-Cooked	0.22	116.38	0	1.72	1.79
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	--	0	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.18	66.08	0	0.51	--
0.5 cup	Mushroom Pieces-Raw	0.03	1.23	0.66	0.04	0.10
	Totals	2.22	266.10	1.18	3.40	3.33

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	80.00
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	--	0	--	2.50
0.5 each	Large Tomato	4.55	4.55	0.41	10.01	202.02
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	--	0.79	56.70	886.79
1 cup	Broccoli Pieces-Cooked	71.76	--	1.31	37.44	455.52
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	80.00	--	0	--	140.00
1 each	Sweet Green Bell Peppers-Raw	6.66	--	0.34	7.40	130.98
0.5 cup	Mushroom Pieces-Raw	1.75	2.45	0.43	3.50	129.50
	Totals	247.74	7.00	5.47	175.36	2815.55

Serving Size: 1478.33 g (52.15 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	175.00	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	120.00	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	52.50	0	0	0	0
0.5 each	Large Tomato	8.19	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	0	0	0	0.00
1 cup	Broccoli Pieces-Cooked	40.56	0	0	0	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	50.00	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	1.48	0	0	0	0
0.5 cup	Mushroom Pieces-Raw	1.40	0	0	0	0.00
	Totals	1552.28	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
0.5 each	Large Tomato	0	0	--	0.03	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0	0.04	0
1 cup	Broccoli Pieces-Cooked	0	0	0	0.07	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	0	0	0	0.02	0
0.5 cup	Mushroom Pieces-Raw	0.00	0.00	0	0.01	0
	Totals	0.03	0.05	0	1.34	0

Serving Size: 1478.33 g (52.15 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
0.5 each	Large Tomato	0.01	0	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0.00	0	0
1 cup	Broccoli Pieces-Cooked	0.01	0	0	0	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	0.01	0	0	0	0.00
0.5 cup	Mushroom Pieces-Raw	0.00	0	0	0	0
	Totals	0.47	0.00	0.00	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
0.5 each	Large Tomato	--	0.00	--	0.04	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0.00	0	0.00	0
1 cup	Broccoli Pieces-Cooked	--	0	0	0.04	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	--	0.01	0	0.01	0
0.5 cup	Mushroom Pieces-Raw	--	0	0	0.00	0
	Totals	0	0.27	0	1.88	0.05

Serving Size: 1478.33 g (52.15 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
0.5 each	Large Tomato	0	--	0.12	0.00	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
8 oz-wt	Baked Potato-Flesh Only-Medium	0	--	0.08	0.02	0
1 cup	Broccoli Pieces-Cooked	0	--	0.06	0.20	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	0	--	0.07	0.01	0
0.5 cup	Mushroom Pieces-Raw	0	--	0.06	0.00	0
	Totals	0	0	1.39	0.29	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--	--	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
0.5 each	Large Tomato	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0	0	0	0
1 cup	Broccoli Pieces-Cooked	--	0	0	0	0
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	--	0	0	0	0
0.5 cup	Mushroom Pieces-Raw	--	0	0	0	0
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 1478.33 g (52.15 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--
2 oz-wt	Parrillo pro-carb	--	--
1.5 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
39.5 g	BrownRiceBread 2 slices79gr.	--	--
0.5 tbs	Fat Free Mayonnaise (Kraft Free)	0	0
0.5 each	Large Tomato	0.00	0.12
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
8 oz-wt	Baked Potato-Flesh Only-Medium	0.02	0.08
1 cup	Broccoli Pieces-Cooked	0.20	0.06
0.25 cup	Sealtest Free Fat Free Sour Cream KFT	0	0
1 each	Sweet Green Bell Peppers-Raw	0.01	0.07
0.5 cup	Mushroom Pieces-Raw	0.00	0.06
	Totals	0.34	1.49

Notes

Part. listed...Brown Rice Bread 2 slices...with nutrition facts...but no gr. wt. Food Processor will not accept a new food item without a gr. wt. I looked at the gr. wt. of another brown rice bread..and used that gr. wt. as an app. gr. wt. for the brown rice bread the participant listed. This allowed me to enter the nutrition facts for the brown rice bread the participant provided.

Serving Size: 1453.51 g (51.27 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
1 cup	Rolled Oats-Dry	81.00	311.04	12.96	54.27	1.46
1 cup	Red Raspberries	123.00	60.27	1.12	14.27	11.69
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
4 oz-wt	Skinless Chicken Breast-Roasted	113.40	187.11	35.15	0	0
1 each	Large Tomato	182.00	38.22	1.55	8.46	5.10
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	39.00	150.00	3.00	36.00	--
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
5 oz-wt	Orange Roughy-Baked/Broiled	141.75	126.16	26.79	0	0
1 each	Yellow Corn On Cob-Cooked-Medium Ear	77.00	83.16	2.56	19.33	2.00
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
1 each	Dill Pickle	65.00	11.70	0.40	2.69	0.79
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	16.36	67.07	2.06	11.78	0.21
	Totals	1453.51	1479.93	108.32	225.17	45.63

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
1 cup	Rolled Oats-Dry	5.10	1.61	1.87	--	0
1 cup	Red Raspberries	0.68	0.07	0.38	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	4.06	1.42	0.87	--	96.39
1 each	Large Tomato	0.60	0.09	0.25	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	0	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	1.28	0.87	0.02	0	36.86
1 each	Yellow Corn On Cob-Cooked-Medium Ear	0.99	0.29	0.46	0	0
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
1 each	Dill Pickle	0.12	0.00	0.05	0	0
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	1.55	0.52	0.75	--	0
	Totals	15.67	4.88	4.80	0	138.24

Serving Size: 1453.51 g (51.27 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	0.10	0	0	0.92	1.50
1 cup	Red Raspberries	0.07	30.75	0	0.55	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.68	0	0.34	0.19	0.30
1 each	Large Tomato	0.15	34.76	0	1.46	1.69
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
5 oz-wt	Orange Roughy-Baked/Broiled	0.49	0	--	--	--
1 each	Yellow Corn On Cob-Cooked-Medium Ear	0.05	4.77	0	0.07	0.38
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
1 each	Dill Pickle	0.01	1.24	0	0.10	0
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	0.03	0	--	0.17	--
	Totals	1.95	111.12	0.34	4.12	4.65

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	42.12	--	3.41	119.88	283.50
1 cup	Red Raspberries	27.06	--	0.70	22.14	186.96
1 each	Parrillo Bar	--	--	--	--	210.00
4 oz-wt	Skinless Chicken Breast-Roasted	17.01	--	1.19	32.89	290.30
1 each	Large Tomato	9.10	9.10	0.82	20.02	404.04
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
5 oz-wt	Orange Roughy-Baked/Broiled	53.87	--	0.33	53.87	545.74
1 each	Yellow Corn On Cob-Cooked-Medium Ear	1.54	--	0.47	24.64	191.73
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
1 each	Dill Pickle	5.85	--	0.34	7.15	75.40
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	1.80	--	0.37	24.70	39.42
	Totals	246.70	9.10	8.97	325.56	2581.21

Serving Size: 1453.51 g (51.27 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
1 cup	Rolled Oats-Dry	3.24	0	0	0	0
1 cup	Red Raspberries	0	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	83.92	0	0	0	0
1 each	Large Tomato	16.38	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	114.82	--	--	--	--
1 each	Yellow Corn On Cob-Cooked-Medium Ear	13.09	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
1 each	Dill Pickle	833.30	0	0	0	0
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	80.15	--	--	--	--
	Totals	1867.86	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	0.02	0.01	--	0.76	--
1 cup	Red Raspberries	0	0	0	0.02	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.01	0.03	--	0.78	--
1 each	Large Tomato	0	0	--	0.06	--
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	--	0.01	--	0.02	--
1 each	Yellow Corn On Cob-Cooked-Medium Ear	0	0	0	0.14	0
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
1 each	Dill Pickle	0.00	0.00	--	0.03	--
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0.03	0.05	0	1.85	0

Serving Size: 1453.51 g (51.27 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	0.05	--	--	--	--
1 cup	Red Raspberries	0.00	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.28	--	--	--	--
1 each	Large Tomato	0.02	0	0	--	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	0.01	--	--	--	--
1 each	Yellow Corn On Cob-Cooked-Medium Ear	0.01	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
1 each	Dill Pickle	0.00	--	--	--	--
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0.38	0.01	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	--	0.01	--	1.60	0
1 cup	Red Raspberries	--	0	0	0.06	0.00
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	--	0.17	--	1.19	0.03
1 each	Large Tomato	--	0.00	--	0.09	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	--	0.10	--	0.51	0.17
1 each	Yellow Corn On Cob-Cooked-Medium Ear	--	0	0	0.29	0
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
1 each	Dill Pickle	--	0	--	0.00	0
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0	0.29	0	3.75	0.21

Serving Size: 1453.51 g (51.27 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	0	--	1.79	0.08	0
1 cup	Red Raspberries	0	--	0.26	0.13	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.67	0.03	0
1 each	Large Tomato	0	--	0.24	0.01	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	0.07	--	0.01	0.00	0.00
1 each	Yellow Corn On Cob-Cooked-Medium Ear	0	--	0.45	0.01	0
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
1 each	Dill Pickle	0	--	0.02	0.03	0
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0.07	0	3.56	0.32	0.00

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 cup	Rolled Oats-Dry	--	0	0	0	0
1 cup	Red Raspberries	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	--	0.07	0.01	0.01	0.02
1 each	Large Tomato	--	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	--	0.00	0.00	--	--
1 each	Yellow Corn On Cob-Cooked-Medium Ear	--	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 each	Dill Pickle	--	0	0	0	0
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	--	--	--	--	--
	Totals	0	0.07	0.01	0.01	0.02

Serving Size: 1453.51 g (51.27 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
1 cup	Rolled Oats-Dry	0.08	1.79
1 cup	Red Raspberries	0.13	0.26
1 each	Parrillo Bar	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.07	0.74
1 each	Large Tomato	0.01	0.24
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
5 oz-wt	Orange Roughy-Baked/Broiled	0.01	0.02
1 each	Yellow Corn On Cob-Cooked-Medium Ear	0.01	0.45
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
1 each	Dill Pickle	0.03	0.02
0.577 oz-wt	LoSodium LoFat Microwave Popcorn	--	--
	Totals	0.35	3.63

Serving Size: 1783.85 g (62.92 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
2 each	Celery-Raw-Large Outer Stalk	80.00	12.80	0.60	2.93	0.80
1 tbs	Fat Free Mayonnaise (Kraft Free)	16.00	10.00	0	2.00	0.50
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	39.00	150.00	3.00	36.00	--
334 g	Campbells Low Sodium V8 Vegetable Juice	334.00	80.00	2.00	13.99	11.99
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	17.50	25.00	0.25	5.50	2.50
8 oz-wt	Skinless Chicken Breast-Roasted	226.80	374.22	70.31	0	0
0.333 cup	Sweet Green Bell Peppers-Cooked	45.29	12.68	0.42	3.04	1.63
0.333 cup	Onions-Cooked	69.93	30.77	0.96	7.13	4.34
0.333 cup	Carrots-Raw Slices-Cooked	51.95	23.38	0.57	5.45	2.13
2 each	Flour Tortilla-8 inch	70.80	230.10	6.16	39.36	0.86
	Totals	1783.85	1678.37	147.31	217.43	55.13

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0.11	0.02	0.06	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	0	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	8.12	2.84	1.75	--	192.78
0.333 cup	Sweet Green Bell Peppers-Cooked	0.09	0.01	0.05	0	0
0.333 cup	Onions-Cooked	0.13	0.02	0.05	0	0
0.333 cup	Carrots-Raw Slices-Cooked	0.09	0.00	0.05	0	0
2 each	Flour Tortilla-8 inch	4.75	1.95	1.22	0.75	0
	Totals	17.99	4.91	3.46	0.75	197.77

Serving Size: 1783.85 g (62.92 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0.07	5.60	0	0.32	0.58
1 tbs	Fat Free Mayonnaise (Kraft Free)	--	0	--	--	--
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	--	72.02	--	--	--
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	--	0	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	1.36	0	0.68	0.39	0.60
0.333 cup	Sweet Green Bell Peppers-Cooked	0.11	33.69	0	0.31	--
0.333 cup	Onions-Cooked	0.09	3.64	0	0.25	0.25
0.333 cup	Carrots-Raw Slices-Cooked	0.13	1.19	0	0.22	0.26
2 each	Flour Tortilla-8 inch	0.04	0	0	1.16	1.32
	Totals	1.97	145.79	0.68	3.70	3.77

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	32.00	--	0.32	8.80	229.60
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	--	0	--	5.00
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	40.02	--	1.44	--	--
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	--	0.18	--	25.00
8 oz-wt	Skinless Chicken Breast-Roasted	34.02	--	2.38	65.77	580.61
0.333 cup	Sweet Green Bell Peppers-Cooked	4.08	--	0.21	4.53	75.18
0.333 cup	Onions-Cooked	15.38	10.84	0.17	7.69	116.08
0.333 cup	Carrots-Raw Slices-Cooked	16.10	--	0.32	6.75	117.92
2 each	Flour Tortilla-8 inch	88.50	--	2.34	18.41	92.75
	Totals	274.83	10.84	8.66	151.29	2130.47

Serving Size: 1783.85 g (62.92 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	69.60	0	0	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	105.00	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	190.02	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	165.00	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	167.83	0	0	0	0
0.333 cup	Sweet Green Bell Peppers-Cooked	0.91	0	0	0	0
0.333 cup	Onions-Cooked	2.10	0	0	0	0
0.333 cup	Carrots-Raw Slices-Cooked	34.29	0	0	0	0
2 each	Flour Tortilla-8 inch	338.42	--	--	--	--
	Totals	2055.95	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0	0.00	--	0.03	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
2 cup	Tossed Green Salad	0	0	--	0.07	--
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.07	--	1.56	--
0.333 cup	Sweet Green Bell Peppers-Cooked	0	0	0	0.01	0
0.333 cup	Onions-Cooked	0	0.00	--	0.02	--
0.333 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.01	--
2 each	Flour Tortilla-8 inch	0	0	--	0.70	--
	Totals	0.02	0.07	0	2.41	0

Serving Size: 1783.85 g (62.92 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0.00	0	0	--	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
2 cup	Tossed Green Salad	0.02	--	--	--	--
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	0.57	--	--	--	--
0.333 cup	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
0.333 cup	Onions-Cooked	0.00	0	0	--	0
0.333 cup	Carrots-Raw Slices-Cooked	0.00	0.00	0	--	0
2 each	Flour Tortilla-8 inch	0.60	0.02	--	--	0
	Totals	1.20	0.02	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	--	0.00	--	0.02	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.34	--	2.38	0.07
0.333 cup	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.01	0
0.333 cup	Onions-Cooked	--	0	--	0.02	0
0.333 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.00	0
2 each	Flour Tortilla-8 inch	--	0	--	1.27	0
	Totals	0	0.35	0	3.77	0.07

Serving Size: 1783.85 g (62.92 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0	--	0.06	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.34	0.07	0
0.333 cup	Sweet Green Bell Peppers-Cooked	0	--	0.04	0.00	0
0.333 cup	Onions-Cooked	0	--	0.05	0.00	0
0.333 cup	Carrots-Raw Slices-Cooked	0	--	0.04	0.01	0
2 each	Flour Tortilla-8 inch	--	--	1.10	0.05	--
	Totals	0	0	2.81	0.24	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	--	0	0	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
2 cup	Tossed Green Salad	--	0	0	0	0
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.14	0.02	0.02	0.05
0.333 cup	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
0.333 cup	Onions-Cooked	--	0	0	0	0
0.333 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
2 each	Flour Tortilla-8 inch	--	0	0	0	0
	Totals	0	0.14	0.02	0.02	0.05

Serving Size: 1783.85 g (62.92 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
3 each	Egg White-Cooked	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
2 each	Celery-Raw-Large Outer Stalk	0	0.06
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--
334 g	Campbells Low Sodium V8 Vegetable Juice	0	0
2 cup	Tossed Green Salad	0.11	0.19
1 tbs	Fat Free Honey Dijon Salad Dressing KFT	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	0.14	1.47
0.333 cup	Sweet Green Bell Peppers-Cooked	0.00	0.04
0.333 cup	Onions-Cooked	0.00	0.05
0.333 cup	Carrots-Raw Slices-Cooked	0.01	0.04
2 each	Flour Tortilla-8 inch	0.05	1.10
	Totals	0.30	2.95

Serving Size: 1396.20 g (49.25 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
0.5 cup	Mushroom Pieces-Cooked	78.00	21.06	1.70	4.02	0.09
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
167 g	Campbells Low Sodium V8 Vegetable Juice	167.00	40.00	1.00	7.00	6.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	69.03	30.37	0.21	7.46	7.11
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
1.5 cup	Yellow Corn-Frozen-Cooked	246.00	199.26	7.45	50.43	4.43
1 each	Jello Gelatin Snacks-SugarFree-Orange	92.00	10.00	1.00	0	0
	Totals	1396.20	1361.02	107.86	205.42	40.34

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	0.37	0.01	0.14	0	0
3 each	Egg White-Cooked	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	0.17	0.05	0.08	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
	Totals	11.98	2.22	1.68	0	147.08

Serving Size: 1396.20 g (49.25 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	0.07	3.12	1.48	0.09	0.23
3 each	Egg White-Cooked	0.00	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	--	36.01	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	3.45	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
1.5 cup	Yellow Corn-Frozen-Cooked	0.25	6.40	0	0.01	0.12
1 each	Jello Gelatin Snacks-SugarFree-Orange	--	0	--	--	--
	Totals	1.43	63.80	1.99	0.92	1.18

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	4.68	--	1.36	9.36	277.68
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	20.01	--	0.72	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	3.45	--	0.14	2.76	75.94
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
1.5 cup	Yellow Corn-Frozen-Cooked	4.92	--	0.74	44.28	341.94
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	--	0	--	0
	Totals	84.02	--	5.40	130.89	1791.57

Serving Size: 1396.20 g (49.25 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	1.56	0	0	0	0.00
3 each	Egg White-Cooked	318.44	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	95.01	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	0.69	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Tossed Green Salad	14.67	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	12.30	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	50.00	0	0	0	0
	Totals	1126.04	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	0.00	0.00	0	0.02	0
3 each	Egg White-Cooked	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Tossed Green Salad	0	0	--	0.04	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	0	0	0	0.03	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
	Totals	0.02	0.05	0	1.26	0

Serving Size: 1396.20 g (49.25 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	0.01	0	0	0	0
3 each	Egg White-Cooked	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Tossed Green Salad	0.01	--	--	--	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	0.00	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
	Totals	0.44	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0.01	0
3 each	Egg White-Cooked	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	--	0	0	0.05	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
	Totals	0	0.26	0	1.88	0.05

Serving Size: 1396.20 g (49.25 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	0	--	0.14	0.00	0
3 each	Egg White-Cooked	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	0	--	0.08	0.00	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
	Totals	0	0	1.32	0.11	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0	0
3 each	Egg White-Cooked	0	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Tossed Green Salad	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	--	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 1396.20 g (49.25 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
0.5 cup	Mushroom Pieces-Cooked	0.00	0.14
3 each	Egg White-Cooked	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0
1 each	Parrillo Bar	--	--
2 oz-wt	Parrillo pro-carb	--	--
2.435 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Tossed Green Salad	0.05	0.09
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	0.00	0.08
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0
	Totals	0.16	1.42

Serving Size: 1360.03 g (47.97 oz-wt.)
Serves: 1.00
Water: 46%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
2 each	Celery-Raw-Large Outer Stalk	80.00	12.80	0.60	2.93	0.80
1 tbs	Fat Free Mayonnaise (Kraft Free)	16.00	10.00	0	2.00	0.50
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	26.00	100.00	2.00	24.00	--
1 each	Large Tomato	182.00	38.22	1.55	8.46	5.10
79.5 g	Totino's Pizza Crust	79.50	271.10	6.76	37.92	1.91
3 tbs	Tomato Sauce-Canned	45.94	13.78	0.62	3.30	1.75
3 tbs	Mushroom Pieces-Cooked	29.25	7.90	0.64	1.51	0.04
3 tsp	Onions-Cooked	13.13	5.78	0.18	1.34	0.81
6 tsp	Sweet Green Bell Peppers-Cooked	17.00	4.76	0.16	1.14	0.61
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	173.00	190.00	6.80	44.00	--
	Totals	1360.03	1364.09	74.56	233.10	44.19

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0.11	0.02	0.06	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	0	--	--	--	--
1 each	Large Tomato	0.60	0.09	0.25	0	0
79.5 g	Totino's Pizza Crust	10.49	--	--	--	0
3 tbs	Tomato Sauce-Canned	0.08	0.01	0.03	0	0
3 tbs	Mushroom Pieces-Cooked	0.14	0.00	0.05	0	0
3 tsp	Onions-Cooked	0.02	0.00	0.01	0	0
6 tsp	Sweet Green Bell Peppers-Cooked	0.03	0.00	0.02	0	0
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	0.08	0.02	0.00	--	0.28
	Totals	15.91	0.19	0.56	0	7.77

Serving Size: 1360.03 g (47.97 oz-wt.)
Serves: 1.00
Water: 46%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0.07	5.60	0	0.32	0.58
1 tbs	Fat Free Mayonnaise (Kraft Free)	--	0	--	--	--
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	0.15	34.76	0	1.46	1.69
79.5 g	Totino's Pizza Crust	--	0	--	--	--
3 tbs	Tomato Sauce-Canned	0.07	6.02	0	0.19	0.22
3 tbs	Mushroom Pieces-Cooked	0.03	1.17	0.56	0.04	0.09
3 tsp	Onions-Cooked	0.02	0.68	0	0.05	0.05
6 tsp	Sweet Green Bell Peppers-Cooked	0.04	12.65	0	0.12	--
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	0.14	2.00	--	--	--
	Totals	0.60	77.70	0.56	2.69	3.01

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	32.00	--	0.32	8.80	229.60
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	--	0	--	5.00
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	9.10	9.10	0.82	20.02	404.04
79.5 g	Totino's Pizza Crust	43.73	--	2.46	--	--
3 tbs	Tomato Sauce-Canned	6.43	--	0.35	8.73	170.43
3 tbs	Mushroom Pieces-Cooked	1.76	--	0.51	3.51	104.13
3 tsp	Onions-Cooked	2.89	2.03	0.03	1.44	21.79
6 tsp	Sweet Green Bell Peppers-Cooked	1.53	--	0.08	1.70	28.22
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	256.00	--	0.23	--	--
	Totals	372.71	11.13	5.44	58.38	1440.98

Serving Size: 1360.03 g (47.97 oz-wt.)
Serves: 1.00
Water: 46%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	69.60	0	0	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	105.00	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	16.38	0	0	0	0
79.5 g	Totino's Pizza Crust	285.41	--	--	--	--
3 tbs	Tomato Sauce-Canned	277.92	0	0	0	0
3 tbs	Mushroom Pieces-Cooked	0.59	0	0	0	0.00
3 tsp	Onions-Cooked	0.39	0	0	0	0
6 tsp	Sweet Green Bell Peppers-Cooked	0.34	0	0	0	0
1 cup	Tossed Green Salad	14.67	0	0	0	0
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	106.00	--	--	--	--
	Totals	1583.80	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0	0.00	--	0.03	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	0	0	--	0.06	--
79.5 g	Totino's Pizza Crust	--	--	--	--	--
3 tbs	Tomato Sauce-Canned	0	0	--	0.01	--
3 tbs	Mushroom Pieces-Cooked	0.00	0.00	0	0.01	0
3 tsp	Onions-Cooked	0	0.00	--	0.00	--
6 tsp	Sweet Green Bell Peppers-Cooked	0	0	0	0.00	0
1 cup	Tossed Green Salad	0	0	--	0.04	--
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0.00	0.00	0	0.15	0

Serving Size: 1360.03 g (47.97 oz-wt.)
Serves: 1.00
Water: 46%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0.00	0	0	--	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	0.02	0	0	--	0
79.5 g	Totino's Pizza Crust	--	--	--	--	--
3 tbs	Tomato Sauce-Canned	0.00	0	0	--	0
3 tbs	Mushroom Pieces-Cooked	0.00	0	0	0	0
3 tsp	Onions-Cooked	0.00	0	0	--	0
6 tsp	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
1 cup	Tossed Green Salad	0.01	--	--	--	--
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0.04	0	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	--	0.00	--	0.02	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	--	0.00	--	0.09	0
79.5 g	Totino's Pizza Crust	--	--	--	--	--
3 tbs	Tomato Sauce-Canned	--	0.00	--	0.01	0
3 tbs	Mushroom Pieces-Cooked	--	0	0	0.00	0
3 tsp	Onions-Cooked	--	0	--	0.00	0
6 tsp	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.00	0
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0	0.01	0	0.16	0

Serving Size: 1360.03 g (47.97 oz-wt.)
Serves: 1.00
Water: 46%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	0	--	0.06	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	0	--	0.24	0.01	0
79.5 g	Totino's Pizza Crust	--	--	--	--	--
3 tbs	Tomato Sauce-Canned	0	--	0.03	0.00	0
3 tbs	Mushroom Pieces-Cooked	0	--	0.05	0.00	0
3 tsp	Onions-Cooked	0	--	0.01	0.00	0
6 tsp	Sweet Green Bell Peppers-Cooked	0	--	0.02	0.00	0
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0	0	0.49	0.07	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
2 each	Celery-Raw-Large Outer Stalk	--	0	0	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Large Tomato	--	0	0	0	0
79.5 g	Totino's Pizza Crust	--	--	--	--	--
3 tbs	Tomato Sauce-Canned	--	0	0	0	0
3 tbs	Mushroom Pieces-Cooked	--	0	0	0	0
3 tsp	Onions-Cooked	--	0	0	0	0
6 tsp	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
1 cup	Tossed Green Salad	--	0	0	0	0
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0	0	0	0	0

Serving Size: 1360.03 g (47.97 oz-wt.)
Serves: 1.00
Water: 46%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
1 each	Parrillo Bar	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
2 each	Celery-Raw-Large Outer Stalk	0	0.06
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0
26 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--
1 each	Large Tomato	0.01	0.24
79.5 g	Totino's Pizza Crust	--	--
3 tbs	Tomato Sauce-Canned	0.00	0.03
3 tbs	Mushroom Pieces-Cooked	0.00	0.05
3 tsp	Onions-Cooked	0.00	0.01
6 tsp	Sweet Green Bell Peppers-Cooked	0.00	0.02
1 cup	Tossed Green Salad	0.05	0.09
1 cup	Dannon Nonfat Frozen Yogurt-All Flavors	--	--
	Totals	0.07	0.49

Serving Size: 1354.94 g (47.79 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
167 g	Campbells Low Sodium V8 Vegetable Juice	167.00	40.00	1.00	7.00	6.00
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	39.00	150.00	3.00	36.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Wendy's Grilled Chicken Sandwich	177.00	290.00	24.00	35.00	8.00
8 oz-wt	Wendy's Baked Potato-Plain	226.80	247.56	5.59	56.70	3.99
1 cup	Romaine Lettuce-Chopped	56.00	8.96	0.91	1.33	0.26
0.5 tbs	Parmesan Cheese-Grated	3.13	14.25	1.30	0.12	0.12
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	21.26	113.91	0.76	0.76	0
	Totals	1354.94	1774.58	104.07	267.43	40.89

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	0	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	7.00	--	--	--	55.00
8 oz-wt	Wendy's Baked Potato-Plain	0	0	0	0	0
1 cup	Romaine Lettuce-Chopped	0.11	0.00	0.06	0	0
0.5 tbs	Parmesan Cheese-Grated	0.94	0.27	0.02	--	2.46
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	12.15	--	--	--	15.19
	Totals	25.20	0.28	0.08	0	75.14

Serving Size: 1354.94 g (47.79 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	--	36.01	--	--	--
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	6.00	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0.64	28.75	--	--	0.11
1 cup	Romaine Lettuce-Chopped	0.03	13.44	0	0.25	0.42
0.5 tbs	Parmesan Cheese-Grated	0.00	0	0.02	0.03	--
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	0	--	--	--
	Totals	0.67	120.21	0.02	0.27	0.53

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	20.01	--	0.72	--	--
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Wendy's Grilled Chicken Sandwich	100.00	--	2.70	--	--
8 oz-wt	Wendy's Baked Potato-Plain	15.97	--	2.87	60.29	1233.82
1 cup	Romaine Lettuce-Chopped	20.16	7.84	0.62	3.36	162.40
0.5 tbs	Parmesan Cheese-Grated	42.97	--	0.03	1.59	3.34
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	15.19	--	0	--	--
	Totals	260.47	7.84	7.34	76.22	1962.35

Serving Size: 1354.94 g (47.79 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	95.01	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	720.00	--	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	19.96	0	0	0	0
1 cup	Romaine Lettuce-Chopped	4.48	0	0	0	0
0.5 tbs	Parmesan Cheese-Grated	58.16	0.05	0.02	0.01	0.02
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	189.84	--	--	--	--
	Totals	2453.39	0.05	0.02	0.01	0.02

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	--	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0	0	0	0	0
1 cup	Romaine Lettuce-Chopped	0	0	--	0.01	--
0.5 tbs	Parmesan Cheese-Grated	0.03	0.11	0.03	0.25	0.01
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0.03	0.11	0.03	0.27	0.01

Serving Size: 1354.94 g (47.79 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	--	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0	0	0	0	0
1 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
0.5 tbs	Parmesan Cheese-Grated	0.08	0	0	--	0.01
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0.09	0	0	0	0.01

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	--	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0	0	0	0	0
1 cup	Romaine Lettuce-Chopped	--	0.00	--	0.00	0
0.5 tbs	Parmesan Cheese-Grated	--	0.01	0.01	0.24	0
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0	0.02	0.01	0.25	0

Serving Size: 1354.94 g (47.79 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	--	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0	0	0	0	0
1 cup	Romaine Lettuce-Chopped	0	--	0.02	0.04	0
0.5 tbs	Parmesan Cheese-Grated	0	--	0.01	0.01	0
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0	0	0.03	0.05	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	--	--	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0	0	0	0	0
1 cup	Romaine Lettuce-Chopped	--	0	0	0	0
0.5 tbs	Parmesan Cheese-Grated	--	0	0	0	0
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0	0	0	0	0

Serving Size: 1354.94 g (47.79 oz-wt.)
Serves: 1.00
Water: 31%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--
3 each	Egg White-Cooked	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Parrillo Bar	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--
1 each	Parrillo Bar	--	--
1 each	Wendy's Grilled Chicken Sandwich	--	--
8 oz-wt	Wendy's Baked Potato-Plain	0	0
1 cup	Romaine Lettuce-Chopped	0.04	0.02
0.5 tbs	Parmesan Cheese-Grated	0.01	0.01
0.75 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--
	Totals	0.05	0.03

Serving Size: 2085.94 g (73.58 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	49.00	170.00	5.00	41.00	0
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Sweet Green Bell Peppers-Raw	74.00	19.98	0.66	4.77	1.85
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
2 each	Celery-Raw-Large Outer Stalk	80.00	12.80	0.60	2.93	0.80
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
8 oz-wt	Skinless Chicken Breast-Roasted	226.80	374.22	70.31	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	226.80	210.92	4.47	48.99	3.86
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
1 cup	Broccoli Pieces-Frozen-Cooked	184.00	51.52	5.72	9.86	3.31
0.5 cup	Long Grain White Rice-Cooked-Hot	102.50	133.25	2.77	28.91	0.21
	Totals	2085.94	2009.07	187.02	270.60	50.68

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.50	--	--	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.14	0.02	0.08	0	0
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
2 each	Celery-Raw-Large Outer Stalk	0.11	0.02	0.06	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	8.12	2.84	1.75	--	192.78
8 oz-wt	Baked Potato-Flesh Only-Medium	0.23	0.00	0.10	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
1 cup	Broccoli Pieces-Frozen-Cooked	0.22	0.01	0.10	0	0
0.5 cup	Long Grain White Rice-Cooked-Hot	0.29	0.09	0.08	--	0
	Totals	19.32	5.13	3.76	0	342.36

Serving Size: 2085.94 g (73.58 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.16	0	0	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.18	66.08	0	0.51	--
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
2 each	Celery-Raw-Large Outer Stalk	0.07	5.60	0	0.32	0.58
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	1.36	0	0.68	0.39	0.60
8 oz-wt	Baked Potato-Flesh Only-Medium	0.68	29.03	0	0.11	0.14
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
1 cup	Broccoli Pieces-Frozen-Cooked	0.24	73.78	0	0.68	0.72
0.5 cup	Long Grain White Rice-Cooked-Hot	0.10	0	0	0.06	0.22
	Totals	4.11	230.12	1.19	3.68	4.20

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	20.00	--	1.44	60.00	200.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Sweet Green Bell Peppers-Raw	6.66	--	0.34	7.40	130.98
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
2 each	Celery-Raw-Large Outer Stalk	32.00	--	0.32	8.80	229.60
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
8 oz-wt	Skinless Chicken Breast-Roasted	34.02	--	2.38	65.77	580.61
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	--	0.79	56.70	886.79
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
1 cup	Broccoli Pieces-Frozen-Cooked	93.84	--	1.12	36.80	331.20
0.5 cup	Long Grain White Rice-Cooked-Hot	10.25	--	1.24	12.30	35.88
	Totals	378.00	15.68	12.64	365.61	4178.31

Serving Size: 2085.94 g (73.58 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	1.48	0	0	0	0
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
2 each	Celery-Raw-Large Outer Stalk	69.60	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	167.83	0	0	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	0	0	0	0.00
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
1 cup	Broccoli Pieces-Frozen-Cooked	44.16	0	0	0	0
0.5 cup	Long Grain White Rice-Cooked-Hot	1.03	0	0	0	0
	Totals	991.24	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	0	0	0.02	0
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
2 each	Celery-Raw-Large Outer Stalk	0	0.00	--	0.03	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.07	--	1.56	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0	0.04	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
1 cup	Broccoli Pieces-Frozen-Cooked	0	0	0	0.03	0
0.5 cup	Long Grain White Rice-Cooked-Hot	0	0.00	--	0.07	--
	Totals	0.05	0.13	0	3.00	0

Serving Size: 2085.94 g (73.58 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0	0	0	0.00
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
2 each	Celery-Raw-Large Outer Stalk	0.00	0	0	--	0
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.57	--	--	--	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0.00	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 cup	Broccoli Pieces-Frozen-Cooked	0.00	0	0	0	0
0.5 cup	Long Grain White Rice-Cooked-Hot	0.01	--	--	--	--
	Totals	1.03	0.01	0.00	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0.01	0	0.01	0
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
2 each	Celery-Raw-Large Outer Stalk	--	0.00	--	0.02	0
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.34	--	2.38	0.07
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0.00	0	0.00	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0.01	0
0.5 cup	Long Grain White Rice-Cooked-Hot	--	0.00	--	0.09	0
	Totals	0	0.61	0	4.32	0.12

Serving Size: 2085.94 g (73.58 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	--	0.07	0.01	0
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
2 each	Celery-Raw-Large Outer Stalk	0	--	0.06	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.34	0.07	0
8 oz-wt	Baked Potato-Flesh Only-Medium	0	--	0.08	0.02	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
1 cup	Broccoli Pieces-Frozen-Cooked	0	--	0.02	0.08	0
0.5 cup	Long Grain White Rice-Cooked-Hot	0	--	0.06	0.01	0
	Totals	0	0	2.77	0.39	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0	0	0	0
2 each	Celery-Raw-Large Outer Stalk	--	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.14	0.02	0.02	0.05
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0	0
0.5 cup	Long Grain White Rice-Cooked-Hot	--	0	0	0	0
	Totals	0	0.24	0.04	0.04	0.08

Serving Size: 2085.94 g (73.58 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0.07
1 cup	Carrots-Raw-Grated	0.01	0.07
2 each	Celery-Raw-Large Outer Stalk	0	0.06
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
2 cup	Romaine Lettuce-Chopped	0.08	0.03
2 oz-wt	Parrillo pro-carb	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.14	1.47
8 oz-wt	Baked Potato-Flesh Only-Medium	0.02	0.08
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
1 cup	Broccoli Pieces-Frozen-Cooked	0.08	0.02
0.5 cup	Long Grain White Rice-Cooked-Hot	0.01	0.06
	Totals	0.51	3.01

Serving Size: 2109.88 g (74.42 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	226.80	210.92	4.47	48.99	3.86
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
1 tbs	Kraft Fat Free Italian Salad Dressing	15.50	5.00	0	1.00	1.00
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
7 oz-wt	Skinless Chicken Breast-Roasted	198.45	327.44	61.52	0	0
1 cup	Yellow Corn-Frozen-Cooked	164.00	132.84	4.97	33.62	2.95
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
1 tbs	Kraft Fat Free Italian Salad Dressing	15.50	5.00	0	1.00	1.00
1 each	Jello Gelatin Snacks-SugarFree-Orange	92.00	10.00	1.00	0	0
2 tbs	Cool Whip Topping-Lite KFT	8.00	20.00	0	2.00	1.00
	Totals	2109.88	1946.29	185.73	248.62	68.19

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
8 oz-wt	Baked Potato-Flesh Only-Medium	0.23	0.00	0.10	0	0
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
7 oz-wt	Skinless Chicken Breast-Roasted	7.10	2.48	1.53	--	168.68
1 cup	Yellow Corn-Frozen-Cooked	0.11	0.03	0.06	0	0
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	1.00	0	0	--	0
	Totals	20.23	4.71	3.29	0	323.25

Serving Size: 2109.88 g (74.42 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
8 oz-wt	Baked Potato-Flesh Only-Medium	0.68	29.03	0	0.11	0.14
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
1 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	1.19	0	0.60	0.34	0.53
1 cup	Yellow Corn-Frozen-Cooked	0.16	4.26	0	0.01	0.08
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
1 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
1 each	Jello Gelatin Snacks-SugarFree-Orange	--	0	--	--	--
2 tbs	Cool Whip Topping-Lite KFT	--	0	--	--	--
	Totals	3.23	98.95	1.11	1.80	1.95

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	--	0.79	56.70	886.79
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
1 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	20.00
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	29.77	--	2.08	57.55	508.03
1 cup	Yellow Corn-Frozen-Cooked	3.28	--	0.49	29.52	227.96
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
1 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	20.00
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	--	0	--	0
2 tbs	Cool Whip Topping-Lite KFT	0	--	0	--	5.00
	Totals	154.63	--	6.82	232.44	2991.57

Serving Size: 2109.88 g (74.42 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	0	0	0	0.00
1 cup	Tossed Green Salad	14.67	0	0	0	0
1 tbs	Kraft Fat Free Italian Salad Dressing	145.00	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	146.85	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	8.20	0	0	0	0
1 cup	Tossed Green Salad	14.67	0	0	0	0
1 tbs	Kraft Fat Free Italian Salad Dressing	145.00	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	50.00	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	--	--	--	--
	Totals	1930.05	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0	0.04	0
1 cup	Tossed Green Salad	0	0	--	0.04	--
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.06	--	1.37	--
1 cup	Yellow Corn-Frozen-Cooked	0	0	0	0.02	0
1 cup	Tossed Green Salad	0	0	--	0.04	--
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	--
	Totals	0.05	0.11	0	2.67	0

Serving Size: 2109.88 g (74.42 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0.00	0	0
1 cup	Tossed Green Salad	0.01	--	--	--	--
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	0.50	--	--	--	--
1 cup	Yellow Corn-Frozen-Cooked	0.00	0	0	0	0
1 cup	Tossed Green Salad	0.01	--	--	--	--
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	0
	Totals	0.95	0.00	0.00	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0.00	0	0.00	0
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	--	0.30	--	2.08	0.06
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0.03	0
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.56	0	3.97	0.11

Serving Size: 2109.88 g (74.42 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
8 oz-wt	Baked Potato-Flesh Only-Medium	0	--	0.08	0.02	0
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.17	0.06	0
1 cup	Yellow Corn-Frozen-Cooked	0	--	0.05	0.00	0
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0	2.49	0.24	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0	0	0	0
1 cup	Tossed Green Salad	--	0	0	0	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	--	0.12	0.02	0.02	0.04
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0	0
1 cup	Tossed Green Salad	--	0	0	0	0
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.22	0.04	0.04	0.07

Serving Size: 2109.88 g (74.42 oz-wt.)
Serves: 1.00
Water: 48%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
8 oz-wt	Baked Potato-Flesh Only-Medium	0.02	0.08
1 cup	Tossed Green Salad	0.05	0.09
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
7 oz-wt	Skinless Chicken Breast-Roasted	0.12	1.29
1 cup	Yellow Corn-Frozen-Cooked	0.00	0.05
1 cup	Tossed Green Salad	0.05	0.09
1 tbs	Kraft Fat Free Italian Salad Dressing	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0
	Totals	0.35	2.72

Serving Size: 1329.31 g (46.89 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	39.00	150.00	3.00	36.00	--
0.666 cup	Carrots-Raw-Grated	73.26	31.50	0.76	7.40	4.84
0.666 cup	Celery-Raw-Chopped	79.92	12.79	0.60	2.93	0.80
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	66.60	17.98	0.59	4.29	1.67
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	170.10	168.40	35.55	0	0
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
1 each	Chips Ahoy! Chocolate Chip Cookies	10.67	53.33	0.67	7.00	3.33
	Totals	1329.31	1472.43	161.17	163.61	42.40

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	0	--	--	--	--
0.666 cup	Carrots-Raw-Grated	0.14	0.01	0.06	0	0
0.666 cup	Celery-Raw-Chopped	0.11	0.02	0.06	0	0
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	0.13	0.02	0.07	0	0
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	1.85	0.34	0.75	0	331.70
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
1 each	Chips Ahoy! Chocolate Chip Cookies	2.67	0.83	0	--	0
	Totals	16.34	3.37	2.39	0	501.27

Serving Size: 1329.31 g (46.89 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	0.11	6.81	0	0.44	0.44
0.666 cup	Celery-Raw-Chopped	0.07	5.59	0	0.32	0.58
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	0.17	59.47	0	0.46	--
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	0.22	3.74	6.09	2.89	--
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
1 each	Chips Ahoy! Chocolate Chip Cookies	--	--	--	--	--
	Totals	1.67	126.46	6.60	4.93	1.85

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	19.78	--	0.37	10.99	236.63
0.666 cup	Celery-Raw-Chopped	31.97	--	0.32	8.79	229.37
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	5.99	--	0.31	6.66	117.88
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	66.34	--	5.27	57.83	309.58
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
1 each	Chips Ahoy! Chocolate Chip Cookies	--	--	0.36	--	18.33
	Totals	208.88	--	9.41	147.78	1975.03

Serving Size: 1329.31 g (46.89 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	25.64	0	0	0	0
0.666 cup	Celery-Raw-Chopped	69.53	0	0	0	0
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	1.33	0	0	0	0
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	381.02	0	0	0	0
1 cup	Tossed Green Salad	14.67	0	0	0	0
1 each	Chips Ahoy! Chocolate Chip Cookies	36.67	--	--	--	--
	Totals	1449.74	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	0.00	0.00	--	0.02	--
0.666 cup	Celery-Raw-Chopped	0	0.00	--	0.03	--
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	0	0	0	0.01	0
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	0	0.03	--	0.24	--
1 cup	Tossed Green Salad	0	0	--	0.04	--
1 each	Chips Ahoy! Chocolate Chip Cookies	--	--	--	--	--
	Totals	0.02	0.08	0	1.51	0

Serving Size: 1329.31 g (46.89 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
0.666 cup	Celery-Raw-Chopped	0.00	0	0	--	0
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	0.00	0	0	0	0.00
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	0.16	--	--	--	--
1 cup	Tossed Green Salad	0.01	--	--	--	--
1 each	Chips Ahoy! Chocolate Chip Cookies	--	--	--	--	--
	Totals	0.61	0.00	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	--	0.00	--	0.00	0
0.666 cup	Celery-Raw-Chopped	--	0.00	--	0.02	0
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	--	0.01	0	0.01	0
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	--	0.10	--	0.19	0.02
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
1 each	Chips Ahoy! Chocolate Chip Cookies	--	--	--	--	--
	Totals	0	0.37	0	2.04	0.07

Serving Size: 1329.31 g (46.89 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	0	--	0.05	0.01	0
0.666 cup	Celery-Raw-Chopped	0	--	0.06	0	0
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	0	--	0.06	0.01	0
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	0.01	--	0.04	0.02	0
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
1 each	Chips Ahoy! Chocolate Chip Cookies	--	--	0	0	0
	Totals	0.01	0	1.30	0.14	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--	--	--	--
0.666 cup	Carrots-Raw-Grated	--	0	0	0	0
0.666 cup	Celery-Raw-Chopped	--	0	0	0	0
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	--	0	0	0	0
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	--	0.12	0.29	0.03	0.24
1 cup	Tossed Green Salad	--	0	0	0	0
1 each	Chips Ahoy! Chocolate Chip Cookies	0	0	0	0	0
	Totals	0	0.22	0.31	0.05	0.28

Serving Size: 1329.31 g (46.89 oz-wt.)
Serves: 1.00
Water: 43%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
39 g	Quaker RiceCake Caramel 1 ea.13 gr.	--	--
0.666 cup	Carrots-Raw-Grated	0.01	0.05
0.666 cup	Celery-Raw-Chopped	0	0.06
0.666 cup	Sweet Green Bell Peppers-Raw-Chopped	0.01	0.06
6 oz-wt	Small Shrimp-Steamed/Cooked Moist	0.56	0.16
1 cup	Tossed Green Salad	0.05	0.09
1 each	Chips Ahoy! Chocolate Chip Cookies	0	0
	Totals	0.72	1.52

Serving Size: 1720.02 g (60.67 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
0.5 cup	Blackberries	72.00	37.44	0.52	9.22	5.62
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Potato-Mashed	242.13	200.97	5.62	38.98	--
15.3125 g	1/2% milk 1 cup 245 gr.	15.31	5.63	0.63	0.81	0.81
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
0.5 cup	Broccoli Pieces-Cooked	78.00	21.84	2.33	3.95	1.40
0.5 cup	Mushroom Pieces-Cooked	78.00	21.06	1.70	4.02	0.09
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 each	Wendy's Caesar Side Salad	89.00	110.00	8.00	8.00	6.00
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	14.18	75.94	0.51	0.51	0
2 piece	Fresh Tomato Slices	40.00	8.40	0.34	1.86	1.12
	Totals	1720.02	2084.15	212.70	211.82	44.67

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
0.5 cup	Blackberries	0.28	0.06	0.07	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Potato-Mashed	2.95	0.85	0.71	0	4.84
15.3125 g	1/2% milk 1 cup 245 gr.	0	--	--	--	0.31
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
0.5 cup	Broccoli Pieces-Cooked	0.27	0.02	0.13	0	0
0.5 cup	Mushroom Pieces-Cooked	0.37	0.01	0.14	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 each	Wendy's Caesar Side Salad	5.00	--	--	--	10.00
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	8.10	--	--	--	10.13
2 piece	Fresh Tomato Slices	0.13	0.02	0.05	0	0
	Totals	35.34	5.22	3.73	0	339.54

Serving Size: 1720.02 g (60.67 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Blackberries	0.04	15.12	0	0.52	1.94
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Potato-Mashed	0.56	0.97	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
0.5 cup	Broccoli Pieces-Cooked	0.11	58.19	0	0.86	0.90
0.5 cup	Mushroom Pieces-Cooked	0.07	3.12	1.48	0.09	0.23
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 each	Wendy's Caesar Side Salad	--	15.00	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	0	--	--	--
2 piece	Fresh Tomato Slices	0.03	7.64	0	0.32	0.37
	Totals	2.86	136.05	2.50	2.37	4.35

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
1 each	Parrillo Bar	--	--	--	--	210.00
0.5 cup	Blackberries	23.04	--	0.41	14.40	141.12
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Potato-Mashed	50.85	--	1.14	43.58	711.86
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
0.5 cup	Broccoli Pieces-Cooked	35.88	--	0.66	18.72	227.76
0.5 cup	Mushroom Pieces-Cooked	4.68	--	1.36	9.36	277.68
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 each	Wendy's Caesar Side Salad	40.00	--	1.08	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	10.13	--	0	--	--
2 piece	Fresh Tomato Slices	2.00	2.00	0.18	4.40	88.80
	Totals	264.92	2.00	8.89	200.10	3031.02

Serving Size: 1720.02 g (60.67 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
0.5 cup	Blackberries	0	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Potato-Mashed	549.64	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	8.44	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
0.5 cup	Broccoli Pieces-Cooked	20.28	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	1.56	0	0	0	0.00
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 each	Wendy's Caesar Side Salad	660.00	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	126.56	--	--	--	--
2 piece	Fresh Tomato Slices	3.60	0	0	0	0
	Totals	2845.26	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Blackberries	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Cooked	0	0	0	0.04	0
0.5 cup	Mushroom Pieces-Cooked	0.00	0.00	0	0.02	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 piece	Fresh Tomato Slices	0	0	--	0.01	--
	Totals	0.04	0.10	0	2.42	0

Serving Size: 1720.02 g (60.67 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Blackberries	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Cooked	0.01	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	0.01	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 piece	Fresh Tomato Slices	0.01	0	0	--	0
	Totals	0.87	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Blackberries	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Cooked	--	0	0	0.02	0
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0.01	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 piece	Fresh Tomato Slices	--	0.00	--	0.02	0
	Totals	0	0.51	0	3.62	0.10

Serving Size: 1720.02 g (60.67 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Blackberries	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Cooked	0	--	0.03	0.10	0
0.5 cup	Mushroom Pieces-Cooked	0	--	0.14	0.00	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 piece	Fresh Tomato Slices	0	--	0.05	0.00	0
	Totals	0	0	2.23	0.21	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Blackberries	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Cooked	--	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 piece	Fresh Tomato Slices	--	0	0	0	0
	Totals	0	0.20	0.03	0.03	0.07

Serving Size: 1720.02 g (60.67 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
3 each	Egg White-Cooked	0	0
1 each	Parrillo Bar	--	--
0.5 cup	Blackberries	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Potato-Mashed	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
0.5 cup	Broccoli Pieces-Cooked	0.10	0.03
0.5 cup	Mushroom Pieces-Cooked	0.00	0.14
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 each	Wendy's Caesar Side Salad	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--
2 piece	Fresh Tomato Slices	0.00	0.05
	Totals	0.31	2.43

Serving Size: 1017.73 g (35.90 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
22 g	Designer Protein 1 scoop 22 gr.	22.00	84.00	18.00	1.50	0.30
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
6 oz-wt	Baked Potato-Flesh Only-Medium	170.10	158.19	3.35	36.74	2.89
1 each	Wendy's Caesar Side Salad	89.00	110.00	8.00	8.00	6.00
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	14.18	75.94	0.51	0.51	0
	Totals	1017.73	1559.10	152.73	173.86	40.05

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	1.00	--	--	--	10.00
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
6 oz-wt	Baked Potato-Flesh Only-Medium	0.17	0.00	0.07	0	0
1 each	Wendy's Caesar Side Salad	5.00	--	--	--	10.00
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	8.10	--	--	--	10.13
	Totals	26.57	2.14	1.47	0	199.70

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
6 oz-wt	Baked Potato-Flesh Only-Medium	0.51	21.77	0	0.09	0.10
1 each	Wendy's Caesar Side Salad	--	15.00	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	0	--	--	--
	Totals	1.69	47.00	0.51	1.03	1.21

Serving Size: 1017.73 g (35.90 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	75.00
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
6 oz-wt	Baked Potato-Flesh Only-Medium	8.51	--	0.60	42.53	665.09
1 each	Wendy's Caesar Side Salad	40.00	--	1.08	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	10.13	--	0	--	--
	Totals	113.85	--	4.01	108.35	1890.85

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	40.00	--	--	--	--
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
6 oz-wt	Baked Potato-Flesh Only-Medium	8.51	0	0	0	0.00
1 each	Wendy's Caesar Side Salad	660.00	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	126.56	--	--	--	--
	Totals	1364.44	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
6 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0	0.03	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0.03	0.05	0	1.23	0

Serving Size: 1017.73 g (35.90 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
6 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0.00	0	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0.43	0.01	0.00	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
6 oz-wt	Baked Potato-Flesh Only-Medium	--	0.00	0	0.00	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	--	0.26	0	1.79	0.05

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
6 oz-wt	Baked Potato-Flesh Only-Medium	0	--	0.06	0.02	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	0	--	1.14	0.08	0

Serving Size: 1017.73 g (35.90 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 cup	Carrots-Raw-Grated	--	0	0	0	0
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
6 oz-wt	Baked Potato-Flesh Only-Medium	--	0	0	0	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
	Totals	--	0.10	0.02	0.02	0.03

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--
1 cup	Carrots-Raw-Grated	0.01	0.07
1 oz-wt	Parrillo pro-carb	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
6 oz-wt	Baked Potato-Flesh Only-Medium	0.02	0.06
1 each	Wendy's Caesar Side Salad	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--
	Totals	0.13	1.24

Serving Size: 1803.03 g (63.60 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	155.93	99.79	3.90	19.96	0.62
0.5 tbs	Safflower Oil	6.81	60.22	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
1 each	Celery-Raw-Large Outer Stalk	40.00	6.40	0.30	1.46	0.40
1 tbs	Fat Free Mayonnaise (Kraft Free)	16.00	10.00	0	2.00	0.50
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
1 each	Sweet Green Bell Peppers-Raw	74.00	19.98	0.66	4.77	1.85
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
1 cup	Yellow Corn-Frozen-Cooked	164.00	132.84	4.97	33.62	2.95
	Totals	1803.03	1706.05	179.09	185.18	54.19

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	0.16	--	--	--	0
0.5 tbs	Safflower Oil	6.81	0.82	5.08	--	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	0.06	0.01	0.03	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
1 each	Sweet Green Bell Peppers-Raw	0.14	0.02	0.08	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
1 cup	Yellow Corn-Frozen-Cooked	0.11	0.03	0.06	0	0
	Totals	23.65	5.15	7.95	0	294.16

Serving Size: 1803.03 g (63.60 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	32.74	--	--	--
0.5 tbs	Safflower Oil	0	0	0	2.34	2.60
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	0.03	2.80	0	0.16	0.29
1 tbs	Fat Free Mayonnaise (Kraft Free)	--	0	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.18	66.08	0	0.51	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
1 cup	Yellow Corn-Frozen-Cooked	0.16	4.26	0	0.01	0.08
	Totals	2.50	160.41	1.02	3.76	3.87

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	6.24	--	0.78	29.63	670.48
0.5 tbs	Safflower Oil	0	--	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	16.00	--	0.16	4.40	114.80
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	--	0	--	5.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
1 each	Sweet Green Bell Peppers-Raw	6.66	--	0.34	7.40	130.98
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
1 cup	Yellow Corn-Frozen-Cooked	3.28	--	0.49	29.52	227.96
	Totals	197.57	--	7.15	214.89	2687.84

Serving Size: 1803.03 g (63.60 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	4.68	--	--	--	--
0.5 tbs	Safflower Oil	0	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	34.80	0	0	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	105.00	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	1.48	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	8.20	0	0	0	0
	Totals	1808.38	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.5 tbs	Safflower Oil	0	0.01	0	0.45	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	0	0.00	--	0.01	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	0	0	0.02	0
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
1 cup	Yellow Corn-Frozen-Cooked	0	0	0	0.02	0
	Totals	0.03	0.11	0	2.88	0

Serving Size: 1803.03 g (63.60 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.5 tbs	Safflower Oil	0.15	0.01	--	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	0.00	0	0	--	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0	0	0	0.00
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	0.00	0	0	0	0
	Totals	1.01	0.01	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.5 tbs	Safflower Oil	--	0.03	0	0.79	0.01
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	--	0.00	--	0.01	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0.01	0	0.01	0
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0.03	0
	Totals	0	0.55	0	4.42	0.11

Serving Size: 1803.03 g (63.60 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.5 tbs	Safflower Oil	0	--	5.05	0.03	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	0	--	0.03	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	--	0.07	0.01	0
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
1 cup	Yellow Corn-Frozen-Cooked	0	--	0.05	0.00	0
	Totals	0	0	7.24	0.19	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.5 tbs	Safflower Oil	--	0	0	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Celery-Raw-Large Outer Stalk	--	0	0	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0	0
	Totals	0	0.20	0.03	0.03	0.07

Serving Size: 1803.03 g (63.60 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
5.5 oz-wt	New Potato-Peeled Cooked (Australian)	--	--
0.5 tbs	Safflower Oil	0.03	5.05
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
1 each	Celery-Raw-Large Outer Stalk	0	0.03
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0.07
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
1 cup	Yellow Corn-Frozen-Cooked	0.00	0.05
	Totals	0.30	7.45

Notes

Part. listed...roasted potatoes...1 cup...later clarification...new potatoes-cooked...1/2 tablespoon of safflower oil. Food Processoe does not offer this item in a cup measure. I looked at the oz. wt. of 1 cup of diced potatoes... and used that oz. wt. as an app. oz. wt. for the 1 cup of new potatoes the participant consumed.

Serving Size: 2054.18 g (72.46 oz-wt.)
Serves: 1.00
Water: 71%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
1 cup	Oatmeal Cereal-Cooked	234.00	145.08	6.08	25.27	0.94
4 each	Egg White-Cooked	133.60	66.53	14.00	1.37	1.38
0.5 cup	Mushroom Pieces-Cooked	78.00	21.06	1.70	4.02	0.09
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
8 oz-wt	Skinless Chicken Breast-Roasted	226.80	374.22	70.31	0	0
2 cup	Carrots-Raw Slices-Cooked	312.00	140.40	3.43	32.76	12.79
2 cup	Green Snap/String Beans-Frozen-Cooked	270.00	70.20	3.70	16.55	7.02
1 cup	Potato-Mashed	242.13	200.97	5.62	38.98	--
15.3125 g	1/2% milk 1 cup 245 gr.	15.31	5.63	0.63	0.81	0.81
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	92.00	25.76	2.86	4.93	1.66
	Totals	2054.18	1826.98	171.87	230.72	47.12

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
1 cup	Oatmeal Cereal-Cooked	2.34	0.75	0.87	--	0
4 each	Egg White-Cooked	0	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	0.37	0.01	0.14	0	0
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	8.12	2.84	1.75	--	192.78
2 cup	Carrots-Raw Slices-Cooked	0.56	0.03	0.27	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	0.38	0.01	0.19	0	0
1 cup	Potato-Mashed	2.95	0.85	0.71	0	4.84
15.3125 g	1/2% milk 1 cup 245 gr.	0	--	--	--	0.31
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
0.5 cup	Broccoli Pieces-Frozen-Cooked	0.11	0.01	0.05	0	0
	Totals	18.88	4.50	3.98	0	220.53

Serving Size: 2054.18 g (72.46 oz-wt.)
Serves: 1.00
Water: 71%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
1 cup	Oatmeal Cereal-Cooked	0.05	0	0	0.23	--
4 each	Egg White-Cooked	0.01	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	0.07	3.12	1.48	0.09	0.23
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	1.36	0	0.68	0.39	0.60
2 cup	Carrots-Raw Slices-Cooked	0.77	7.18	0	1.31	1.56
2 cup	Green Snap/String Beans-Frozen-Cooked	0.15	22.14	0	0.32	--
1 cup	Potato-Mashed	0.56	0.97	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	0.12	36.89	0	0.34	0.36
	Totals	3.08	77.74	2.16	2.69	2.75

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
1 cup	Oatmeal Cereal-Cooked	18.72	--	1.59	56.16	131.04
4 each	Egg White-Cooked	8.22	--	0.04	14.64	190.38
0.5 cup	Mushroom Pieces-Cooked	4.68	--	1.36	9.36	277.68
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Parrillo Bar	--	--	--	--	210.00
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
8 oz-wt	Skinless Chicken Breast-Roasted	34.02	--	2.38	65.77	580.61
2 cup	Carrots-Raw Slices-Cooked	96.72	--	1.93	40.56	708.24
2 cup	Green Snap/String Beans-Frozen-Cooked	121.50	--	2.21	56.70	302.40
1 cup	Potato-Mashed	50.85	--	1.14	43.58	711.86
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
0.5 cup	Broccoli Pieces-Frozen-Cooked	46.92	--	0.56	18.40	165.60
	Totals	390.22	--	11.62	311.13	3801.63

Serving Size: 2054.18 g (72.46 oz-wt.)
Serves: 1.00
Water: 71%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
1 cup	Oatmeal Cereal-Cooked	2.34	0	0	0	0
4 each	Egg White-Cooked	424.58	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	1.56	0	0	0	0.00
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	167.83	0	0	0	0
2 cup	Carrots-Raw Slices-Cooked	205.92	0	0	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	35.10	0	0	0	0
1 cup	Potato-Mashed	549.64	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	8.44	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	22.08	0	0	0	0
	Totals	1726.48	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
1 cup	Oatmeal Cereal-Cooked	0	0	--	0.35	--
4 each	Egg White-Cooked	0	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	0.00	0.00	0	0.02	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.07	--	1.56	--
2 cup	Carrots-Raw Slices-Cooked	0.01	0.00	--	0.08	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.07	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	0	0	0	0.01	0
	Totals	0.03	0.07	0	2.10	0

Serving Size: 2054.18 g (72.46 oz-wt.)
Serves: 1.00
Water: 71%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
1 cup	Oatmeal Cereal-Cooked	0.02	--	--	--	--
4 each	Egg White-Cooked	0	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	0.01	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.57	--	--	--	--
2 cup	Carrots-Raw Slices-Cooked	0.01	0.01	0	--	0
2 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	0.00	0	0	0	0
	Totals	0.62	0.01	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
1 cup	Oatmeal Cereal-Cooked	--	0	--	0.75	0
4 each	Egg White-Cooked	0	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0.01	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.34	--	2.38	0.07
2 cup	Carrots-Raw Slices-Cooked	--	0.01	--	0.02	0
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0.01	0
	Totals	0	0.35	0	3.18	0.07

Serving Size: 2054.18 g (72.46 oz-wt.)
Serves: 1.00
Water: 71%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
1 cup	Oatmeal Cereal-Cooked	0	--	0.84	0.05	0
4 each	Egg White-Cooked	0	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	0	--	0.14	0.00	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.34	0.07	0
2 cup	Carrots-Raw Slices-Cooked	0	--	0.24	0.03	0
2 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.07	0.11	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	0	--	0.01	0.04	0
	Totals	0	0	2.64	0.30	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
1 cup	Oatmeal Cereal-Cooked	--	0	0	0	0
4 each	Egg White-Cooked	0	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0	0
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.14	0.02	0.02	0.05
2 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0	0
	Totals	0	0.14	0.02	0.02	0.05

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Serving Size: 2054.18 g (72.46 oz-wt.)
Serves: 1.00
Water: 71%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
1 cup	Oatmeal Cereal-Cooked	0.05	0.84
4 each	Egg White-Cooked	0	0
0.5 cup	Mushroom Pieces-Cooked	0.00	0.14
122.5 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
1 each	Parrillo Bar	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.14	1.47
2 cup	Carrots-Raw Slices-Cooked	0.03	0.24
2 cup	Green Snap/String Beans-Frozen-Cooked	0.11	0.07
1 cup	Potato-Mashed	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
0.5 cup	Broccoli Pieces-Frozen-Cooked	0.04	0.01
	Totals	0.37	2.78

Serving Size: 2202.85 g (77.70 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
120 g	Kashi Medeley1/2c 30 g.	120.00	400.00	16.00	80.00	20.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
8 fl oz	Nonfat Skim Milk	245.00	85.51	8.38	11.91	11.91
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Long Grain White Rice-Cooked-Hot	205.00	266.50	5.54	57.81	0.41
0.5 cup	Mushroom Pieces-Cooked	78.00	21.06	1.70	4.02	0.09
1 cup	Progresso Manhatten Clam Chowder-Prep	239.00	110.00	12.00	11.00	3.00
2 tbs	Regina Cooking Wine Sherry	29.90	35.00	0	5.00	0.05
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
0.5 cup	Potato-Mashed	121.07	100.48	2.81	19.49	--
0.5 tbs	Nonfat Skim Milk	7.66	2.67	0.26	0.37	0.37
0.5 tbs	Butter Replacement-Dry (Butter Buds)	2.50	9.33	0.05	2.23	--
1 cup	Broccoli Pieces-Frozen-Cooked	184.00	51.52	5.72	9.86	3.31
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
1 each	Jello Pudding Snack-Fat Free-Chocolate	113.00	100.00	3.00	23.00	17.00
	Totals	2202.85	2260.82	220.96	278.70	66.13

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
120 g	Kashi Medeley1/2c 30 g.	4.00	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
8 fl oz	Nonfat Skim Milk	0.44	0.11	0.02	0.01	4.41
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Long Grain White Rice-Cooked-Hot	0.57	0.18	0.16	--	0
0.5 cup	Mushroom Pieces-Cooked	0.37	0.01	0.14	0	0
1 cup	Progresso Manhatten Clam Chowder-Prep	2.00	0.50	1.50	--	10.00
2 tbs	Regina Cooking Wine Sherry	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
0.5 cup	Potato-Mashed	1.48	0.42	0.35	0	2.42
0.5 tbs	Nonfat Skim Milk	0.01	0.00	0.00	0.00	0.14
0.5 tbs	Butter Replacement-Dry (Butter Buds)	0.03	0.01	0.00	--	0.05
1 cup	Broccoli Pieces-Frozen-Cooked	0.22	0.01	0.10	0	0
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
	Totals	24.99	5.56	5.19	0.01	326.19

Serving Size: 2202.85 g (77.70 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
8 fl oz	Nonfat Skim Milk	0.10	2.40	2.45	0.01	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Long Grain White Rice-Cooked-Hot	0.19	0	0	0.12	0.43
0.5 cup	Mushroom Pieces-Cooked	0.07	3.12	1.48	0.09	0.23
1 cup	Progresso Manhatten Clam Chowder-Prep	--	3.60	--	--	--
2 tbs	Regina Cooking Wine Sherry	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
0.5 cup	Potato-Mashed	0.28	0.48	--	--	--
0.5 tbs	Nonfat Skim Milk	0.00	0.08	0.08	0.00	--
0.5 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
1 cup	Broccoli Pieces-Frozen-Cooked	0.24	73.78	0	0.68	0.72
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	--	0	--	--	--
	Totals	3.10	113.11	5.03	2.54	3.04

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
8 fl oz	Nonfat Skim Milk	301.35	--	0.10	27.93	406.70
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Long Grain White Rice-Cooked-Hot	20.50	--	2.48	24.60	71.75
0.5 cup	Mushroom Pieces-Cooked	4.68	--	1.36	9.36	277.68
1 cup	Progresso Manhatten Clam Chowder-Prep	40.00	--	1.80	--	--
2 tbs	Regina Cooking Wine Sherry	--	--	--	--	25.00
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
0.5 cup	Potato-Mashed	25.42	--	0.57	21.79	355.93
0.5 tbs	Nonfat Skim Milk	9.42	--	0.00	0.87	12.71
0.5 tbs	Butter Replacement-Dry (Butter Buds)	0.58	--	0.05	0	0.05
1 cup	Broccoli Pieces-Frozen-Cooked	93.84	--	1.12	36.80	331.20
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
1 each	Jello Pudding Snack-Fat Free-Chocolate	80.00	--	0.72	--	210.00
	Totals	671.54	--	13.07	259.35	3640.27

Serving Size: 2202.85 g (77.70 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
120 g	Kashi Medeley1/2c 30 g.	200.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
8 fl oz	Nonfat Skim Milk	126.18	0.02	0.00	0.00	0.01
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Long Grain White Rice-Cooked-Hot	2.05	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	1.56	0	0	0	0.00
1 cup	Progresso Manhatten Clam Chowder-Prep	710.00	0	0	0	0
2 tbs	Regina Cooking Wine Sherry	360.00	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
0.5 cup	Potato-Mashed	274.82	--	--	--	--
0.5 tbs	Nonfat Skim Milk	3.94	0.00	0.00	0.00	0.00
0.5 tbs	Butter Replacement-Dry (Butter Buds)	30.00	--	--	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	44.16	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	190.00	0	0	0	0
	Totals	2962.24	0.02	0.00	0.01	0.01

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
8 fl oz	Nonfat Skim Milk	0.01	0.04	0.01	0.09	0.01
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Long Grain White Rice-Cooked-Hot	0	0.00	--	0.14	--
0.5 cup	Mushroom Pieces-Cooked	0.00	0.00	0	0.02	0
1 cup	Progresso Manhatten Clam Chowder-Prep	0	0	0	0	0
2 tbs	Regina Cooking Wine Sherry	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
0.5 cup	Potato-Mashed	--	--	--	--	--
0.5 tbs	Nonfat Skim Milk	0.00	0.00	0.00	0.00	0.00
0.5 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	0	0	0	0.03	0
2 cup	Tossed Green Salad	0	0	--	0.07	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
	Totals	0.05	0.15	0.01	2.71	0.01

Serving Size: 2202.85 g (77.70 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
8 fl oz	Nonfat Skim Milk	0.05	0	0	--	0.00
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Long Grain White Rice-Cooked-Hot	0.01	--	--	--	--
0.5 cup	Mushroom Pieces-Cooked	0.01	0	0	0	0
1 cup	Progresso Manhatten Clam Chowder-Prep	0	0	0	0	--
2 tbs	Regina Cooking Wine Sherry	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
0.5 cup	Potato-Mashed	--	--	--	--	--
0.5 tbs	Nonfat Skim Milk	0.00	0	0	--	0.00
0.5 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	0.00	0	0	0	0
2 cup	Tossed Green Salad	0.02	--	--	--	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
	Totals	0.94	0	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
8 fl oz	Nonfat Skim Milk	--	0.01	0.00	0.09	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Long Grain White Rice-Cooked-Hot	--	0.00	--	0.18	0
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0.01	0
1 cup	Progresso Manhatten Clam Chowder-Prep	--	--	--	--	--
2 tbs	Regina Cooking Wine Sherry	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
0.5 cup	Potato-Mashed	--	--	--	--	--
0.5 tbs	Nonfat Skim Milk	--	0.00	0.00	0.00	0
0.5 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0.01	0
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
	Totals	0	0.52	0.00	3.92	0.10

Serving Size: 2202.85 g (77.70 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
8 fl oz	Nonfat Skim Milk	0	--	0.01	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Long Grain White Rice-Cooked-Hot	0	--	0.13	0.03	0
0.5 cup	Mushroom Pieces-Cooked	0	--	0.14	0.00	0
1 cup	Progresso Manhatten Clam Chowder-Prep	--	--	--	--	--
2 tbs	Regina Cooking Wine Sherry	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
0.5 cup	Potato-Mashed	--	--	--	--	--
0.5 tbs	Nonfat Skim Milk	0	--	0.00	0	0
0.5 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	0	--	0.02	0.08	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
	Totals	0	0	2.50	0.31	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
8 fl oz	Nonfat Skim Milk	--	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Long Grain White Rice-Cooked-Hot	--	0	0	0	0
0.5 cup	Mushroom Pieces-Cooked	--	0	0	0	0
1 cup	Progresso Manhatten Clam Chowder-Prep	--	--	--	--	--
2 tbs	Regina Cooking Wine Sherry	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
0.5 cup	Potato-Mashed	--	--	--	--	--
0.5 tbs	Nonfat Skim Milk	--	0	0	0	0
0.5 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0	0
2 cup	Tossed Green Salad	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
	Totals	0	0.20	0.03	0.03	0.07

Serving Size: 2202.85 g (77.70 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--
3 each	Egg White-Cooked	0	0
8 fl oz	Nonfat Skim Milk	0	0.01
44 g	Designer Protein 1 scoop 22 gr.	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Long Grain White Rice-Cooked-Hot	0.03	0.13
0.5 cup	Mushroom Pieces-Cooked	0.00	0.14
1 cup	Progresso Manhatten Clam Chowder-Prep	--	--
2 tbs	Regina Cooking Wine Sherry	0	0
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
0.5 cup	Potato-Mashed	--	--
0.5 tbs	Nonfat Skim Milk	0	0.00
0.5 tbs	Butter Replacement-Dry (Butter Buds)	--	--
1 cup	Broccoli Pieces-Frozen-Cooked	0.08	0.02
2 cup	Tossed Green Salad	0.11	0.19
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0
	Totals	0.41	2.70

Serving Size: 1442.41 g (50.88 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
1 tbs	Sweet Pickle Relish	15.31	21.13	0.08	5.21	4.66
1 tbs	Fat Free Mayonnaise (Kraft Free)	16.00	10.00	0	2.00	0.50
1 cup	Yellow Corn-Frozen-Cooked	164.00	132.84	4.97	33.62	2.95
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
1 each	Large Tomato	182.00	38.22	1.55	8.46	5.10
3 oz-wt	Skinless Chicken Breast-Roasted	85.05	140.33	26.37	0	0
1 cup	Mixed Vegetables-Frozen-Cooked	182.00	107.38	5.22	23.84	5.82
1 cup	Peeled Potato-Diced-Cooked	156.00	134.16	2.68	31.20	1.56
	Totals	1442.41	1409.98	128.69	203.00	46.71

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
1 each	Parrillo Bar	1.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
1 tbs	Sweet Pickle Relish	0.09	0.00	0.04	0	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	0.11	0.03	0.06	0	0
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Large Tomato	0.60	0.09	0.25	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	3.04	1.06	0.65	--	72.29
1 cup	Mixed Vegetables-Frozen-Cooked	0.27	0.02	0.13	0	0
1 cup	Peeled Potato-Diced-Cooked	0.16	0.00	0.07	0	0
	Totals	10.51	1.22	1.31	0	97.28

Serving Size: 1442.41 g (50.88 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	0.00	0.92	0	0.02	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	--	0	--	--	--
1 cup	Yellow Corn-Frozen-Cooked	0.16	4.26	0	0.01	0.08
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
1 each	Large Tomato	0.15	34.76	0	1.46	1.69
3 oz-wt	Skinless Chicken Breast-Roasted	0.51	0	0.26	0.14	0.23
1 cup	Mixed Vegetables-Frozen-Cooked	0.13	5.82	0	0.66	0.76
1 cup	Peeled Potato-Diced-Cooked	0.42	11.54	0	0.08	0.09
	Totals	1.43	84.19	0.26	2.86	3.69

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
1 each	Parrillo Bar	--	--	--	--	210.00
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	3.06	--	0.12	0.75	30.63
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	--	0	--	5.00
1 cup	Yellow Corn-Frozen-Cooked	3.28	--	0.49	29.52	227.96
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
1 each	Large Tomato	9.10	9.10	0.82	20.02	404.04
3 oz-wt	Skinless Chicken Breast-Roasted	12.76	--	0.89	24.66	217.73
1 cup	Mixed Vegetables-Frozen-Cooked	45.50	--	1.49	40.04	307.58
1 cup	Peeled Potato-Diced-Cooked	12.48	--	0.48	31.20	511.68
	Totals	126.50	24.78	5.53	152.91	2429.41

Serving Size: 1442.41 g (50.88 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
1 tbs	Sweet Pickle Relish	109.03	--	--	--	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	105.00	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	8.20	0	0	0	0
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
1 each	Large Tomato	16.38	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	62.94	0	0	0	0
1 cup	Mixed Vegetables-Frozen-Cooked	63.70	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	7.80	0	0	0	0.00
	Totals	1387.00	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	--	--	--	--	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	0	0	0	0.02	0
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Large Tomato	0	0	--	0.06	--
3 oz-wt	Skinless Chicken Breast-Roasted	0.01	0.03	--	0.59	--
1 cup	Mixed Vegetables-Frozen-Cooked	0	0	--	0.05	--
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0	0.03	0
	Totals	0.01	0.03	0	0.77	0

Serving Size: 1442.41 g (50.88 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	--	--	--	--	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	0.00	0	0	0	0
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Large Tomato	0.02	0	0	--	0
3 oz-wt	Skinless Chicken Breast-Roasted	0.21	--	--	--	--
1 cup	Mixed Vegetables-Frozen-Cooked	0.01	0	0	--	0
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0.00	0	0
	Totals	0.25	0.00	0.00	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	--	--	--	0	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0.03	0
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Large Tomato	--	0.00	--	0.09	0
3 oz-wt	Skinless Chicken Breast-Roasted	--	0.13	--	0.89	0.03
1 cup	Mixed Vegetables-Frozen-Cooked	--	0	--	0.02	0
1 cup	Peeled Potato-Diced-Cooked	--	0.00	0	0.00	0
	Totals	0	0.14	0	1.04	0.03

Serving Size: 1442.41 g (50.88 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	--	--	0	--	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	0	--	0.05	0.00	0
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Large Tomato	0	--	0.24	0.01	0
3 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.50	0.03	0
1 cup	Mixed Vegetables-Frozen-Cooked	0	--	0.10	0.03	0
1 cup	Peeled Potato-Diced-Cooked	0	--	0.05	0.02	0
	Totals	0	0	0.98	0.17	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 tbs	Sweet Pickle Relish	--	--	--	--	--
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0	0
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 each	Large Tomato	--	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	--	0.05	0.01	0.01	0.02
1 cup	Mixed Vegetables-Frozen-Cooked	--	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	--	0	0	0	0
	Totals	0	0.05	0.01	0.01	0.02

Serving Size: 1442.41 g (50.88 oz-wt.)
Serves: 1.00
Water: 54%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
1 each	Parrillo Bar	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
1 tbs	Sweet Pickle Relish	--	0
1 tbs	Fat Free Mayonnaise (Kraft Free)	0	0
1 cup	Yellow Corn-Frozen-Cooked	0.00	0.05
2 cup	Romaine Lettuce-Chopped	0.08	0.03
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
1 each	Large Tomato	0.01	0.24
3 oz-wt	Skinless Chicken Breast-Roasted	0.05	0.55
1 cup	Mixed Vegetables-Frozen-Cooked	0.03	0.10
1 cup	Peeled Potato-Diced-Cooked	0.02	0.05
	Totals	0.20	1.03

Serving Size: 1742.12 g (61.45 oz-wt.)
Serves: 1.00
Water: 63%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	73.50	255.00	7.50	61.50	0
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
3 cup	Romaine Lettuce-Chopped	168.00	26.88	2.74	4.00	0.79
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
3 oz-wt	Skinless Chicken Breast-Roasted	85.05	140.33	26.37	0	0
1 cup	Yellow Corn-Frozen-Cooked	164.00	132.84	4.97	33.62	2.95
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless White Turkey Meat-Roasted	170.10	238.14	51.37	0	0
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
6 oz-wt	Small Baked Potato-Flesh Only	170.10	158.19	3.35	36.74	2.89
	Totals	1742.12	1624.30	166.78	218.95	44.95

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.75	--	--	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
3 cup	Romaine Lettuce-Chopped	0.34	0.01	0.18	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	3.04	1.06	0.65	--	72.29
1 cup	Yellow Corn-Frozen-Cooked	0.11	0.03	0.06	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	2.02	0.36	0.53	--	146.29
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
6 oz-wt	Small Baked Potato-Flesh Only	0.17	0.00	0.07	0	0
	Totals	10.14	1.54	1.79	0	243.57

Serving Size: 1742.12 g (61.45 oz-wt.)
Serves: 1.00
Water: 63%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.24	0	0	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
3 cup	Romaine Lettuce-Chopped	0.08	40.32	0	0.74	1.26
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
3 oz-wt	Skinless Chicken Breast-Roasted	0.51	0	0.26	0.14	0.23
1 cup	Yellow Corn-Frozen-Cooked	0.16	4.26	0	0.01	0.08
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.97	0	0.51	0.05	0.11
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
6 oz-wt	Small Baked Potato-Flesh Only	0.51	21.77	0	0.09	0.10
	Totals	2.65	103.44	0.77	2.08	2.53

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	30.00	--	2.16	90.00	300.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
3 cup	Romaine Lettuce-Chopped	60.48	23.52	1.85	10.08	487.20
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
3 oz-wt	Skinless Chicken Breast-Roasted	12.76	--	0.89	24.66	217.73
1 cup	Yellow Corn-Frozen-Cooked	3.28	--	0.49	29.52	227.96
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless White Turkey Meat-Roasted	25.52	--	2.69	47.63	471.18
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
6 oz-wt	Small Baked Potato-Flesh Only	8.51	--	0.60	42.53	665.09
	Totals	192.71	23.52	10.27	289.71	3611.21

Serving Size: 1742.12 g (61.45 oz-wt.)
Serves: 1.00
Water: 63%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
3 cup	Romaine Lettuce-Chopped	13.44	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	62.94	0	0	0	0
1 cup	Yellow Corn-Frozen-Cooked	8.20	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	95.26	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
6 oz-wt	Small Baked Potato-Flesh Only	8.51	0	0	0	0.00
	Totals	1092.61	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
3 cup	Romaine Lettuce-Chopped	0	0	--	0.04	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	0.01	0.03	--	0.59	--
1 cup	Yellow Corn-Frozen-Cooked	0	0	0	0.02	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.02	--	0.29	--
2 cup	Tossed Green Salad	0	0	--	0.07	--
6 oz-wt	Small Baked Potato-Flesh Only	0.01	0.00	0	0.03	0
	Totals	0.03	0.04	0	1.04	0

Serving Size: 1742.12 g (61.45 oz-wt.)
Serves: 1.00
Water: 63%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
3 cup	Romaine Lettuce-Chopped	0.01	0	0	--	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	0.21	--	--	--	--
1 cup	Yellow Corn-Frozen-Cooked	0.00	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.20	--	--	--	--
2 cup	Tossed Green Salad	0.02	--	--	--	--
6 oz-wt	Small Baked Potato-Flesh Only	0.01	0.00	0.00	0	0
	Totals	0.45	0.00	0.00	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
3 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	--	0.13	--	0.89	0.03
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0.03	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	--	0.29	0.02
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
6 oz-wt	Small Baked Potato-Flesh Only	--	0.00	0	0.00	0
	Totals	0	0.19	0	1.29	0.04

Serving Size: 1742.12 g (61.45 oz-wt.)
Serves: 1.00
Water: 63%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
3 cup	Romaine Lettuce-Chopped	0	--	0.05	0.13	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.50	0.03	0
1 cup	Yellow Corn-Frozen-Cooked	0	--	0.05	0.00	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	--	0.36	0.02	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
6 oz-wt	Small Baked Potato-Flesh Only	0	--	0.06	0.02	0
	Totals	0.02	0	1.21	0.29	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
3 cup	Romaine Lettuce-Chopped	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	--	0.05	0.01	0.01	0.02
1 cup	Yellow Corn-Frozen-Cooked	--	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.10	0	0.02	0.02
2 cup	Tossed Green Salad	--	0	0	0	0
6 oz-wt	Small Baked Potato-Flesh Only	--	0	0	0	0
	Totals	0	0.15	0.01	0.03	0.03

Serving Size: 1742.12 g (61.45 oz-wt.)
Serves: 1.00
Water: 63%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
1.5 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
3 cup	Romaine Lettuce-Chopped	0.13	0.05
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	0.05	0.55
1 cup	Yellow Corn-Frozen-Cooked	0.00	0.05
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.03	0.46
2 cup	Tossed Green Salad	0.11	0.19
6 oz-wt	Small Baked Potato-Flesh Only	0.02	0.06
	Totals	0.34	1.37

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
0.5 tbs	Cornstarch	4.00	15.24	0.01	3.65	0
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	2.50	10.00	1.00	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	283.50	538.65	81.93	0	0
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
10 fl oz	Campbells V8 100% Vegetable Juice CAM	333.75	69.95	2.00	13.98	9.98
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	270.00	70.20	3.70	16.55	7.02
1 cup	Potato-Mashed	242.13	200.97	5.62	38.98	--
15.3125 g	1/2% milk 1 cup 245 gr.	15.31	5.63	0.63	0.81	0.81
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
	Totals	2141.02	2334.83	229.85	237.00	33.89

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	0.00	0.00	0.00	0	0
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	0	--	--	--	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	21.04	7.57	4.82	--	252.32
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
2 cup	Green Snap/String Beans-Frozen-Cooked	0.38	0.01	0.19	0	0
1 cup	Potato-Mashed	2.95	0.85	0.71	0	4.84
15.3125 g	1/2% milk 1 cup 245 gr.	0	--	--	--	0.31
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
	Totals	42.63	12.04	10.95	0.00	423.26

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	0	0	0	0	0
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	1.33	0	0.85	0.99	1.56
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
10 fl oz	Campbells V8 100% Vegetable Juice CAM	--	71.97	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
2 cup	Green Snap/String Beans-Frozen-Cooked	0.15	22.14	0	0.32	--
1 cup	Potato-Mashed	0.56	0.97	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
	Totals	3.28	169.63	1.97	4.01	5.08

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
0.5 tbs	Cornstarch	0.08	--	0.02	0.12	0.12
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
10 oz-wt	Skinless Chicken Meat-All-Roasted	42.53	--	3.46	70.88	688.91
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
10 fl oz	Campbells V8 100% Vegetable Juice CAM	79.94	--	0.73	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
2 cup	Green Snap/String Beans-Frozen-Cooked	121.50	--	2.21	56.70	302.40
1 cup	Potato-Mashed	50.85	--	1.14	43.58	711.86
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
	Totals	567.31	15.68	14.33	343.10	3605.44

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
0.5 tbs	Cornstarch	0.36	--	--	--	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	55.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	243.81	0	0	0	0
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	859.36	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	35.10	0	0	0	0
1 cup	Potato-Mashed	549.64	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	8.44	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
	Totals	3037.63	0.01	0.00	0.00	0.00

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	--	0.00	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	0.06	0.17	--	4.03	--
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.07	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0.09	0.24	0.00	6.05	0.00

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	0.00	--	--	--	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	1.39	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	1.95	0.01	0	0	0.00

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	--	0.00	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	--	0.99	--	6.32	0.11
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0	1.27	0.00	9.55	0.17

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	0.00	0	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	0	--	3.91	0.20	0
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
2 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.07	0.11	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0	0	8.70	0.57	0

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	--	--	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	--	0.31	0.03	0.06	0.11
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0	0.41	0.05	0.07	0.15

Serving Size: 2141.02 g (75.52 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
0.5 tbs	Cornstarch	0	0.00
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--
1 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
10 oz-wt	Skinless Chicken Meat-All-Roasted	0.34	4.22
2 cup	Romaine Lettuce-Chopped	0.08	0.03
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
10 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
2 cup	Green Snap/String Beans-Frozen-Cooked	0.11	0.07
1 cup	Potato-Mashed	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
	Totals	0.76	9.12

Serving Size: 979.34 g (34.54 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
90 g	Kashi Medeley1/2c 30 g.	90.00	300.00	12.00	60.00	15.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
22 g	Designer Protein 1 scoop 22 gr.	22.00	84.00	18.00	1.50	0.30
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
2 tbs	Tomatoes-Cooked-Cup Measure	30.00	8.10	0.32	1.75	0.96
2 tbs	Mushroom Pieces-Cooked	19.50	5.27	0.43	1.00	0.02
2 tbs	Onions-Cooked	26.25	11.55	0.36	2.68	1.63
2 tbs	Sweet Green Bell Peppers-Cooked	17.00	4.76	0.16	1.14	0.61
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	87.00	270.00	9.00	60.00	--
	Totals	979.34	1283.96	86.71	219.21	48.92

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
90 g	Kashi Medeley1/2c 30 g.	3.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	1.00	--	--	--	10.00
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.12	0.02	0.05	0	0
2 tbs	Mushroom Pieces-Cooked	0.09	0.00	0.04	0	0
2 tbs	Onions-Cooked	0.05	0.01	0.02	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.03	0.00	0.02	0	0
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	6.00	--	--	--	0
	Totals	12.30	0.03	0.12	0	14.99

Serving Size: 979.34 g (34.54 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.03	6.84	0	0.30	0.35
2 tbs	Mushroom Pieces-Cooked	0.02	0.78	0.37	0.02	0.06
2 tbs	Onions-Cooked	0.03	1.37	0	0.09	0.09
2 tbs	Sweet Green Bell Peppers-Cooked	0.04	12.65	0	0.12	--
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0.13	29.07	0.37	0.53	0.50

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
1 each	Parrillo Bar	--	--	--	--	210.00
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	75.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
2 tbs	Tomatoes-Cooked-Cup Measure	1.80	1.50	0.17	4.20	83.70
2 tbs	Mushroom Pieces-Cooked	1.17	--	0.34	2.34	69.42
2 tbs	Onions-Cooked	5.78	4.07	0.06	2.89	43.58
2 tbs	Sweet Green Bell Peppers-Cooked	1.53	--	0.08	1.70	28.22
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	30.05	5.57	1.01	39.04	959.21

Serving Size: 979.34 g (34.54 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
90 g	Kashi Medeley1/2c 30 g.	150.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	40.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	3.30	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.39	0	0	0	0.00
2 tbs	Onions-Cooked	0.79	0	0	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.34	0	0	0	0
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	840.00	--	--	--	--
	Totals	1858.18	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	0.00	--	0.01	--
2 tbs	Mushroom Pieces-Cooked	0.00	0.00	0	0.01	0
2 tbs	Onions-Cooked	0	0.00	--	0.01	--
2 tbs	Sweet Green Bell Peppers-Cooked	0	0	0	0.00	0
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0.00	0.00	0	0.03	0

Serving Size: 979.34 g (34.54 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.01	0	0	--	0
2 tbs	Mushroom Pieces-Cooked	0.00	0	0	0	0
2 tbs	Onions-Cooked	0.00	0	0	--	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0.01	0	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0.00	--	0.02	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0.00	0
2 tbs	Onions-Cooked	--	0	--	0.01	0
2 tbs	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.00	0
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0	0.00	0	0.03	0

Serving Size: 979.34 g (34.54 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	--	0.05	0.00	0
2 tbs	Mushroom Pieces-Cooked	0	--	0.03	0.00	0
2 tbs	Onions-Cooked	0	--	0.02	0.00	0
2 tbs	Sweet Green Bell Peppers-Cooked	0	--	0.02	0.00	0
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0	0	0.12	0.00	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0	0
2 tbs	Onions-Cooked	--	0	0	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0	0	0	0	0

Serving Size: 979.34 g (34.54 oz-wt.)
Serves: 1.00
Water: 39%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
3 each	Egg White-Cooked	0	0
1 each	Parrillo Bar	--	--
22 g	Designer Protein 1 scoop 22 gr.	--	--
1 oz-wt	Parrillo pro-carb	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
3 each	Egg White-Cooked	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.00	0.05
2 tbs	Mushroom Pieces-Cooked	0.00	0.03
2 tbs	Onions-Cooked	0.00	0.02
2 tbs	Sweet Green Bell Peppers-Cooked	0.00	0.02
87 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--
	Totals	0.00	0.12

Serving Size: 1727.90 g (60.95 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
90 g	Kashi Medeley1/2c 30 g.	90.00	300.00	12.00	60.00	15.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 cup	Raw Potato-Diced-Flesh Only-Cup	150.00	118.50	3.12	27.00	2.25
3.5 oz-wt	Light Tuna in Water-Can-Drained	99.23	115.10	25.30	0	0
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	35.30	29.97	5.33	2.00	2.00
1 tbs	Pimento/Pimiento-Canned	12.00	2.76	0.13	0.61	0
3 each	Large Egg White-Fresh/Frozen	100.20	50.10	10.52	1.04	1.04
0.1665 cup	Nonfat Yogurt-Plain	40.79	22.76	2.34	3.14	3.14
1 tsp	Dried Dill Weed	1.03	2.61	0.21	0.58	0.17
0.5 tbs	Dehydrated Onion Flakes	1.75	5.65	0.16	1.46	1.17
0.25 tsp	Morton Seasoning Salt Substitute	0.40	0.20	0.00	0.04	0.04
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Large Apple w/Peel	212.00	125.08	0.40	32.44	25.44
6 oz-wt	Skinless White Turkey Meat-Roasted	170.10	238.14	51.37	0	0
6 oz-wt	Small Baked Potato-Flesh Only	170.10	158.19	3.35	36.74	2.89
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
	Totals	1727.90	1772.38	174.80	243.70	76.64

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
90 g	Kashi Medeley1/2c 30 g.	3.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.15	0.00	0.06	0	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.81	0.16	0.33	0	29.77
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	3.33
1 tbs	Pimento/Pimiento-Canned	0.04	0.00	0.02	0	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.07	0.02	0.00	0.00	0.73
1 tsp	Dried Dill Weed	0.05	--	--	0	0
0.5 tbs	Dehydrated Onion Flakes	0.01	0.00	0.00	0	0
0.25 tsp	Morton Seasoning Salt Substitute	0.00	--	--	0	0
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Large Apple w/Peel	0.76	0.03	0.22	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	2.02	0.36	0.53	--	146.29
6 oz-wt	Small Baked Potato-Flesh Only	0.17	0.00	0.07	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
	Totals	10.56	0.60	1.48	0.00	205.11

Serving Size: 1727.90 g (60.95 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.39	29.55	0	0.09	0.11
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.35	0	3.97	0.60	--
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	--	0	--	--	--
1 tbs	Pimento/Pimiento-Canned	0.03	10.19	0	0.05	--
3 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.02	0.35	0.02	0.00	--
1 tsp	Dried Dill Weed	0.02	--	0	--	0.02
0.5 tbs	Dehydrated Onion Flakes	0.03	1.31	0	0.02	0.02
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.10	12.08	0	1.25	1.40
6 oz-wt	Skinless White Turkey Meat-Roasted	0.97	0	0.51	0.05	0.11
6 oz-wt	Small Baked Potato-Flesh Only	0.51	21.77	0	0.09	0.10
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
	Totals	2.87	89.92	4.50	2.95	2.53

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	10.50	--	1.14	31.50	814.50
3.5 oz-wt	Light Tuna in Water-Can-Drained	10.91	--	1.53	26.79	235.16
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	53.28	--	0	--	63.27
1 tbs	Pimento/Pimiento-Canned	0.72	--	0.20	0.72	18.96
3 each	Large Egg White-Fresh/Frozen	6.01	--	0.03	11.02	143.29
0.1665 cup	Nonfat Yogurt-Plain	81.18	--	0.04	7.79	104.02
1 tsp	Dried Dill Weed	18.43	--	0.50	4.66	34.17
0.5 tbs	Dehydrated Onion Flakes	4.50	--	0.03	1.61	28.39
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	173.20
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Large Apple w/Peel	14.84	--	0.38	10.60	243.80
6 oz-wt	Skinless White Turkey Meat-Roasted	25.52	--	2.69	47.63	471.18
6 oz-wt	Small Baked Potato-Flesh Only	8.51	--	0.60	42.53	665.09
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
	Totals	343.51	--	9.21	233.48	3860.35

Serving Size: 1727.90 g (60.95 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
90 g	Kashi Medeley1/2c 30 g.	150.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	9.00	0	0	0	0.00
3.5 oz-wt	Light Tuna in Water-Can-Drained	335.38	0	0	0	0
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	16.65	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	1.68	0	0	0	0
3 each	Large Egg White-Fresh/Frozen	164.33	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	31.21	0.00	0.00	0.00	0.00
1 tsp	Dried Dill Weed	2.15	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0.37	0	0	0	0
0.25 tsp	Morton Seasoning Salt Substitute	0.07	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Large Apple w/Peel	0	0	0	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	95.26	0	0	0	0
6 oz-wt	Small Baked Potato-Flesh Only	8.51	0	0	0	0.00
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
	Totals	1200.10	0.00	0.00	0.00	0.01

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.01	0.00	0	0.03	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0	0.02	--	0.15	--
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	0	0.00	--	0.00	--
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.00	0.01	--	0.02	--
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0	0.00	--	0.00	--
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.00	0.00	0	0.10	0
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.02	--	0.29	--
6 oz-wt	Small Baked Potato-Flesh Only	0.01	0.00	0	0.03	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
	Totals	0.04	0.05	0	0.70	0

Serving Size: 1727.90 g (60.95 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.01	0.00	0.00	0	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.06	--	--	--	--
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	0.00	0	0	--	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.01	0	--	--	0.00
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0.00	0	0	--	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.01	0	0	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	0.20	--	--	--	--
6 oz-wt	Small Baked Potato-Flesh Only	0.01	0.00	0.00	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
	Totals	0.31	0.01	0.00	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	--	0.00	0	0.00	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	--	0.03	--	0.09	0.01
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	--	0.00	--	0.00	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	--	0.00	--	0.01	0
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	--	0	--	0.00	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	--	0.00	0	0.03	0
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	--	0.29	0.02
6 oz-wt	Small Baked Potato-Flesh Only	--	0.00	0	0.00	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
	Totals	0	0.09	0	0.45	0.03

Serving Size: 1727.90 g (60.95 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	0	--	0.05	0.02	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.03	--	0.01	0.00	0.01
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	0	--	0.02	0.00	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0	--	0.00	0	0
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0	--	0.00	0.00	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0	--	0.18	0.04	0
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	--	0.36	0.02	0
6 oz-wt	Small Baked Potato-Flesh Only	0	--	0.06	0.02	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
	Totals	0.05	0	0.83	0.16	0.01

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	--	0	0	0	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	--	0.03	0.05	0.01	0.22
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	--	0	0	0	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	--	0	0	0	0
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	--	0	0	0	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	--	0	0	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.10	0	0.02	0.02
6 oz-wt	Small Baked Potato-Flesh Only	--	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
	Totals	0	0.14	0.05	0.03	0.24

Serving Size: 1727.90 g (60.95 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.02	0.05
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.27	0.04
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0
1 tbs	Pimento/Pimiento-Canned	0.00	0.02
3 each	Large Egg White-Fresh/Frozen	0	0
0.1665 cup	Nonfat Yogurt-Plain	0	0.00
1 tsp	Dried Dill Weed	--	--
0.5 tbs	Dehydrated Onion Flakes	0.00	0.00
0.25 tsp	Morton Seasoning Salt Substitute	--	--
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
1 each	Parrillo Bar	--	--
1 each	Large Apple w/Peel	0.04	0.18
6 oz-wt	Skinless White Turkey Meat-Roasted	0.03	0.46
6 oz-wt	Small Baked Potato-Flesh Only	0.02	0.06
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
	Totals	0.45	0.97

Serving Size: 2108.03 g (74.36 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	49.00	170.00	5.00	41.00	0
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
167 g	Campbells Low Sodium V8 Vegetable Juice	167.00	40.00	1.00	7.00	6.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Potato-Mashed	242.13	200.97	5.62	38.98	--
15.3125 g	1/2% milk 1 cup 245 gr.	15.31	5.63	0.63	0.81	0.81
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Large Apple w/Peel	212.00	125.08	0.40	32.44	25.44
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
3 tbs	Kraft Fat Free Ranch Salad Dressing	52.50	75.00	0.75	16.50	3.00
	Totals	2108.03	2414.18	216.85	312.47	59.75

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.50	--	--	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Potato-Mashed	2.95	0.85	0.71	0	4.84
15.3125 g	1/2% milk 1 cup 245 gr.	0	--	--	--	0.31
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Large Apple w/Peel	0.76	0.03	0.22	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	23.33	5.22	3.94	0	319.41

Serving Size: 2108.03 g (74.36 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0.16	0	0	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	--	36.01	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Potato-Mashed	0.56	0.97	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.10	12.08	0	1.25	1.40
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
3 tbs	Kraft Fat Free Ranch Salad Dressing	--	0	--	--	--
	Totals	3.11	89.78	1.02	3.04	3.05

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	20.00	--	1.44	60.00	200.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
167 g	Campbells Low Sodium V8 Vegetable Juice	20.01	--	0.72	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Potato-Mashed	50.85	--	1.14	43.58	711.86
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Large Apple w/Peel	14.84	--	0.38	10.60	243.80
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	--	0	--	75.00
	Totals	263.35	--	9.75	280.53	3711.21

Serving Size: 2108.03 g (74.36 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	95.01	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Potato-Mashed	549.64	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	8.44	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Large Apple w/Peel	0	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
3 tbs	Kraft Fat Free Ranch Salad Dressing	465.00	0	0	0	0
	Totals	2160.16	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.00	0.00	0	0.10	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
2 cup	Tossed Green Salad	0	0	--	0.07	--
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0.04	0.11	0	2.56	0

Serving Size: 2108.03 g (74.36 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0	0	0	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.01	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
2 cup	Tossed Green Salad	0.02	--	--	--	--
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0.89	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	--	0.00	0	0.03	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0	0.52	0	3.67	0.10

Serving Size: 2108.03 g (74.36 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0	--	0.18	0.04	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0	0	2.42	0.30	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
2 cup	Tossed Green Salad	--	0	0	0	0
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0	0.20	0.03	0.03	0.07

Serving Size: 2108.03 g (74.36 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
1 cup	Nabisco Shredded Wheat Cereal-Spoon Size	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
3 each	Egg White-Cooked	0	0
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0
44 g	Designer Protein 1 scoop 22 gr.	--	--
1 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Potato-Mashed	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
1 each	Parrillo Bar	--	--
1 each	Large Apple w/Peel	0.04	0.18
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
2 cup	Tossed Green Salad	0.11	0.19
3 tbs	Kraft Fat Free Ranch Salad Dressing	0	0
	Totals	0.40	2.62

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
167 g	Campbells Low Sodium V8 Vegetable Juice	167.00	40.00	1.00	7.00	6.00
1 cup	Raw Potato-Diced-Flesh Only-Cup	150.00	118.50	3.12	27.00	2.25
3.5 oz-wt	Light Tuna in Water-Can-Drained	99.23	115.10	25.30	0	0
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	35.30	29.97	5.33	2.00	2.00
1 tbs	Pimento/Pimiento-Canned	12.00	2.76	0.13	0.61	0
3 each	Large Egg White-Fresh/Frozen	100.20	50.10	10.52	1.04	1.04
0.1665 cup	Nonfat Yogurt-Plain	40.79	22.76	2.34	3.14	3.14
1 tsp	Dried Dill Weed	1.03	2.61	0.21	0.58	0.17
0.5 tbs	Dehydrated Onion Flakes	1.75	5.65	0.16	1.46	1.17
0.25 tsp	Morton Seasoning Salt Substitute	0.40	0.20	0.00	0.04	0.04
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Spaghetti Noodles-Cooked	140.00	197.40	6.69	39.62	1.82
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
1 tbs	Parmesan Cheese-Grated	6.25	28.50	2.60	0.23	0.23
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	30.00	10.00	0	1.00	1.00
	Totals	1829.60	2085.25	204.18	257.79	50.41

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.15	0.00	0.06	0	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.81	0.16	0.33	0	29.77
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	3.33
1 tbs	Pimento/Pimiento-Canned	0.04	0.00	0.02	0	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.07	0.02	0.00	0.00	0.73
1 tsp	Dried Dill Weed	0.05	--	--	0	0
0.5 tbs	Dehydrated Onion Flakes	0.01	0.00	0.00	0	0
0.25 tsp	Morton Seasoning Salt Substitute	0.00	--	--	0	0
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Spaghetti Noodles-Cooked	0.94	0.11	0.38	--	0
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
1 tbs	Parmesan Cheese-Grated	1.88	0.55	0.04	--	4.92
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
	Totals	17.54	2.99	2.41	0.00	208.33

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
3 each	Egg White-Cooked	0.00	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	--	36.01	--	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.39	29.55	0	0.09	0.11
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.35	0	3.97	0.60	--
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	--	0	--	--	--
1 tbs	Pimento/Pimiento-Canned	0.03	10.19	0	0.05	--
3 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.02	0.35	0.02	0.00	--
1 tsp	Dried Dill Weed	0.02	--	0	--	0.02
0.5 tbs	Dehydrated Onion Flakes	0.03	1.31	0	0.02	0.02
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Spaghetti Noodles-Cooked	0.05	0	0	0.07	--
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
1 tbs	Parmesan Cheese-Grated	0.01	0	0.04	0.05	--
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	--	0	--	--	--
	Totals	2.35	107.88	4.54	2.31	2.21

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
167 g	Campbells Low Sodium V8 Vegetable Juice	20.01	--	0.72	--	--
1 cup	Raw Potato-Diced-Flesh Only-Cup	10.50	--	1.14	31.50	814.50
3.5 oz-wt	Light Tuna in Water-Can-Drained	10.91	--	1.53	26.79	235.16
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	53.28	--	0	--	63.27
1 tbs	Pimento/Pimiento-Canned	0.72	--	0.20	0.72	18.96
3 each	Large Egg White-Fresh/Frozen	6.01	--	0.03	11.02	143.29
0.1665 cup	Nonfat Yogurt-Plain	81.18	--	0.04	7.79	104.02
1 tsp	Dried Dill Weed	18.43	--	0.50	4.66	34.17
0.5 tbs	Dehydrated Onion Flakes	4.50	--	0.03	1.61	28.39
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	173.20
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Spaghetti Noodles-Cooked	9.80	--	1.97	25.20	43.40
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
1 tbs	Parmesan Cheese-Grated	85.94	--	0.06	3.18	6.69
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	--	0	--	25.00
	Totals	421.65	15.68	10.23	199.78	3517.21

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
3 each	Egg White-Cooked	318.44	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	95.01	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	9.00	0	0	0	0.00
3.5 oz-wt	Light Tuna in Water-Can-Drained	335.38	0	0	0	0
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	16.65	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	1.68	0	0	0	0
3 each	Large Egg White-Fresh/Frozen	164.33	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	31.21	0.00	0.00	0.00	0.00
1 tsp	Dried Dill Weed	2.15	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0.37	0	0	0	0
0.25 tsp	Morton Seasoning Salt Substitute	0.07	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Spaghetti Noodles-Cooked	1.40	0	0	0	0
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
1 tbs	Parmesan Cheese-Grated	116.31	0.09	0.04	0.02	0.05
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	390.00	0	0	0	0
	Totals	2134.79	0.10	0.04	0.02	0.05

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.01	0.00	0	0.03	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0	0.02	--	0.15	--
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	0	0.00	--	0.00	--
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.00	0.01	--	0.02	--
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0	0.00	--	0.00	--
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Spaghetti Noodles-Cooked	0	0.00	--	0.12	--
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
1 tbs	Parmesan Cheese-Grated	0.06	0.21	0.06	0.51	0.02
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
	Totals	0.09	0.29	0.06	2.07	0.02

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.01	0.00	0.00	0	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.06	--	--	--	--
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	0.00	0	0	--	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0.01	0	--	--	0.00
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0.00	0	0	--	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Spaghetti Noodles-Cooked	0.02	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
1 tbs	Parmesan Cheese-Grated	0.17	0	0	--	0.01
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
	Totals	0.69	0.01	0.00	0	0.02

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	--	0.00	0	0.00	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	--	0.03	--	0.09	0.01
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	--	0.00	--	0.00	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	--	0.00	--	0.01	0
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	--	0	--	0.00	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Spaghetti Noodles-Cooked	--	0	--	0.11	0
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
1 tbs	Parmesan Cheese-Grated	--	0.03	0.01	0.48	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
	Totals	0	0.32	0.01	2.51	0.06

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	0	--	0.05	0.02	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.03	--	0.01	0.00	0.01
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	0	--	0.02	0.00	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	0	--	0.00	0	0
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	0	--	0.00	0.00	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Spaghetti Noodles-Cooked	0	--	0.35	0.03	0
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
1 tbs	Parmesan Cheese-Grated	0	--	0.02	0.02	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
	Totals	0.03	0	1.60	0.23	0.01

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
3 each	Egg White-Cooked	0	0	0	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0	0	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	--	0	0	0	0
3.5 oz-wt	Light Tuna in Water-Can-Drained	--	0.03	0.05	0.01	0.22
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0	0	0	0
1 tbs	Pimento/Pimiento-Canned	--	0	0	0	0
3 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.1665 cup	Nonfat Yogurt-Plain	--	0	0	0	0
1 tsp	Dried Dill Weed	--	--	--	--	--
0.5 tbs	Dehydrated Onion Flakes	--	0	0	0	0
0.25 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Spaghetti Noodles-Cooked	--	0	0	0	0
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
1 tbs	Parmesan Cheese-Grated	--	0	0	0	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
	Totals	0	0.14	0.06	0.03	0.26

Serving Size: 1829.60 g (64.54 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
3 each	Egg White-Cooked	0	0
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
1 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
167 g	Campbells Low Sodium V8 Vegetable Juice	0	0
1 cup	Raw Potato-Diced-Flesh Only-Cup	0.02	0.05
3.5 oz-wt	Light Tuna in Water-Can-Drained	0.27	0.04
0.1665 cup	Dry Curd Cottage Cheese w/skim Milk KFT	0	0
1 tbs	Pimento/Pimiento-Canned	0.00	0.02
3 each	Large Egg White-Fresh/Frozen	0	0
0.1665 cup	Nonfat Yogurt-Plain	0	0.00
1 tsp	Dried Dill Weed	--	--
0.5 tbs	Dehydrated Onion Flakes	0.00	0.00
0.25 tsp	Morton Seasoning Salt Substitute	--	--
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Spaghetti Noodles-Cooked	0.03	0.35
2 cup	Romaine Lettuce-Chopped	0.08	0.03
1 tbs	Parmesan Cheese-Grated	0.02	0.02
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0
	Totals	0.55	1.74

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
0.5 tbs	Cornstarch	4.00	15.24	0.01	3.65	0
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	2.50	10.00	1.00	0	0
30 g	Kashi Medeley1/2c 30 g.	30.00	100.00	4.00	20.00	5.00
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
0.25 cup	Split Peas-Dry-Cooked	49.00	57.82	4.09	10.34	1.42
1 tbs	Onions-Cooked	13.13	5.78	0.18	1.34	0.81
1 tbs	Carrots-Raw Slices-Cooked	9.75	4.39	0.11	1.02	0.40
1 tbs	Celery-Cooked-Diced	9.38	1.69	0.08	0.38	0.12
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	1.50	4.01	0.25	0.27	0.27
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
8 oz-wt	Skinless Chicken Breast-Roasted	226.80	374.22	70.31	0	0
1 cup	Long Grain White Rice-Cooked-Hot	205.00	266.50	5.54	57.81	0.41
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	170.10	186.82	6.69	43.26	--
	Totals	1397.36	1802.83	162.24	233.19	26.33

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	0.00	0.00	0.00	0	0
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	0	--	--	--	0
30 g	Kashi Medeley1/2c 30 g.	1.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
1 each	Parrillo Bar	1.00	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.19	0.04	0.08	0	0
1 tbs	Onions-Cooked	0.02	0.00	0.01	0	0
1 tbs	Carrots-Raw Slices-Cooked	0.02	0.00	0.01	0	0
1 tbs	Celery-Cooked-Diced	0.02	0.00	0.01	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.21	0.08	0.07	--	0.20
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	8.12	2.84	1.75	--	192.78
1 cup	Long Grain White Rice-Cooked-Hot	0.57	0.18	0.16	--	0
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	0.08	0.02	0.00	--	0.28
	Totals	20.63	4.68	6.08	0.00	216.85

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	0	0	0	0	0
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.02	0.20	0	0.19	0.39
1 tbs	Onions-Cooked	0.02	0.68	0	0.05	0.05
1 tbs	Carrots-Raw Slices-Cooked	0.02	0.22	0	0.04	0.05
1 tbs	Celery-Cooked-Diced	0.01	0.57	0	0.04	0.07
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.02	0	0.01	--
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
8 oz-wt	Skinless Chicken Breast-Roasted	1.36	0	0.68	0.39	0.60
1 cup	Long Grain White Rice-Cooked-Hot	0.19	0	0	0.12	0.43
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	0.14	1.97	--	--	--
	Totals	2.02	33.90	1.29	3.64	4.57

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
0.5 tbs	Cornstarch	0.08	--	0.02	0.12	0.12
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
1 each	Parrillo Bar	--	--	--	--	210.00
0.25 cup	Split Peas-Dry-Cooked	6.86	--	0.64	17.64	177.38
1 tbs	Onions-Cooked	2.89	2.03	0.03	1.44	21.79
1 tbs	Carrots-Raw Slices-Cooked	3.02	--	0.06	1.27	22.13
1 tbs	Celery-Cooked-Diced	3.94	--	0.04	1.13	26.63
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	2.81	--	0.02	0.84	4.64
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
8 oz-wt	Skinless Chicken Breast-Roasted	34.02	--	2.38	65.77	580.61
1 cup	Long Grain White Rice-Cooked-Hot	20.50	--	2.48	24.60	71.75
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	251.71	--	0.22	--	--
	Totals	469.06	2.03	9.33	228.59	2181.18

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
0.5 tbs	Cornstarch	0.36	--	--	--	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	55.00	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	50.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.98	0	0	0	0
1 tbs	Onions-Cooked	0.39	0	0	0	0
1 tbs	Carrots-Raw Slices-Cooked	6.44	0	0	0	0
1 tbs	Celery-Cooked-Diced	8.53	0	0	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	278.79	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	167.83	0	0	0	0
1 cup	Long Grain White Rice-Cooked-Hot	2.05	0	0	0	0
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	104.22	--	--	--	--
	Totals	1074.98	0.01	0.00	0.00	0.00

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	--	0.00	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.00	0.00	--	0.02	--
1 tbs	Onions-Cooked	0	0.00	--	0.00	--
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.00	--
1 tbs	Celery-Cooked-Diced	0	0.00	--	0.00	--
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.00	--	0.04	--
2 cup	Tossed Green Salad	0	0	--	0.07	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.07	--	1.56	--
1 cup	Long Grain White Rice-Cooked-Hot	0	0.00	--	0.14	--
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0.04	0.09	0.00	2.57	0.00

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	0.00	--	--	--	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.00	--	--	--	--
1 tbs	Onions-Cooked	0.00	0	0	--	0
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.00	0	--	0
1 tbs	Celery-Cooked-Diced	0.00	0	0	--	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.01	--	--	--	--
2 cup	Tossed Green Salad	0.02	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.57	--	--	--	--
1 cup	Long Grain White Rice-Cooked-Hot	0.01	--	--	--	--
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0.73	0.01	0	0	0.00

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	--	0.00	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	--	0	--	0.04	0.00
1 tbs	Onions-Cooked	--	0	--	0.00	0
1 tbs	Carrots-Raw Slices-Cooked	--	0.00	--	0.00	0
1 tbs	Celery-Cooked-Diced	--	0.00	--	0.00	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	--	0.01	--	0.07	0.00
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.34	--	2.38	0.07
1 cup	Long Grain White Rice-Cooked-Hot	--	0.00	--	0.18	0
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0	0.38	0.00	4.16	0.07

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	0.00	0	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0	--	0.07	0.01	0
1 tbs	Onions-Cooked	0	--	0.01	0.00	0
1 tbs	Carrots-Raw Slices-Cooked	0	--	0.01	0.00	0
1 tbs	Celery-Cooked-Diced	0	--	0.01	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0	--	0.06	0.00	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
8 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.34	0.07	0
1 cup	Long Grain White Rice-Cooked-Hot	0	--	0.13	0.03	0
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0	0	5.46	0.28	0

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
0.5 tbs	Cornstarch	--	--	--	--	--
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	--	0	0	0	0
1 tbs	Onions-Cooked	--	0	0	0	0
1 tbs	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 tbs	Celery-Cooked-Diced	--	0	0	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	--	0.00	0	0	0
2 cup	Tossed Green Salad	--	0	0	0	0
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.14	0.02	0.02	0.05
1 cup	Long Grain White Rice-Cooked-Hot	--	0	0	0	0
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	--	--	--	--	--
	Totals	0	0.14	0.02	0.02	0.05

Serving Size: 1397.36 g (49.29 oz-wt.)
Serves: 1.00
Water: 60%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
0.5 tbs	Cornstarch	0	0.00
2.5 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--
30 g	Kashi Medeley1/2c 30 g.	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
1 each	Parrillo Bar	--	--
0.25 cup	Split Peas-Dry-Cooked	0.01	0.07
1 tbs	Onions-Cooked	0.00	0.01
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.01
1 tbs	Celery-Cooked-Diced	0	0.01
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.06
2 cup	Tossed Green Salad	0.11	0.19
8 oz-wt	Skinless Chicken Breast-Roasted	0.14	1.47
1 cup	Long Grain White Rice-Cooked-Hot	0.03	0.13
6 oz-wt	Dannon Nonfat Frozen Yogurt-All Flavors	--	--
	Totals	0.35	5.59

Effects of energy through-put and food attitude patterns in response to food choice, amount and combination while following a strength training and aerobic exercise program.

Dietary composition: psychological and nutritional/biochemical perspectives

Horace Clifton Sheats, Jr.

Thesis submitted for the degree of Doctor of Philosophy,

City University London

School of Social and Health Sciences.

June, 1999

Appendix

Contents

Section 3 Cont'd	Participant's Sample Diet Track Analysis (food diary data) used in Study. This is one Participant's Sample for their whole Study.

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
44 g	Designer Protein 1 scoop 22 gr.	44.00	168.00	36.00	3.00	0.60
6 fl oz	Campbells V8 100% Vegetable Juice CAM	200.25	41.97	1.20	8.39	5.99
0.3125 cup	Rolled Oats-Dry	25.31	97.20	4.05	16.96	0.46
0.75 each	Large Egg White-Fresh/Frozen	25.05	12.53	2.63	0.26	0.26
0.125 cup	Nonfat Skim Milk	30.63	10.69	1.05	1.49	1.49
0.125 tbs	Safflower Oil	1.70	15.06	0	0	0
0.125 tsp	BAKING POWDER	0.40	0.31	0.00	0.07	0.00
0.125 tsp	Pure Vanilla Extract	0.60	1.15	0	0.03	0.02
0.25 tbs	Cornstarch	2.00	7.62	0.01	1.83	0
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	1.25	5.00	0.50	0	0
0.25 cup	Split Peas-Dry-Cooked	49.00	57.82	4.09	10.34	1.42
1 tbs	Onions-Cooked	13.13	5.78	0.18	1.34	0.81
1 tbs	Carrots-Raw Slices-Cooked	9.75	4.39	0.11	1.02	0.40
1 tbs	Celery-Cooked-Diced	9.38	1.69	0.08	0.38	0.12
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	1.50	4.01	0.25	0.27	0.27
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
4 oz-wt	Orange Roughy-Baked/Broiled	113.40	100.93	21.43	0	0
1 cup	Potato-Mashed	242.13	200.97	5.62	38.98	--
15.3125 g	1/2% milk 1 cup 245 gr.	15.31	5.63	0.63	0.81	0.81
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
2 cup	Broccoli Pieces-Frozen-Cooked	368.00	103.04	11.44	19.72	6.62
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
	Totals	1901.11	1691.93	131.90	250.34	50.62

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
44 g	Designer Protein 1 scoop 22 gr.	2.00	--	--	--	20.00
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	1.59	0.50	0.58	--	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.06	0.01	0.00	0.00	0.55
0.125 tbs	Safflower Oil	1.70	0.21	1.27	--	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	0.00	0.00	0.00	0	0
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	0	--	--	--	0
0.25 cup	Split Peas-Dry-Cooked	0.19	0.04	0.08	0	0
1 tbs	Onions-Cooked	0.02	0.00	0.01	0	0
1 tbs	Carrots-Raw Slices-Cooked	0.02	0.00	0.01	0	0
1 tbs	Celery-Cooked-Diced	0.02	0.00	0.01	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.21	0.08	0.07	--	0.20
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	1.02	0.70	0.02	0	29.48
1 cup	Potato-Mashed	2.95	0.85	0.71	0	4.84
15.3125 g	1/2% milk 1 cup 245 gr.	0	--	--	--	0.31
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
2 cup	Broccoli Pieces-Frozen-Cooked	0.44	0.03	0.20	0	0
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
	Totals	14.97	2.51	3.25	0.00	60.47

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	--	43.18	--	--	--
0.3125 cup	Rolled Oats-Dry	0.03	0	0	0.29	0.47
0.75 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0.30	0.31	0.00	--
0.125 tbs	Safflower Oil	0	0	0	0.59	0.65
0.125 tsp	BAKING POWDER	--	0	--	--	--
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	0	0	0	0	0
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.02	0.20	0	0.19	0.39
1 tbs	Onions-Cooked	0.02	0.68	0	0.05	0.05
1 tbs	Carrots-Raw Slices-Cooked	0.02	0.22	0	0.04	0.05
1 tbs	Celery-Cooked-Diced	0.01	0.57	0	0.04	0.07
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.02	0	0.01	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.39	0	--	--	--
1 cup	Potato-Mashed	0.56	0.97	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
2 cup	Broccoli Pieces-Frozen-Cooked	0.48	147.57	0	1.36	1.44
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
	Totals	1.72	223.35	0.31	3.62	3.86

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	150.00
6 fl oz	Campbells V8 100% Vegetable Juice CAM	47.96	--	0.44	--	--
0.3125 cup	Rolled Oats-Dry	13.16	--	1.07	37.46	88.59
0.75 each	Large Egg White-Fresh/Frozen	1.50	--	0.01	2.76	35.82
0.125 cup	Nonfat Skim Milk	37.67	--	0.01	3.49	50.84
0.125 tbs	Safflower Oil	0	--	0	0	0
0.125 tsp	BAKING POWDER	0	--	0	--	15.04
0.125 tsp	Pure Vanilla Extract	0.01	--	0.00	0.00	0.00
0.25 tbs	Cornstarch	0.04	--	0.01	0.06	0.06
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	6.86	--	0.64	17.64	177.38
1 tbs	Onions-Cooked	2.89	2.03	0.03	1.44	21.79
1 tbs	Carrots-Raw Slices-Cooked	3.02	--	0.06	1.27	22.13
1 tbs	Celery-Cooked-Diced	3.94	--	0.04	1.13	26.63
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	2.81	--	0.02	0.84	4.64
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Parrillo Bar	--	--	--	--	210.00
4 oz-wt	Orange Roughy-Baked/Broiled	43.09	--	0.26	43.09	436.59
1 cup	Potato-Mashed	50.85	--	1.14	43.58	711.86
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
2 cup	Broccoli Pieces-Frozen-Cooked	187.68	--	2.24	73.60	662.40
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
	Totals	441.19	2.03	7.33	254.72	3399.42

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	80.00	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	515.61	0	0	0	0
0.3125 cup	Rolled Oats-Dry	1.01	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	41.08	0	0	0	0
0.125 cup	Nonfat Skim Milk	15.77	0.00	0.00	0.00	0.00
0.125 tbs	Safflower Oil	0	0	0	0	0
0.125 tsp	BAKING POWDER	28.90	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0.01	0	0	0	0
0.25 tbs	Cornstarch	0.18	--	--	--	--
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	27.50	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.98	0	0	0	0
1 tbs	Onions-Cooked	0.39	0	0	0	0
1 tbs	Carrots-Raw Slices-Cooked	6.44	0	0	0	0
1 tbs	Celery-Cooked-Diced	8.53	0	0	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	278.79	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	91.85	--	--	--	--
1 cup	Potato-Mashed	549.64	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	8.44	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	88.32	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
	Totals	2457.79	0.00	0.00	0.00	0.00

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	0.01	0.00	--	0.24	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.01	0.00
0.125 tbs	Safflower Oil	0	0.00	0	0.11	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	--	--	--	0.00	--
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.00	0.00	--	0.02	--
1 tbs	Onions-Cooked	0	0.00	--	0.00	--
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.00	--
1 tbs	Celery-Cooked-Diced	0	0.00	--	0.00	--
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.00	--	0.04	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	--	0.01	--	0.01	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	0	0	0	0.06	0
2 cup	Tossed Green Salad	0	0	--	0.07	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
	Totals	0.01	0.02	0.00	0.58	0.00

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	0.02	--	--	--	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.125 tbs	Safflower Oil	0.04	0.00	--	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	0.00	--	--	--	--
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0.00	--	--	--	--
1 tbs	Onions-Cooked	0.00	0	0	--	0
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.00	0	--	0
1 tbs	Celery-Cooked-Diced	0.00	0	0	--	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.01	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.00	--	--	--	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	0.01	0	0	0	0
2 cup	Tossed Green Salad	0.02	--	--	--	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
	Totals	0.10	0.00	0	0	0.00

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	--	0.00	--	0.50	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0.00	0.00	0.01	0
0.125 tbs	Safflower Oil	--	0.01	0	0.20	0.00
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	--	--	--	0.00	--
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	--	0	--	0.04	0.00
1 tbs	Onions-Cooked	--	0	--	0.00	0
1 tbs	Carrots-Raw Slices-Cooked	--	0.00	--	0.00	0
1 tbs	Celery-Cooked-Diced	--	0.00	--	0.00	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	--	0.01	--	0.07	0.00
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	--	0.08	--	0.41	0.13
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0.03	0
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
	Totals	0	0.11	0.00	1.32	0.14

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	0	--	0.56	0.03	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.125 tbs	Safflower Oil	0	--	1.26	0.01	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	--	--	0.00	0	--
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	0	--	0.07	0.01	0
1 tbs	Onions-Cooked	0	--	0.01	0.00	0
1 tbs	Carrots-Raw Slices-Cooked	0	--	0.01	0.00	0
1 tbs	Celery-Cooked-Diced	0	--	0.01	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0	--	0.06	0.00	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.06	--	0.01	0.00	0.00
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	0	--	0.05	0.15	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
	Totals	0.06	0	2.23	0.31	0.00

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--	--	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	--	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0	0	0	0
0.125 tbs	Safflower Oil	--	0	0	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
0.25 tbs	Cornstarch	--	--	--	--	--
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--	--	--	--
0.25 cup	Split Peas-Dry-Cooked	--	0	0	0	0
1 tbs	Onions-Cooked	--	0	0	0	0
1 tbs	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 tbs	Celery-Cooked-Diced	--	0	0	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	--	0.00	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	--	0.00	0.00	--	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	--	0	0	0	0
2 cup	Tossed Green Salad	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
	Totals	0	0.00	0.00	0	0

Serving Size: 1901.11 g (67.06 oz-wt.)
Serves: 1.00
Water: 53%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
44 g	Designer Protein 1 scoop 22 gr.	--	--
6 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0
0.3125 cup	Rolled Oats-Dry	0.03	0.56
0.75 each	Large Egg White-Fresh/Frozen	0	0
0.125 cup	Nonfat Skim Milk	0	0.00
0.125 tbs	Safflower Oil	0.01	1.26
0.125 tsp	BAKING POWDER	0	0
0.125 tsp	Pure Vanilla Extract	0	0
0.25 tbs	Cornstarch	0	0.00
1.25 g	Sugar free gelatin 1/2 pkg. 5 gr.	--	--
0.25 cup	Split Peas-Dry-Cooked	0.01	0.07
1 tbs	Onions-Cooked	0.00	0.01
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.01
1 tbs	Celery-Cooked-Diced	0	0.01
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.06
1 each	Parrillo Bar	--	--
1 each	Parrillo Bar	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.00	0.01
1 cup	Potato-Mashed	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
2 cup	Broccoli Pieces-Frozen-Cooked	0.15	0.05
2 cup	Tossed Green Salad	0.11	0.19
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
	Totals	0.31	2.23

Serving Size: 1236.93 g (43.63 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
90 g	Kashi Medeley1/2c 30 g.	90.00	300.00	12.00	60.00	15.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Peeled Potato-Diced-Cooked	156.00	134.16	2.68	31.20	1.56
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	11.60	36.00	1.20	8.00	--
	Totals	1236.93	1630.25	153.65	211.22	36.95

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
90 g	Kashi Medeley1/2c 30 g.	3.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Peeled Potato-Diced-Cooked	0.16	0.00	0.07	0	0
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	0.80	--	--	--	0
	Totals	14.72	2.20	1.67	0	149.58

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Peeled Potato-Diced-Cooked	0.42	11.54	0	0.08	0.09
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	1.62	41.19	0.51	1.42	1.30

Serving Size: 1236.93 g (43.63 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Peeled Potato-Diced-Cooked	12.48	--	0.48	31.20	511.68
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
1 each	Parrillo Bar	--	--	--	--	210.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	506.72	--	3.57	119.87	2295.47

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
90 g	Kashi Medeley1/2c 30 g.	150.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	7.80	0	0	0	0.00
2 cup	Tossed Green Salad	29.35	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	112.00	--	--	--	--
	Totals	1078.46	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0	0.03	0
2 cup	Tossed Green Salad	0	0	--	0.07	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0.02	0.05	0	1.27	0

Serving Size: 1236.93 g (43.63 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0.00	0	0
2 cup	Tossed Green Salad	0.02	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0.45	0.00	0.00	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Peeled Potato-Diced-Cooked	--	0.00	0	0.00	0
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0	0.26	0	1.85	0.05

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Peeled Potato-Diced-Cooked	0	--	0.05	0.02	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0	0	1.25	0.17	0

Serving Size: 1236.93 g (43.63 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Peeled Potato-Diced-Cooked	--	0	0	0	0
2 cup	Tossed Green Salad	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--	--	--	--
	Totals	0	0.10	0.02	0.02	0.03

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
90 g	Kashi Medeley1/2c 30 g.	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
3 each	Egg White-Cooked	0	0
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Peeled Potato-Diced-Cooked	0.02	0.05
2 cup	Tossed Green Salad	0.11	0.19
1 each	Parrillo Bar	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
11.6 g	O.R.SpopPopcorn2T29g(5cup)3ozBg3srPerBag	--	--
	Totals	0.22	1.35

Serving Size: 1565.92 g (55.24 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	270.00	70.20	3.70	16.55	7.02
1 cup	Peeled Potato-Diced-Cooked	156.00	134.16	2.68	31.20	1.56
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
	Totals	1565.92	1759.29	167.00	229.14	38.82

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
2 cup	Green Snap/String Beans-Frozen-Cooked	0.38	0.01	0.19	0	0
1 cup	Peeled Potato-Diced-Cooked	0.16	0.00	0.07	0	0
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
	Totals	19.87	3.62	5.55	0.00	150.68

Serving Size: 1565.92 g (55.24 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
2 cup	Green Snap/String Beans-Frozen-Cooked	0.15	22.14	0	0.32	--
1 cup	Peeled Potato-Diced-Cooked	0.42	11.54	0	0.08	0.09
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
	Totals	2.45	41.46	1.12	3.75	4.34

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 each	Parrillo Bar	--	--	--	--	210.00
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
2 cup	Green Snap/String Beans-Frozen-Cooked	121.50	--	2.21	56.70	302.40
1 cup	Peeled Potato-Diced-Cooked	12.48	--	0.48	31.20	511.68
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
	Totals	784.90	--	8.59	265.21	2798.37

Serving Size: 1565.92 g (55.24 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
2 cup	Green Snap/String Beans-Frozen-Cooked	35.10	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	7.80	0	0	0	0.00
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
	Totals	1188.24	0.01	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.07	0
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0	0.03	0
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
	Totals	0.04	0.07	0.00	2.07	0.00

Serving Size: 1565.92 g (55.24 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0.00	0	0
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
	Totals	0.57	0.02	0.00	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 cup	Peeled Potato-Diced-Cooked	--	0.00	0	0.00	0
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
	Totals	0	0.28	0.00	3.24	0.05

Serving Size: 1565.92 g (55.24 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
2 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.07	0.11	0
1 cup	Peeled Potato-Diced-Cooked	0	--	0.05	0.02	0
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
	Totals	0	0	5.01	0.28	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	--	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 1565.92 g (55.24 oz-wt.)
Serves: 1.00
Water: 55%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 each	Parrillo Bar	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
2 oz-wt	Parrillo pro-carb	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
2 cup	Green Snap/String Beans-Frozen-Cooked	0.11	0.07
1 cup	Peeled Potato-Diced-Cooked	0.02	0.05
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
	Totals	0.33	5.11

Serving Size: 1758.58 g (62.03 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
120 g	Kashi Medeley1/2c 30 g.	120.00	400.00	16.00	80.00	20.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
12 oz-wt	Skinless Chicken Breast-Roasted	340.20	561.33	105.46	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	226.80	210.92	4.47	48.99	3.86
1 each	Wendy's Caesar Side Salad	89.00	110.00	8.00	8.00	6.00
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	14.18	75.94	0.51	0.51	0
2 cup	Mixed Salad Greens/Lettuce	110.00	18.92	1.77	3.26	0.77
2 tbs	WishboneDressing-Classic House Italian	30.00	140.00	0	2.00	1.00
2 cup	Rotini Pasta Noodles-Cooked	280.00	394.80	13.38	79.24	3.64
0.5 cup	Spaghetti/Marinara Sauce	125.00	94.31	2.25	13.19	6.75
	Totals	1758.58	2756.22	220.83	342.18	55.02

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
120 g	Kashi Medeley1/2c 30 g.	4.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	12.18	4.25	2.62	--	289.17
8 oz-wt	Baked Potato-Flesh Only-Medium	0.23	0.00	0.10	0	0
1 each	Wendy's Caesar Side Salad	5.00	--	--	--	10.00
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	8.10	--	--	--	10.13
2 cup	Mixed Salad Greens/Lettuce	0.27	0.01	0.14	0	0
2 tbs	WishboneDressing-Classic House Italian	14.00	--	--	--	2.50
2 cup	Rotini Pasta Noodles-Cooked	1.88	0.22	0.76	--	0
0.5 cup	Spaghetti/Marinara Sauce	4.71	1.06	2.66	--	0
	Totals	55.34	5.55	6.28	0	316.79

Serving Size: 1758.58 g (62.03 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	2.04	0	1.02	0.58	0.90
8 oz-wt	Baked Potato-Flesh Only-Medium	0.68	29.03	0	0.11	0.14
1 each	Wendy's Caesar Side Salad	--	15.00	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	0	--	--	--
2 cup	Mixed Salad Greens/Lettuce	0.08	17.71	0	0.73	--
2 tbs	WishboneDressing-Classic House Italian	--	0	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	0.10	0	0	0.08	--
0.5 cup	Spaghetti/Marinara Sauce	0.23	21.11	0	2.52	--
	Totals	3.13	82.85	1.02	4.03	1.04

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
12 oz-wt	Skinless Chicken Breast-Roasted	51.03	--	3.57	98.66	870.91
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	--	0.79	56.70	886.79
1 each	Wendy's Caesar Side Salad	40.00	--	1.08	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	10.13	--	0	--	--
2 cup	Mixed Salad Greens/Lettuce	60.28	--	1.44	26.40	348.48
2 tbs	WishboneDressing-Classic House Italian	0	--	0	--	--
2 cup	Rotini Pasta Noodles-Cooked	19.60	--	3.95	50.40	86.80
0.5 cup	Spaghetti/Marinara Sauce	31.58	--	1.62	31.19	564.50
	Totals	647.95	--	12.45	263.35	3217.48

Serving Size: 1758.58 g (62.03 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
120 g	Kashi Medeley1/2c 30 g.	200.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	251.75	0	0	0	0
8 oz-wt	Baked Potato-Flesh Only-Medium	11.34	0	0	0	0.00
1 each	Wendy's Caesar Side Salad	660.00	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	126.56	--	--	--	--
2 cup	Mixed Salad Greens/Lettuce	27.94	--	--	--	--
2 tbs	WishboneDressing-Classic House Italian	360.00	--	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	2.80	0	0	0	0
0.5 cup	Spaghetti/Marinara Sauce	656.75	--	--	--	--
	Totals	2582.14	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	0.03	0.10	--	2.35	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0	0.04	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 cup	Mixed Salad Greens/Lettuce	--	--	--	--	--
2 tbs	WishboneDressing-Classic House Italian	--	--	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	0	0.00	--	0.23	--
0.5 cup	Spaghetti/Marinara Sauce	--	--	--	--	--
	Totals	0.04	0.11	0	2.62	0

Serving Size: 1758.58 g (62.03 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	0.85	--	--	--	--
8 oz-wt	Baked Potato-Flesh Only-Medium	0.01	0.00	0.00	0	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 cup	Mixed Salad Greens/Lettuce	--	--	--	--	--
2 tbs	WishboneDressing-Classic House Italian	--	--	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	0.03	--	--	--	--
0.5 cup	Spaghetti/Marinara Sauce	--	--	--	--	--
	Totals	0.89	0.00	0.00	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	--	0.51	--	3.57	0.10
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0.00	0	0.00	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 cup	Mixed Salad Greens/Lettuce	--	--	--	--	--
2 tbs	WishboneDressing-Classic House Italian	--	--	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	--	0	--	0.22	0
0.5 cup	Spaghetti/Marinara Sauce	--	--	--	--	--
	Totals	--	0.51	0	3.80	0.10

Serving Size: 1758.58 g (62.03 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	0	--	2.01	0.10	0
8 oz-wt	Baked Potato-Flesh Only-Medium	0	--	0.08	0.02	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 cup	Mixed Salad Greens/Lettuce	--	--	--	--	--
2 tbs	WishboneDressing-Classic House Italian	--	--	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	0	--	0.70	0.07	0
0.5 cup	Spaghetti/Marinara Sauce	--	--	--	--	--
	Totals	0	--	2.78	0.19	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	--	0.20	0.03	0.03	0.07
8 oz-wt	Baked Potato-Flesh Only-Medium	--	0	0	0	0
1 each	Wendy's Caesar Side Salad	--	--	--	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--	--	--	--
2 cup	Mixed Salad Greens/Lettuce	--	--	--	--	--
2 tbs	WishboneDressing-Classic House Italian	--	--	--	--	--
2 cup	Rotini Pasta Noodles-Cooked	--	0	0	0	0
0.5 cup	Spaghetti/Marinara Sauce	--	--	--	--	--
	Totals	--	0.20	0.03	0.03	0.07

Serving Size: 1758.58 g (62.03 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
2 oz-wt	Parrillo pro-carb	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
12 oz-wt	Skinless Chicken Breast-Roasted	0.20	2.21
8 oz-wt	Baked Potato-Flesh Only-Medium	0.02	0.08
1 each	Wendy's Caesar Side Salad	--	--
0.5 oz-wt	Wendy's Italian Caesar Salad Dressing	--	--
2 cup	Mixed Salad Greens/Lettuce	--	--
2 tbs	WishboneDressing-Classic House Italian	--	--
2 cup	Rotini Pasta Noodles-Cooked	0.07	0.70
0.5 cup	Spaghetti/Marinara Sauce	--	--
	Totals	0.29	2.99

Serving Size: 1547.57 g (54.59 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
60 g	Kashi Medeley1/2c 30 g.	60.00	200.00	8.00	40.00	10.00
122.5 g	1/2% milk 1 cup 245 gr.	122.50	45.00	5.00	6.50	6.50
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Long Grain White Rice-Cooked-Hot	205.00	266.50	5.54	57.81	0.41
0.5 cup	Tomato-Chopped	90.00	18.90	0.77	4.19	2.52
0.5 cup	Whole Strawberries-Cup Measure	72.00	21.60	0.44	5.06	4.06
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
6 oz-wt	Skinless White Turkey Meat-Roasted	170.10	238.14	51.37	0	0
	Totals	1547.57	1683.12	178.97	200.73	52.44

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
60 g	Kashi Medeley1/2c 30 g.	2.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	2.50
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Long Grain White Rice-Cooked-Hot	0.57	0.18	0.16	--	0
0.5 cup	Tomato-Chopped	0.30	0.05	0.12	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.27	0.04	0.13	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	2.02	0.36	0.53	--	146.29
	Totals	15.14	2.82	2.63	0	293.37

Serving Size: 1547.57 g (54.59 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Long Grain White Rice-Cooked-Hot	0.19	0	0	0.12	0.43
0.5 cup	Tomato-Chopped	0.07	17.19	0	0.72	0.84
0.5 cup	Whole Strawberries-Cup Measure	0.04	40.82	0	0.10	0.19
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
6 oz-wt	Skinless White Turkey Meat-Roasted	0.97	0	0.51	0.05	0.11
	Totals	2.63	105.33	1.02	3.00	3.43

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Long Grain White Rice-Cooked-Hot	20.50	--	2.48	24.60	71.75
0.5 cup	Tomato-Chopped	4.50	4.50	0.41	9.90	199.80
0.5 cup	Whole Strawberries-Cup Measure	10.08	--	0.27	7.20	119.52
1 each	Parrillo Bar	--	--	--	--	210.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
6 oz-wt	Skinless White Turkey Meat-Roasted	25.52	--	2.69	47.63	471.18
	Totals	585.81	4.50	9.75	189.47	2812.27

Serving Size: 1547.57 g (54.59 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
60 g	Kashi Medeley1/2c 30 g.	100.00	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	67.50	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Long Grain White Rice-Cooked-Hot	2.05	0	0	0	0
0.5 cup	Tomato-Chopped	8.10	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.72	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
2 cup	Tossed Green Salad	29.35	0	0	0	0
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	95.26	0	0	0	0
	Totals	618.83	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Long Grain White Rice-Cooked-Hot	0	0.00	--	0.14	--
0.5 cup	Tomato-Chopped	0	0	--	0.03	--
0.5 cup	Whole Strawberries-Cup Measure	0	0	0	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
2 cup	Tossed Green Salad	0	0	--	0.07	--
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.02	--	0.29	--
	Totals	0.04	0.07	0	1.74	0

Serving Size: 1547.57 g (54.59 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Long Grain White Rice-Cooked-Hot	0.01	--	--	--	--
0.5 cup	Tomato-Chopped	0.01	0	0	--	0
0.5 cup	Whole Strawberries-Cup Measure	0.00	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
2 cup	Tossed Green Salad	0.02	--	--	--	--
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
6 oz-wt	Skinless White Turkey Meat-Roasted	0.20	--	--	--	--
	Totals	0.67	0.00	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Long Grain White Rice-Cooked-Hot	--	0.00	--	0.18	0
0.5 cup	Tomato-Chopped	--	0.00	--	0.04	0
0.5 cup	Whole Strawberries-Cup Measure	--	0.00	0	0.04	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	--	0.29	0.02
	Totals	--	0.32	0	2.40	0.07

Serving Size: 1547.57 g (54.59 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Long Grain White Rice-Cooked-Hot	0	--	0.13	0.03	0
0.5 cup	Tomato-Chopped	0	--	0.12	0.00	0
0.5 cup	Whole Strawberries-Cup Measure	0	--	0.08	0.06	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	--	0.36	0.02	0
	Totals	0.02	--	1.95	0.27	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Long Grain White Rice-Cooked-Hot	--	0	0	0	0
0.5 cup	Tomato-Chopped	--	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
2 cup	Tossed Green Salad	--	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0	0	0	0
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.10	0	0.02	0.02
	Totals	--	0.20	0.02	0.03	0.05

Serving Size: 1547.57 g (54.59 oz-wt.)
Serves: 1.00
Water: 65%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
60 g	Kashi Medeley1/2c 30 g.	--	--
122.5 g	1/2% milk 1 cup 245 gr.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Long Grain White Rice-Cooked-Hot	0.03	0.13
0.5 cup	Tomato-Chopped	0.00	0.12
0.5 cup	Whole Strawberries-Cup Measure	0.06	0.08
1 each	Parrillo Bar	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
2 cup	Tossed Green Salad	0.11	0.19
1 cup	Carrots-Raw-Grated	0.01	0.07
6 oz-wt	Skinless White Turkey Meat-Roasted	0.03	0.46
	Totals	0.34	2.15

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless White Turkey Meat-Roasted	170.10	238.14	51.37	0	0
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	312.13	199.77	7.80	39.95	1.25
1 cup	Whole Strawberries-Cup Measure	144.00	43.20	0.88	10.12	8.12
1 cup	New England Clam Chowder w/Water	244.00	95.16	4.83	12.44	--
0.5 cup	Carrots-Raw Slices-Cooked	78.00	35.10	0.86	8.19	3.20
2.222 oz-wt	Baked Tostitos 1oz./9 chips	62.99	247.48	4.50	53.99	0
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
2 tbs	Tomatoes-Cooked-Cup Measure	30.00	8.10	0.32	1.75	0.96
2 tbs	Onions-Cooked	26.25	11.55	0.36	2.68	1.63
2 tbs	Sweet Green Bell Peppers-Cooked	17.00	4.76	0.16	1.14	0.61
2 tbs	Mushroom Pieces-Cooked	19.50	5.27	0.43	1.00	0.02
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
1 each	Jello Gelatin Snacks-SugarFree-Orange	92.00	10.00	1.00	0	0
2 tbs	Cool Whip Topping-Lite KFT	8.00	20.00	0	2.00	1.00
	Totals	1731.60	1844.58	154.61	255.04	29.53

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	2.02	0.36	0.53	--	146.29
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	0.31	--	--	--	0
1 cup	Whole Strawberries-Cup Measure	0.53	0.07	0.27	0	0
1 cup	New England Clam Chowder w/Water	2.90	1.22	1.10	--	4.88
0.5 cup	Carrots-Raw Slices-Cooked	0.14	0.01	0.07	0	0
2.222 oz-wt	Baked Tostitos 1oz./9 chips	2.25	--	--	--	0
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.12	0.02	0.05	0	0
2 tbs	Onions-Cooked	0.05	0.01	0.02	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.03	0.00	0.02	0	0
2 tbs	Mushroom Pieces-Cooked	0.09	0.00	0.04	0	0
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	1.00	0	0	--	0
	Totals	20.36	3.15	5.88	0.00	152.27

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.97	0	0.51	0.05	0.11
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	65.55	--	--	--
1 cup	Whole Strawberries-Cup Measure	0.08	81.65	0	0.20	0.37
1 cup	New England Clam Chowder w/Water	0.08	1.95	--	0.08	--
0.5 cup	Carrots-Raw Slices-Cooked	0.19	1.79	0	0.33	0.39
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.03	6.84	0	0.30	0.35
2 tbs	Onions-Cooked	0.03	1.37	0	0.09	0.09
2 tbs	Sweet Green Bell Peppers-Cooked	0.04	12.65	0	0.12	--
2 tbs	Mushroom Pieces-Cooked	0.02	0.78	0.37	0.02	0.06
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
1 each	Jello Gelatin Snacks-SugarFree-Orange	--	0	--	--	--
2 tbs	Cool Whip Topping-Lite KFT	--	0	--	--	--
	Totals	1.70	183.41	1.49	3.60	4.27

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless White Turkey Meat-Roasted	25.52	--	2.69	47.63	471.18
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	12.49	--	1.56	59.31	1342.17
1 cup	Whole Strawberries-Cup Measure	20.16	--	0.55	14.40	239.04
1 cup	New England Clam Chowder w/Water	43.92	--	1.49	7.32	146.40
0.5 cup	Carrots-Raw Slices-Cooked	24.18	--	0.48	10.14	177.06
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
2 tbs	Tomatoes-Cooked-Cup Measure	1.80	1.50	0.17	4.20	83.70
2 tbs	Onions-Cooked	5.78	4.07	0.06	2.89	43.58
2 tbs	Sweet Green Bell Peppers-Cooked	1.53	--	0.08	1.70	28.22
2 tbs	Mushroom Pieces-Cooked	1.17	--	0.34	2.34	69.42
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	--	0	--	0
2 tbs	Cool Whip Topping-Lite KFT	0	--	0	--	5.00
	Totals	701.08	5.57	10.17	264.83	3944.44

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	95.26	0	0	0	0
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	9.36	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	1.44	0	0	0	0
1 cup	New England Clam Chowder w/Water	915.00	0	0	0	0
0.5 cup	Carrots-Raw Slices-Cooked	51.48	0	0	0	0
2.222 oz-wt	Baked Tostitos 1oz./9 chips	449.96	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	3.30	0	0	0	0
2 tbs	Onions-Cooked	0.79	0	0	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.34	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.39	0	0	0	0.00
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	50.00	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	--	--	--	--
	Totals	2257.79	0.01	0.00	0.00	0.00

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.02	--	0.29	--
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	0	0	0	0.02	0
1 cup	New England Clam Chowder w/Water	0	0	--	0.27	--
0.5 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.02	--
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	0.00	--	0.01	--
2 tbs	Onions-Cooked	0	0.00	--	0.01	--
2 tbs	Sweet Green Bell Peppers-Cooked	0	0	0	0.00	0
2 tbs	Mushroom Pieces-Cooked	0.00	0.00	0	0.01	0
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	--
	Totals	0.03	0.04	0.00	1.38	0.00

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.20	--	--	--	--
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	0.01	0	0	0	0
1 cup	New England Clam Chowder w/Water	0.15	--	--	--	--
0.5 cup	Carrots-Raw Slices-Cooked	0.00	0.00	0	--	0
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.01	0	0	--	0
2 tbs	Onions-Cooked	0.00	0	0	--	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
2 tbs	Mushroom Pieces-Cooked	0.00	0	0	0	0
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	0
	Totals	0.49	0.01	0	0	0.00

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	--	0.29	0.02
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	--	0.00	0	0.07	0
1 cup	New England Clam Chowder w/Water	--	0	--	1.22	0
0.5 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.00	0
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0.00	--	0.02	0
2 tbs	Onions-Cooked	--	0	--	0.01	0
2 tbs	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.00	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0.00	0
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.08	0.00	3.04	0.02

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	--	0.36	0.02	0
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	0	--	0.16	0.11	0
1 cup	New England Clam Chowder w/Water	0	--	1.00	0.07	0
0.5 cup	Carrots-Raw Slices-Cooked	0	--	0.06	0.01	0
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	--	0.05	0.00	0
2 tbs	Onions-Cooked	0	--	0.02	0.00	0
2 tbs	Sweet Green Bell Peppers-Cooked	0	--	0.02	0.00	0
2 tbs	Mushroom Pieces-Cooked	0	--	0.03	0.00	0
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0.02	0	5.41	0.29	0

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.10	0	0.02	0.02
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
1 cup	Whole Strawberries-Cup Measure	--	0	0	0	0
1 cup	New England Clam Chowder w/Water	--	0	0	0	0
0.5 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0	0	0	0
2 tbs	Onions-Cooked	--	0	0	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.10	0	0.02	0.02

Serving Size: 1731.60 g (61.08 oz-wt.)
Serves: 1.00
Water: 72%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.03	0.46
11.01 oz-wt	New Potato-Peeled Cooked (Australian)	--	--
1 cup	Whole Strawberries-Cup Measure	0.11	0.16
1 cup	New England Clam Chowder w/Water	0.07	1.00
0.5 cup	Carrots-Raw Slices-Cooked	0.01	0.06
2.222 oz-wt	Baked Tostitos 1oz./9 chips	--	--
3 each	Egg White-Cooked	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.00	0.05
2 tbs	Onions-Cooked	0.00	0.02
2 tbs	Sweet Green Bell Peppers-Cooked	0.00	0.02
2 tbs	Mushroom Pieces-Cooked	0.00	0.03
1 cup	Carrots-Raw-Grated	0.01	0.07
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0
2 tbs	Cool Whip Topping-Lite KFT	0	0
	Totals	0.31	5.51

Notes

Participant listed...roasted new potatoes...2 cups. Food processor does not offer this item in a cup measure. I looked at the oz. wt. of 2 cups of diced potatoes...and used that oz. wt. as an app. oz. wt. for the 2 cups of new potatoes the participant listed.

Serving Size: 1907.90 g (67.30 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 each	Egg White-Cooked	200.40	99.80	21.00	2.06	2.06
1 each	Whole Cucumber 8 inch long	301.00	39.13	2.08	8.34	5.90
1.111 oz-wt	Baked Tostitos 1oz./9 chips	31.50	123.74	2.25	27.00	0
3 oz-wt	Scallops-Baked/Broiled	85.05	113.29	17.22	2.45	--
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	85.05	131.66	20.85	0.96	--
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	170.10	231.34	4.86	32.83	0.61
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
2 each	Garlic Bread-Frozen PPF	94.40	321.36	10.04	28.12	4.02
1 each	Jello Pudding Snack-Fat Free-Chocolate	113.00	100.00	3.00	23.00	17.00
4 tbs	Cool Whip Topping-Lite KFT	16.00	40.00	0	4.00	2.00
	Totals	1907.90	2063.69	160.30	239.37	55.39

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
6 each	Egg White-Cooked	0	0	0	0	0
1 each	Whole Cucumber 8 inch long	0.39	0.01	0.18	0	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	1.12	--	--	--	0
3 oz-wt	Scallops-Baked/Broiled	3.36	1.19	1.08	0	33.82
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	4.36	1.41	1.50	0	155.81
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	9.71	4.25	0	--	0
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
2 each	Garlic Bread-Frozen PPF	20.09	8.03	3.01	--	60.26
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	2.00	0	0	--	0
	Totals	51.41	16.41	9.78	0.00	255.98

Serving Size: 1907.90 g (67.30 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 each	Egg White-Cooked	0.01	0	0	0	0
1 each	Whole Cucumber 8 inch long	0.13	15.95	0	0.39	0.75
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	0.15	2.93	0.09	1.44	--
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	0.10	1.95	2.98	3.33	--
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	--	4.08	--	--	--
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
2 each	Garlic Bread-Frozen PPF	--	0	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	--	0	--	--	--
4 tbs	Cool Whip Topping-Lite KFT	--	0	--	--	--
	Totals	0.64	55.16	3.67	7.96	3.74

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 each	Egg White-Cooked	12.33	--	0.06	21.96	285.57
1 each	Whole Cucumber 8 inch long	42.14	--	0.78	33.11	433.44
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	25.84	--	0.30	57.49	331.44
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	54.53	--	2.47	38.02	191.02
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	96.11	--	2.45	--	765.45
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
2 each	Garlic Bread-Frozen PPF	0	--	7.23	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	80.00	--	0.72	--	210.00
4 tbs	Cool Whip Topping-Lite KFT	0	--	0	--	10.00
	Totals	878.19	--	17.45	266.36	3603.06

Serving Size: 1907.90 g (67.30 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 each	Egg White-Cooked	636.87	0	0	0	0
1 each	Whole Cucumber 8 inch long	6.02	0	0	0	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	224.98	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	434.78	0	0	0	0
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	422.78	0	0	0	0.02
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	559.63	--	--	--	--
2 cup	Tossed Green Salad	29.35	0	0	0	0
2 each	Garlic Bread-Frozen PPF	502.13	--	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	190.00	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	--	--	--	--
	Totals	3465.07	0.01	0.00	0.00	0.03

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 each	Egg White-Cooked	0	0	0	0	0
1 each	Whole Cucumber 8 inch long	0	0.00	0	0.11	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	0	0.08	--	0.40	--
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	0.01	0.05	--	0.47	--
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	--	--	--	--	--
2 cup	Tossed Green Salad	0	0	--	0.07	--
2 each	Garlic Bread-Frozen PPF	--	--	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	--
	Totals	0.02	0.16	0.00	1.79	0.00

Serving Size: 1907.90 g (67.30 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 each	Egg White-Cooked	0	0	0	0	0
1 each	Whole Cucumber 8 inch long	0.01	0	0	0	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	0.08	--	--	--	--
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	0.26	--	--	--	--
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	--	--	--	--	--
2 cup	Tossed Green Salad	0.02	--	--	--	--
2 each	Garlic Bread-Frozen PPF	--	--	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	0
	Totals	0.49	0.01	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 each	Egg White-Cooked	0	0	0	0	0
1 each	Whole Cucumber 8 inch long	--	0	0	0.01	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	--	0.38	--	0.55	0.19
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	--	0.46	--	0.82	0.09
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	--	--	--	--	--
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
2 each	Garlic Bread-Frozen PPF	--	--	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.87	0.00	2.85	0.29

Serving Size: 1907.90 g (67.30 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 each	Egg White-Cooked	0	0	0	0	0
1 each	Whole Cucumber 8 inch long	0	--	0.09	0.09	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	0	--	0.02	0	0.05
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	0.03	--	0.06	0.03	0.01
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	--	--	0	0	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
2 each	Garlic Bread-Frozen PPF	--	--	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0.03	0	4.00	0.29	0.06

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 each	Egg White-Cooked	0	0	0	0	0
1 each	Whole Cucumber 8 inch long	--	0	0	0	0
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--	--	--	--
3 oz-wt	Scallops-Baked/Broiled	--	0.10	0.37	0.07	0.45
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	--	0.19	0.58	0.10	0.50
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	0	0	0	0	0
2 cup	Tossed Green Salad	--	0	0	0	0
2 each	Garlic Bread-Frozen PPF	--	--	--	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.29	0.95	0.17	0.95

Serving Size: 1907.90 g (67.30 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
6 each	Egg White-Cooked	0	0
1 each	Whole Cucumber 8 inch long	0.09	0.09
1.111 oz-wt	Baked Tostitos 1oz./9 chips	--	--
3 oz-wt	Scallops-Baked/Broiled	0.82	0.11
3 oz-wt	Shrimp-Medium Size-Baked/Broiled	1.11	0.26
6 oz-wt	Ore Ida Twice Baked Potato w/Cheese	--	--
2 cup	Tossed Green Salad	0.11	0.19
2 each	Garlic Bread-Frozen PPF	--	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0
	Totals	2.19	4.29

Serving Size: 1198.65 g (42.28 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
120 g	Kashi Medeley1/2c 30 g.	120.00	400.00	16.00	80.00	20.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	246.00	199.26	7.45	50.43	4.43
1.5 cup	Green Snap/String Beans-Frozen-Cooked	202.50	52.65	2.77	12.41	5.27
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
	Totals	1198.65	1817.58	154.96	265.84	42.69

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
120 g	Kashi Medeley1/2c 30 g.	4.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1.5 cup	Yellow Corn-Frozen-Cooked	0.17	0.05	0.08	0	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	0.28	0.01	0.14	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
	Totals	15.53	2.19	1.53	0	149.58

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1.5 cup	Yellow Corn-Frozen-Cooked	0.25	6.40	0	0.01	0.12
1.5 cup	Green Snap/String Beans-Frozen-Cooked	0.11	16.61	0	0.24	--
1 each	Parrillo Bar	--	--	--	--	--
	Totals	1.38	23.00	0.51	0.54	0.57

Serving Size: 1198.65 g (42.28 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1.5 cup	Yellow Corn-Frozen-Cooked	4.92	--	0.74	44.28	341.94
1.5 cup	Green Snap/String Beans-Frozen-Cooked	91.13	--	1.66	42.53	226.80
1 each	Parrillo Bar	--	--	--	--	210.00
	Totals	545.56	--	4.18	136.13	1674.20

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
120 g	Kashi Medeley1/2c 30 g.	200.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1.5 cup	Yellow Corn-Frozen-Cooked	12.30	0	0	0	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	26.33	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
	Totals	699.50	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1.5 cup	Yellow Corn-Frozen-Cooked	0	0	0	0.03	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.05	0
1 each	Parrillo Bar	--	--	--	--	--
	Totals	0.02	0.05	0	1.25	0

Serving Size: 1198.65 g (42.28 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1.5 cup	Yellow Corn-Frozen-Cooked	0.00	0	0	0	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
	Totals	0.44	0	0	0	0

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1.5 cup	Yellow Corn-Frozen-Cooked	--	0	0	0.05	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
	Totals	--	0.26	0	1.85	0.05

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1.5 cup	Yellow Corn-Frozen-Cooked	0	--	0.08	0.00	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.05	0.09	0
1 each	Parrillo Bar	--	--	--	--	--
	Totals	0	--	1.14	0.14	0

Serving Size: 1198.65 g (42.28 oz-wt.)
Serves: 1.00
Water: 40%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1.5 cup	Yellow Corn-Frozen-Cooked	--	0	0	0	0
1.5 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
	Totals	--	0.10	0.02	0.02	0.03

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 oz-wt	Parrillo pro-carb	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1.5 cup	Yellow Corn-Frozen-Cooked	0.00	0.08
1.5 cup	Green Snap/String Beans-Frozen-Cooked	0.09	0.05
1 each	Parrillo Bar	--	--
	Totals	0.19	1.24

Serving Size: 1195.20 g (42.16 oz-wt.)
Serves: 1.00
Water: 41%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
120 g	Kashi Medeley1/2c 30 g.	120.00	400.00	16.00	80.00	20.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	241.00	90.00	3.00	15.00	8.00
1 each	Sweet Green Bell Peppers-Raw	74.00	19.98	0.66	4.77	1.85
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
	Totals	1195.20	1797.95	182.53	229.88	50.11

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
120 g	Kashi Medeley1/2c 30 g.	4.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Progresso Tomato Soup-Canned-Prep	2.00	0.50	1.50	--	0
1 each	Sweet Green Bell Peppers-Raw	0.14	0.02	0.08	0	0
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
	Totals	19.40	2.65	2.97	0	149.58

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Progresso Tomato Soup-Canned-Prep	--	0.12	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.18	66.08	0	0.51	--
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
	Totals	1.37	76.43	0.51	1.46	1.11

Serving Size: 1195.20 g (42.16 oz-wt.)
Serves: 1.00
Water: 41%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Progresso Tomato Soup-Canned-Prep	20.00	--	1.80	--	--
1 each	Sweet Green Bell Peppers-Raw	6.66	--	0.34	7.40	130.98
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
	Totals	929.88	--	4.48	73.23	1631.74

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
120 g	Kashi Medeley1/2c 30 g.	200.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	990.00	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	1.48	0	0	0	0
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
	Totals	1740.85	0	0	0	0

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Progresso Tomato Soup-Canned-Prep	0	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	0	0	0	0.02	0
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
	Totals	0.02	0.05	0	1.21	0

Serving Size: 1195.20 g (42.16 oz-wt.)
Serves: 1.00
Water: 41%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Progresso Tomato Soup-Canned-Prep	0	0	0	0	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0	0	0	0.00
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
	Totals	0.43	0.00	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0.01	0	0.01	0
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
	Totals	--	0.27	0	1.80	0.05

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	--	0.07	0.01	0
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
	Totals	0	--	1.15	0.07	0

Serving Size: 1195.20 g (42.16 oz-wt.)
Serves: 1.00
Water: 41%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0	0	0	0
	Totals	--	0.10	0.02	0.02	0.03

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
1 oz-wt	Parrillo pro-carb	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Progresso Tomato Soup-Canned-Prep	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0.07
1 cup	Carrots-Raw-Grated	0.01	0.07
	Totals	0.12	1.25

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
8 fl oz	Tomato Juice-Canned	244.00	41.48	1.85	10.35	8.05
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
1.5 cup	Tossed Green Salad	208.00	37.14	1.90	7.49	4.77
0.3125 cup	Rolled Oats-Dry	25.31	97.20	4.05	16.96	0.46
0.75 each	Large Egg White-Fresh/Frozen	25.05	12.53	2.63	0.26	0.26
0.125 cup	Nonfat Skim Milk	30.63	10.69	1.05	1.49	1.49
0.125 tbs	Safflower Oil	1.70	15.06	0	0	0
0.125 tsp	BAKING POWDER	0.40	0.31	0.00	0.07	0.00
0.125 tsp	Pure Vanilla Extract	0.60	1.15	0	0.03	0.02
5 oz-wt	Skinless Chicken Breast-Roasted	141.75	233.89	43.94	0	0
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
0.25 cup	Kraft Grated Parmesan Cheese	30.00	120.00	12.00	0	0
0.25 cup	Crouton/Bread Cubes-Dry	7.50	30.53	0.89	5.51	0.19
0.125 cup	Kraft Caesar Salad Dressing	30.00	130.00	1.00	2.00	1.00
	Totals	1408.25	1607.90	150.78	138.53	36.53

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	0.15	0.02	0.06	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
1.5 cup	Tossed Green Salad	0.52	0.05	0.22	0	0
0.3125 cup	Rolled Oats-Dry	1.59	0.50	0.58	--	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.06	0.01	0.00	0.00	0.55
0.125 tbs	Safflower Oil	1.70	0.21	1.27	--	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	5.07	1.77	1.09	--	120.49
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
0.25 cup	Kraft Grated Parmesan Cheese	9.00	--	--	--	30.00
0.25 cup	Crouton/Bread Cubes-Dry	0.49	0.15	0.20	0.01	0
0.125 cup	Kraft Caesar Salad Dressing	13.00	--	--	--	2.50
	Totals	45.61	6.30	8.56	0.01	299.23

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	0.27	44.65	0	0.78	0.98
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
1.5 cup	Tossed Green Salad	0.13	22.23	0	0.79	0.56
0.3125 cup	Rolled Oats-Dry	0.03	0	0	0.29	0.47
0.75 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0.30	0.31	0.00	--
0.125 tbs	Safflower Oil	0	0	0	0.59	0.65
0.125 tsp	BAKING POWDER	--	0	--	--	--
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	0.85	0	0.43	0.24	0.38
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
0.25 cup	Kraft Grated Parmesan Cheese	--	0	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	0.00	0	0.03	0.02	0.04
0.125 cup	Kraft Caesar Salad Dressing	--	0	--	--	--
	Totals	2.46	102.11	1.88	5.24	6.60

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
8 fl oz	Tomato Juice-Canned	21.96	--	1.42	26.84	536.80
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
1.5 cup	Tossed Green Salad	28.92	--	0.95	21.27	401.66
0.3125 cup	Rolled Oats-Dry	13.16	--	1.07	37.46	88.59
0.75 each	Large Egg White-Fresh/Frozen	1.50	--	0.01	2.76	35.82
0.125 cup	Nonfat Skim Milk	37.67	--	0.01	3.49	50.84
0.125 tbs	Safflower Oil	0	--	0	0	0
0.125 tsp	BAKING POWDER	0	--	0	--	15.04
0.125 tsp	Pure Vanilla Extract	0.01	--	0.00	0.00	0.00
5 oz-wt	Skinless Chicken Breast-Roasted	21.26	--	1.49	41.11	362.88
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
0.25 cup	Kraft Grated Parmesan Cheese	360.00	--	0	0	30.00
0.25 cup	Crouton/Bread Cubes-Dry	5.70	--	0.31	2.33	9.30
0.125 cup	Kraft Caesar Salad Dressing	20.00	--	0	--	10.00
	Totals	688.14	15.68	10.73	284.68	3055.50

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
8 fl oz	Tomato Juice-Canned	880.84	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
1.5 cup	Tossed Green Salad	22.01	0	0	0	0
0.3125 cup	Rolled Oats-Dry	1.01	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	41.08	0	0	0	0
0.125 cup	Nonfat Skim Milk	15.77	0.00	0.00	0.00	0.00
0.125 tbs	Safflower Oil	0	0	0	0	0
0.125 tsp	BAKING POWDER	28.90	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0.01	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	104.90	0	0	0	0
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
0.25 cup	Kraft Grated Parmesan Cheese	510.00	--	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	52.35	--	--	--	--
0.125 cup	Kraft Caesar Salad Dressing	370.00	--	--	--	--
	Totals	2386.73	0.01	0.00	0.00	0.00

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	0	0	--	0.01	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1.5 cup	Tossed Green Salad	0	0	--	0.06	--
0.3125 cup	Rolled Oats-Dry	0.01	0.00	--	0.24	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.01	0.00
0.125 tbs	Safflower Oil	0	0.00	0	0.11	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	0.01	0.04	--	0.98	--
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
0.25 cup	Kraft Grated Parmesan Cheese	--	--	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	0	0.00	--	0.06	--
0.125 cup	Kraft Caesar Salad Dressing	--	--	--	--	--
	Totals	0.05	0.12	0.00	3.39	0.00

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	0.00	0	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1.5 cup	Tossed Green Salad	0.01	--	--	--	--
0.3125 cup	Rolled Oats-Dry	0.02	--	--	--	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.125 tbs	Safflower Oil	0.04	0.00	--	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	0.35	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
0.25 cup	Kraft Grated Parmesan Cheese	--	--	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	0.04	0.00	--	--	0
0.125 cup	Kraft Caesar Salad Dressing	--	--	--	--	--
	Totals	1.02	0.01	0	0	0.00

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	--	0	--	0.02	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1.5 cup	Tossed Green Salad	--	0.00	--	0.05	0
0.3125 cup	Rolled Oats-Dry	--	0.00	--	0.50	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0.00	0.00	0.01	0
0.125 tbs	Safflower Oil	--	0.01	0	0.20	0.00
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	--	0.21	--	1.49	0.04
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
0.25 cup	Kraft Grated Parmesan Cheese	--	--	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	--	0.00	--	0.14	0.00
0.125 cup	Kraft Caesar Salad Dressing	--	--	--	--	--
	Totals	0	0.51	0.00	5.62	0.10

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	0	--	0.06	0.00	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1.5 cup	Tossed Green Salad	0	--	0.14	0.08	0
0.3125 cup	Rolled Oats-Dry	0	--	0.56	0.03	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.125 tbs	Safflower Oil	0	--	1.26	0.01	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.84	0.04	0
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
0.25 cup	Kraft Grated Parmesan Cheese	--	--	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	--	--	0.18	0.02	--
0.125 cup	Kraft Caesar Salad Dressing	--	--	--	--	--
	Totals	0	0	7.72	0.38	0

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
8 fl oz	Tomato Juice-Canned	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1.5 cup	Tossed Green Salad	--	0	0	0	0
0.3125 cup	Rolled Oats-Dry	--	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0	0	0	0
0.125 tbs	Safflower Oil	--	0	0	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	--	0.09	0.01	0.01	0.03
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
0.25 cup	Kraft Grated Parmesan Cheese	--	--	--	--	--
0.25 cup	Crouton/Bread Cubes-Dry	--	0	0	0	0
0.125 cup	Kraft Caesar Salad Dressing	--	--	--	--	--
	Totals	0	0.19	0.03	0.03	0.06

Serving Size: 1408.25 g (49.67 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
8 fl oz	Tomato Juice-Canned	0.00	0.06
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
1.5 cup	Tossed Green Salad	0.08	0.14
0.3125 cup	Rolled Oats-Dry	0.03	0.56
0.75 each	Large Egg White-Fresh/Frozen	0	0
0.125 cup	Nonfat Skim Milk	0	0.00
0.125 tbs	Safflower Oil	0.01	1.26
0.125 tsp	BAKING POWDER	0	0
0.125 tsp	Pure Vanilla Extract	0	0
5 oz-wt	Skinless Chicken Breast-Roasted	0.09	0.92
2 cup	Romaine Lettuce-Chopped	0.08	0.03
0.25 cup	Kraft Grated Parmesan Cheese	--	--
0.25 cup	Crouton/Bread Cubes-Dry	0.02	0.18
0.125 cup	Kraft Caesar Salad Dressing	--	--
	Totals	0.47	7.90

Serving Size: 1357.35 g (47.88 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 oz-wt	Parrillo pro-carb	28.35	105.00	4.00	22.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Large Apple w/Peel	212.00	125.08	0.40	32.44	25.44
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	46.00	160.00	4.00	40.00	6.00
2 oz-wt	Ground Beef-Regular-Broiled Well Done	56.70	165.56	15.42	0	0
3 piece	Dill Pickle Slices	18.00	3.24	0.11	0.75	0.22
1 tbs	Catsup/Ketchup	15.31	15.93	0.23	4.18	1.84
0.5 tbs	Prepared Mustard	7.81	5.86	0.37	0.50	0.23
1 each	Hamburger Bun	45.00	128.70	3.83	22.64	3.33
1 each	McDonald's Small Svg Potato French Fries	68.00	207.40	2.92	26.25	0
	Totals	1357.35	2081.49	162.19	265.75	60.90

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 oz-wt	Parrillo pro-carb	1.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Large Apple w/Peel	0.76	0.03	0.22	0	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	11.06	5.04	0.27	0.63	57.27
3 piece	Dill Pickle Slices	0.03	0.00	0.01	0	0
1 tbs	Catsup/Ketchup	0.06	0.01	0.02	0	0
0.5 tbs	Prepared Mustard	0.36	0.31	0.03	0	0
1 each	Hamburger Bun	2.51	1.29	0.43	0.58	0
1 each	McDonald's Small Svg Potato French Fries	10.06	3.11	2.50	--	0
	Totals	41.90	13.38	8.64	1.21	207.94

Serving Size: 1357.35 g (47.88 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.10	12.08	0	1.25	1.40
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	--	0	--	--	--
2 oz-wt	Ground Beef-Regular-Broiled Well Done	0.17	0	0.17	0.11	--
3 piece	Dill Pickle Slices	0.00	0.34	0	0.03	0
1 tbs	Catsup/Ketchup	0.03	2.31	0	0.31	--
0.5 tbs	Prepared Mustard	0.01	0	0	0.14	0.32
1 each	Hamburger Bun	0.02	0	0	0.19	0.21
1 each	McDonald's Small Svg Potato French Fries	0.24	7.89	0	0.83	--
	Totals	2.06	26.81	1.29	5.56	5.40

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Large Apple w/Peel	14.84	--	0.38	10.60	243.80
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	--	0.72	--	--
2 oz-wt	Ground Beef-Regular-Broiled Well Done	6.80	--	1.56	12.47	185.41
3 piece	Dill Pickle Slices	1.62	--	0.10	1.98	20.88
1 tbs	Catsup/Ketchup	2.91	--	0.11	3.37	73.65
0.5 tbs	Prepared Mustard	6.56	--	0.16	3.75	10.16
1 each	Hamburger Bun	62.55	--	1.43	9.00	63.45
1 each	McDonald's Small Svg Potato French Fries	9.38	--	0.53	26.45	468.50
	Totals	707.23	--	9.91	224.66	2696.01

Serving Size: 1357.35 g (47.88 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Large Apple w/Peel	0	0	0	0	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	52.73	0	0	0	0.01
3 piece	Dill Pickle Slices	230.76	0	0	0	0
1 tbs	Catsup/Ketchup	181.61	0	0	0	0
0.5 tbs	Prepared Mustard	97.81	--	--	--	--
1 each	Hamburger Bun	252.00	0	0	0	0
1 each	McDonald's Small Svg Potato French Fries	134.60	--	--	--	--
	Totals	1636.89	0.01	0.00	0.00	0.01

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.00	0.00	0	0.10	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	0.01	0.30	--	2.51	--
3 piece	Dill Pickle Slices	0.00	0.00	--	0.01	--
1 tbs	Catsup/Ketchup	0	0	--	0.01	--
0.5 tbs	Prepared Mustard	--	--	--	--	--
1 each	Hamburger Bun	0	0.00	--	0.27	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
	Totals	0.05	0.38	0.00	4.83	0.00

Serving Size: 1357.35 g (47.88 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0.01	0	0	0	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	1.39	0.01	--	--	0.07
3 piece	Dill Pickle Slices	0.00	--	--	--	--
1 tbs	Catsup/Ketchup	0.00	--	--	--	--
0.5 tbs	Prepared Mustard	--	--	--	--	--
1 each	Hamburger Bun	0.24	0.01	--	--	0
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
	Totals	2.20	0.04	0	0	0.07

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	--	0.00	0	0.03	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	--	0.33	--	4.11	0.01
3 piece	Dill Pickle Slices	--	0	--	0.00	0
1 tbs	Catsup/Ketchup	--	0.00	--	0.01	0
0.5 tbs	Prepared Mustard	--	--	--	0.07	--
1 each	Hamburger Bun	--	0	--	0.78	0.00
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
	Totals	0	0.61	0.00	8.22	0.07

Serving Size: 1357.35 g (47.88 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	0	--	0.18	0.04	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	0	--	0.18	0.01	0
3 piece	Dill Pickle Slices	0	--	0.01	0.01	0
1 tbs	Catsup/Ketchup	0	--	0.02	0.00	0
0.5 tbs	Prepared Mustard	--	--	0.03	--	--
1 each	Hamburger Bun	--	--	0.34	0.01	--
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
	Totals	0	0	5.52	0.20	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 oz-wt	Parrillo pro-carb	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
1 each	Large Apple w/Peel	--	0	0	0	0
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	--	0.02	0	0	0
3 piece	Dill Pickle Slices	--	0	0	0	0
1 tbs	Catsup/Ketchup	--	0	0	0	0
0.5 tbs	Prepared Mustard	--	--	--	--	--
1 each	Hamburger Bun	--	0	0	0	0
1 each	McDonald's Small Svg Potato French Fries	--	--	--	--	--
	Totals	0	0.12	0.02	0.02	0.03

Serving Size: 1357.35 g (47.88 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 oz-wt	Parrillo pro-carb	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
1 each	Parrillo Bar	--	--
1 each	Large Apple w/Peel	0.04	0.18
2 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0
2 oz-wt	Ground Beef-Regular-Broiled Well Done	0.01	0.19
3 piece	Dill Pickle Slices	0.01	0.01
1 tbs	Catsup/Ketchup	0.00	0.02
0.5 tbs	Prepared Mustard	--	0.03
1 each	Hamburger Bun	0.01	0.34
1 each	McDonald's Small Svg Potato French Fries	--	--
	Totals	0.25	5.64

Serving Size: 1771.69 g (62.49 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
120 g	Kashi Medeley1/2c 30 g.	120.00	400.00	16.00	80.00	20.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	34.50	120.00	3.00	30.00	4.50
1 cup	Progresso Tomato Soup-Canned-Prep	241.00	90.00	3.00	15.00	8.00
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
2 tbs	Mushroom Pieces-Cooked	19.50	5.27	0.43	1.00	0.02
2 tbs	Onions-Cooked	26.25	11.55	0.36	2.68	1.63
2 tbs	Sweet Green Bell Peppers-Cooked	17.00	4.76	0.16	1.14	0.61
2 tbs	Tomatoes-Cooked-Cup Measure	30.00	8.10	0.32	1.75	0.96
12 fl oz	Tomato Juice-Canned	366.00	62.22	2.78	15.52	12.08
	Totals	1771.69	1657.28	147.99	252.20	90.16

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
120 g	Kashi Medeley1/2c 30 g.	4.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	2.00	0.50	1.50	--	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.09	0.00	0.04	0	0
2 tbs	Onions-Cooked	0.05	0.01	0.02	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.03	0.00	0.02	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.12	0.02	0.05	0	0
12 fl oz	Tomato Juice-Canned	0.22	0.03	0.09	0	0
	Totals	11.48	0.56	1.71	0	9.98

Serving Size: 1771.69 g (62.49 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	--	0	--	--	--
1 cup	Progresso Tomato Soup-Canned-Prep	--	0.12	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.02	0.78	0.37	0.02	0.06
2 tbs	Onions-Cooked	0.03	1.37	0	0.09	0.09
2 tbs	Sweet Green Bell Peppers-Cooked	0.04	12.65	0	0.12	--
2 tbs	Tomatoes-Cooked-Cup Measure	0.03	6.84	0	0.30	0.35
12 fl oz	Tomato Juice-Canned	0.41	66.98	0	1.17	1.46
	Totals	0.53	96.17	0.37	1.70	1.96

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	--	0.54	--	--
1 cup	Progresso Tomato Soup-Canned-Prep	20.00	--	1.80	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
1 each	Parrillo Bar	--	--	--	--	210.00
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
2 tbs	Mushroom Pieces-Cooked	1.17	--	0.34	2.34	69.42
2 tbs	Onions-Cooked	5.78	4.07	0.06	2.89	43.58
2 tbs	Sweet Green Bell Peppers-Cooked	1.53	--	0.08	1.70	28.22
2 tbs	Tomatoes-Cooked-Cup Measure	1.80	1.50	0.17	4.20	83.70
12 fl oz	Tomato Juice-Canned	32.94	--	2.12	40.26	805.20
	Totals	924.82	5.57	5.44	68.32	2046.62

Serving Size: 1771.69 g (62.49 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
120 g	Kashi Medeley1/2c 30 g.	200.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	990.00	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.39	0	0	0	0.00
2 tbs	Onions-Cooked	0.79	0	0	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.34	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	3.30	0	0	0	0
12 fl oz	Tomato Juice-Canned	1321.26	0	0	0	0
	Totals	3356.00	0	0	0	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.00	0.00	0	0.01	0
2 tbs	Onions-Cooked	0	0.00	--	0.01	--
2 tbs	Sweet Green Bell Peppers-Cooked	0	0	0	0.00	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	0.00	--	0.01	--
12 fl oz	Tomato Juice-Canned	0	0	--	0.02	--
	Totals	0.00	0.00	0	0.05	0

Serving Size: 1771.69 g (62.49 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	0	0	0	0	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.00	0	0	0	0
2 tbs	Onions-Cooked	0.00	0	0	--	0
2 tbs	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
2 tbs	Tomatoes-Cooked-Cup Measure	0.01	0	0	--	0
12 fl oz	Tomato Juice-Canned	0.01	0	0	--	0
	Totals	0.02	0	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0.00	0
2 tbs	Onions-Cooked	--	0	--	0.01	0
2 tbs	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.00	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0.00	--	0.02	0
12 fl oz	Tomato Juice-Canned	--	0	--	0.03	0
	Totals	0	0.00	0	0.06	0

Serving Size: 1771.69 g (62.49 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0	--	0.03	0.00	0
2 tbs	Onions-Cooked	0	--	0.02	0.00	0
2 tbs	Sweet Green Bell Peppers-Cooked	0	--	0.02	0.00	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	--	0.05	0.00	0
12 fl oz	Tomato Juice-Canned	0	--	0.08	0.00	0
	Totals	0	0	0.20	0.01	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0	0	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0	0
2 tbs	Onions-Cooked	--	0	0	0	0
2 tbs	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0	0	0	0
12 fl oz	Tomato Juice-Canned	--	0	0	0	0
	Totals	0	0	0	0	0

Serving Size: 1771.69 g (62.49 oz-wt.)
Serves: 1.00
Water: 49%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
120 g	Kashi Medeley1/2c 30 g.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1.5 cup	FatFree Puffed Corn Cereal-HoneySweet HV	0	0
1 cup	Progresso Tomato Soup-Canned-Prep	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
1 each	Parrillo Bar	--	--
3 each	Egg White-Cooked	0	0
2 tbs	Mushroom Pieces-Cooked	0.00	0.03
2 tbs	Onions-Cooked	0.00	0.02
2 tbs	Sweet Green Bell Peppers-Cooked	0.00	0.02
2 tbs	Tomatoes-Cooked-Cup Measure	0.00	0.05
12 fl oz	Tomato Juice-Canned	0.00	0.08
	Totals	0.01	0.20

Serving Size: 2001.31 g (70.59 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
10 fl oz	Tomato Juice-Canned	305.00	51.85	2.32	12.93	10.07
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
3 oz-wt	Snapper Fillet-Baked/Broiled	85.05	108.86	22.37	0	0
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	233.89	149.69	5.85	29.94	0.94
0.75 cup	Mushroom Pieces-Cooked	117.00	31.59	2.55	6.03	0.14
0.75 cup	Zucchini Squash-Cooked	135.00	21.60	0.86	5.32	3.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
2 tbs	Kraft Caesar Salad Dressing	30.00	130.00	1.00	2.00	1.00
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
	Totals	2001.31	2138.37	183.85	263.91	51.09

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	0.18	0.03	0.07	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
3 oz-wt	Snapper Fillet-Baked/Broiled	1.47	0.27	0.50	0	39.97
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	0.23	--	--	--	0
0.75 cup	Mushroom Pieces-Cooked	0.55	0.01	0.21	0	0
0.75 cup	Zucchini Squash-Cooked	0.07	0.01	0.03	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
2 tbs	Kraft Caesar Salad Dressing	13.00	--	--	--	2.50
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
	Totals	34.63	3.92	5.98	0.00	193.15

Serving Size: 2001.31 g (70.59 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	0.34	55.82	0	0.98	1.22
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	0.39	1.36	0.85	0.34	0.71
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	49.12	--	--	--
0.75 cup	Mushroom Pieces-Cooked	0.11	4.68	2.22	0.14	0.35
0.75 cup	Zucchini Squash-Cooked	0.11	6.21	0	0.14	0.19
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
2 tbs	Kraft Caesar Salad Dressing	--	0	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	2.14	140.05	4.20	4.16	5.53

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
10 fl oz	Tomato Juice-Canned	27.45	--	1.77	33.55	671.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
3 oz-wt	Snapper Fillet-Baked/Broiled	34.02	--	0.20	31.47	443.96
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	9.36	--	1.17	44.44	1005.72
0.75 cup	Mushroom Pieces-Cooked	7.02	--	2.04	14.04	416.52
0.75 cup	Zucchini Squash-Cooked	17.55	--	0.47	29.70	341.55
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
2 tbs	Kraft Caesar Salad Dressing	20.00	--	0	--	10.00
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	696.31	--	10.54	310.08	4806.29

Serving Size: 2001.31 g (70.59 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
10 fl oz	Tomato Juice-Canned	1101.05	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	48.48	0	0	0	0
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	7.02	--	--	--	--
0.75 cup	Mushroom Pieces-Cooked	2.34	0	0	0	0.00
0.75 cup	Zucchini Squash-Cooked	4.05	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Tossed Green Salad	14.67	0	0	0	0
2 tbs	Kraft Caesar Salad Dressing	370.00	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
	Totals	2188.51	0.01	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	0	0	--	0.02	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	0	0.05	--	0.16	--
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.75 cup	Mushroom Pieces-Cooked	0.01	0.00	0	0.04	0
0.75 cup	Zucchini Squash-Cooked	0	0	--	0.01	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Tossed Green Salad	0	0	--	0.04	--
2 tbs	Kraft Caesar Salad Dressing	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	0.03	0.12	0.00	2.16	0.00

Serving Size: 2001.31 g (70.59 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	0.01	0	0	--	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	0.06	--	--	--	--
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.75 cup	Mushroom Pieces-Cooked	0.01	0	0	0	0
0.75 cup	Zucchini Squash-Cooked	0.00	0	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Tossed Green Salad	0.01	--	--	--	--
2 tbs	Kraft Caesar Salad Dressing	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	0.63	0.01	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	--	0	--	0.03	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	--	0.04	--	0.10	0
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.75 cup	Mushroom Pieces-Cooked	--	0	0	0.01	0
0.75 cup	Zucchini Squash-Cooked	--	0	--	0.01	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
2 tbs	Kraft Caesar Salad Dressing	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	0	0.32	0.00	3.38	0.05

Serving Size: 2001.31 g (70.59 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	0	--	0.07	0.00	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	0	--	0.02	0	0
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.75 cup	Mushroom Pieces-Cooked	0	--	0.21	0.00	0
0.75 cup	Zucchini Squash-Cooked	0	--	0.01	0.02	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
2 tbs	Kraft Caesar Salad Dressing	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	0	0	5.05	0.19	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
10 fl oz	Tomato Juice-Canned	--	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	--	0.04	0.04	0.02	0.23
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	--	--	--	--
0.75 cup	Mushroom Pieces-Cooked	--	0	0	0	0
0.75 cup	Zucchini Squash-Cooked	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Tossed Green Salad	--	0	0	0	0
2 tbs	Kraft Caesar Salad Dressing	--	--	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
	Totals	0	0.14	0.06	0.04	0.27

Serving Size: 2001.31 g (70.59 oz-wt.)
Serves: 1.00
Water: 62%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
10 fl oz	Tomato Juice-Canned	0.00	0.07
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
2 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
3 oz-wt	Snapper Fillet-Baked/Broiled	0.27	0.06
8.25 oz-wt	New Potato-Peeled Cooked (Australian)	--	--
0.75 cup	Mushroom Pieces-Cooked	0.00	0.21
0.75 cup	Zucchini Squash-Cooked	0.02	0.01
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Tossed Green Salad	0.05	0.09
2 tbs	Kraft Caesar Salad Dressing	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
	Totals	0.51	5.19

Notes

Part. listed...new potatoes...1 1/2 cups. Food Processor does not offer this item in a cup measure. I looked at the oz. wt. of 1 1/2 cups of diced potatoes...and used that oz. wt. for an app. oz. wt. for the 1 1/2 cups of new potatoes.

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
3 each	Egg White-Cooked	100.20	49.90	10.50	1.03	1.03
2 tbs	Mushroom Pieces-Cooked	19.50	5.27	0.43	1.00	0.02
2 tbs	Tomatoes-Cooked-Cup Measure	30.00	8.10	0.32	1.75	0.96
0.25 cup	Split Peas-Dry-Cooked	49.00	57.82	4.09	10.34	1.42
1 tbs	Onions-Cooked	13.13	5.78	0.18	1.34	0.81
1 tbs	Carrots-Raw Slices-Cooked	9.75	4.39	0.11	1.02	0.40
1 tbs	Celery-Cooked-Diced	9.38	1.69	0.08	0.38	0.12
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	1.50	4.01	0.25	0.27	0.27
12 fl oz	Tomato Juice-Canned	366.00	62.22	2.78	15.52	12.08
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
4 oz-wt	Orange Roughy-Baked/Broiled	113.40	100.93	21.43	0	0
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	30.00	10.00	0	1.00	1.00
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
	Totals	1355.62	1332.07	118.17	184.32	29.48

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.09	0.00	0.04	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.12	0.02	0.05	0	0
0.25 cup	Split Peas-Dry-Cooked	0.19	0.04	0.08	0	0
1 tbs	Onions-Cooked	0.02	0.00	0.01	0	0
1 tbs	Carrots-Raw Slices-Cooked	0.02	0.00	0.01	0	0
1 tbs	Celery-Cooked-Diced	0.02	0.00	0.01	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.21	0.08	0.07	--	0.20
12 fl oz	Tomato Juice-Canned	0.22	0.03	0.09	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	1.02	0.70	0.02	0	29.48
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
	Totals	14.10	2.35	4.33	0.00	30.78

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	0.00	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.02	0.78	0.37	0.02	0.06
2 tbs	Tomatoes-Cooked-Cup Measure	0.03	6.84	0	0.30	0.35
0.25 cup	Split Peas-Dry-Cooked	0.02	0.20	0	0.19	0.39
1 tbs	Onions-Cooked	0.02	0.68	0	0.05	0.05
1 tbs	Carrots-Raw Slices-Cooked	0.02	0.22	0	0.04	0.05
1 tbs	Celery-Cooked-Diced	0.01	0.57	0	0.04	0.07
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.02	0	0.01	--
12 fl oz	Tomato Juice-Canned	0.41	66.98	0	1.17	1.46
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.39	0	--	--	--
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	--	0	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
	Totals	1.45	107.36	0.98	4.72	6.27

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	6.17	--	0.03	10.98	142.79
2 tbs	Mushroom Pieces-Cooked	1.17	--	0.34	2.34	69.42
2 tbs	Tomatoes-Cooked-Cup Measure	1.80	1.50	0.17	4.20	83.70
0.25 cup	Split Peas-Dry-Cooked	6.86	--	0.64	17.64	177.38
1 tbs	Onions-Cooked	2.89	2.03	0.03	1.44	21.79
1 tbs	Carrots-Raw Slices-Cooked	3.02	--	0.06	1.27	22.13
1 tbs	Celery-Cooked-Diced	3.94	--	0.04	1.13	26.63
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	2.81	--	0.02	0.84	4.64
12 fl oz	Tomato Juice-Canned	32.94	--	2.12	40.26	805.20
1 each	Parrillo Bar	--	--	--	--	210.00
4 oz-wt	Orange Roughy-Baked/Broiled	43.09	--	0.26	43.09	436.59
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	--	0	--	25.00
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
	Totals	722.04	19.21	8.08	237.61	3334.76

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	318.44	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.39	0	0	0	0.00
2 tbs	Tomatoes-Cooked-Cup Measure	3.30	0	0	0	0
0.25 cup	Split Peas-Dry-Cooked	0.98	0	0	0	0
1 tbs	Onions-Cooked	0.39	0	0	0	0
1 tbs	Carrots-Raw Slices-Cooked	6.44	0	0	0	0
1 tbs	Celery-Cooked-Diced	8.53	0	0	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	278.79	0	0	0	0
12 fl oz	Tomato Juice-Canned	1321.26	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	91.85	--	--	--	--
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	390.00	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
	Totals	2855.83	0.01	0.00	0.00	0.00

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.00	0.00	0	0.01	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	0.00	--	0.01	--
0.25 cup	Split Peas-Dry-Cooked	0.00	0.00	--	0.02	--
1 tbs	Onions-Cooked	0	0.00	--	0.00	--
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.00	--
1 tbs	Celery-Cooked-Diced	0	0.00	--	0.00	--
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.00	--	0.04	--
12 fl oz	Tomato Juice-Canned	0	0	--	0.02	--
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	--	0.01	--	0.01	--
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
	Totals	0.02	0.03	0.00	0.91	0.00

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0.00	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	0.01	0	0	--	0
0.25 cup	Split Peas-Dry-Cooked	0.00	--	--	--	--
1 tbs	Onions-Cooked	0.00	0	0	--	0
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.00	0	--	0
1 tbs	Celery-Cooked-Diced	0.00	0	0	--	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.01	--	--	--	--
12 fl oz	Tomato Juice-Canned	0.01	0	0	--	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.00	--	--	--	--
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
	Totals	0.16	0.01	0	0	0.00

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0.00	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0.00	--	0.02	0
0.25 cup	Split Peas-Dry-Cooked	--	0	--	0.04	0.00
1 tbs	Onions-Cooked	--	0	--	0.00	0
1 tbs	Carrots-Raw Slices-Cooked	--	0.00	--	0.00	0
1 tbs	Celery-Cooked-Diced	--	0.00	--	0.00	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	--	0.01	--	0.07	0.00
12 fl oz	Tomato Juice-Canned	--	0	--	0.03	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	--	0.08	--	0.41	0.13
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
	Totals	0	0.12	0.00	2.01	0.14

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	0	--	0.03	0.00	0
2 tbs	Tomatoes-Cooked-Cup Measure	0	--	0.05	0.00	0
0.25 cup	Split Peas-Dry-Cooked	0	--	0.07	0.01	0
1 tbs	Onions-Cooked	0	--	0.01	0.00	0
1 tbs	Carrots-Raw Slices-Cooked	0	--	0.01	0.00	0
1 tbs	Celery-Cooked-Diced	0	--	0.01	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0	--	0.06	0.00	0
12 fl oz	Tomato Juice-Canned	0	--	0.08	0.00	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.06	--	0.01	0.00	0.00
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
	Totals	0.06	0	4.13	0.19	0.00

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
3 each	Egg White-Cooked	0	0	0	0	0
2 tbs	Mushroom Pieces-Cooked	--	0	0	0	0
2 tbs	Tomatoes-Cooked-Cup Measure	--	0	0	0	0
0.25 cup	Split Peas-Dry-Cooked	--	0	0	0	0
1 tbs	Onions-Cooked	--	0	0	0	0
1 tbs	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 tbs	Celery-Cooked-Diced	--	0	0	0	0
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	--	0.00	0	0	0
12 fl oz	Tomato Juice-Canned	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	--	0.00	0.00	--	--
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
	Totals	0	0.00	0.00	0	0

Serving Size: 1355.62 g (47.82 oz-wt.)
Serves: 1.00
Water: 73%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
2 oz-wt	Parrillo pro-carb	--	--
3 each	Egg White-Cooked	0	0
2 tbs	Mushroom Pieces-Cooked	0.00	0.03
2 tbs	Tomatoes-Cooked-Cup Measure	0.00	0.05
0.25 cup	Split Peas-Dry-Cooked	0.01	0.07
1 tbs	Onions-Cooked	0.00	0.01
1 tbs	Carrots-Raw Slices-Cooked	0.00	0.01
1 tbs	Celery-Cooked-Diced	0	0.01
0.25 each	Chicken Broth/Bouillon-Dry-Pkt	0.00	0.06
12 fl oz	Tomato Juice-Canned	0.00	0.08
1 each	Parrillo Bar	--	--
4 oz-wt	Orange Roughy-Baked/Broiled	0.00	0.01
2 cup	Romaine Lettuce-Chopped	0.08	0.03
2 tbs	Salad Celeb Fat Free Caesar Dressing WW	0	0
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
	Totals	0.19	4.13

Serving Size: 1510.60 g (53.28 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	534.00	111.92	3.20	22.37	15.97
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	76.37	300.04	5.46	62.74	2.73
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Peeled Potato-Diced-Cooked	156.00	134.16	2.68	31.20	1.56
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
3 oz-wt	Skinless Chicken Breast-Roasted	85.05	140.33	26.37	0	0
	Totals	1510.60	1966.08	169.74	250.21	28.21

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	4.09	--	--	--	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Peeled Potato-Diced-Cooked	0.16	0.00	0.07	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	3.04	1.06	0.65	--	72.29
	Totals	24.26	4.65	5.84	0.00	217.98

Serving Size: 1510.60 g (53.28 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	--	115.15	--	--	--
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Peeled Potato-Diced-Cooked	0.42	11.54	0	0.08	0.09
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
3 oz-wt	Skinless Chicken Breast-Roasted	0.51	0	0.26	0.14	0.23
	Totals	2.11	138.36	1.38	2.43	3.00

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 each	Parrillo Bar	--	--	--	--	210.00
16 fl oz	Campbells V8 100% Vegetable Juice CAM	127.90	--	1.17	--	--
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Peeled Potato-Diced-Cooked	12.48	--	0.48	31.20	511.68
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
3 oz-wt	Skinless Chicken Breast-Roasted	12.76	--	0.89	24.66	217.73
	Totals	768.09	--	7.61	220.97	2366.65

Serving Size: 1510.60 g (53.28 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	1374.97	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	409.15	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Peeled Potato-Diced-Cooked	7.80	0	0	0	0.00
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	62.94	0	0	0	0
	Totals	2371.83	0.01	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0	0.03	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
3 oz-wt	Skinless Chicken Breast-Roasted	0.01	0.03	--	0.59	--
	Totals	0.04	0.10	0.00	2.54	0.00

Serving Size: 1510.60 g (53.28 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Peeled Potato-Diced-Cooked	0.01	0.00	0.00	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	0.21	--	--	--	--
	Totals	0.77	0.01	0.00	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Peeled Potato-Diced-Cooked	--	0.00	0	0.00	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
3 oz-wt	Skinless Chicken Breast-Roasted	--	0.13	--	0.89	0.03
	Totals	0	0.40	0.00	4.11	0.08

Serving Size: 1510.60 g (53.28 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Peeled Potato-Diced-Cooked	0	--	0.05	0.02	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
3 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.50	0.03	0
	Totals	0	0	5.24	0.21	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Peeled Potato-Diced-Cooked	--	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
3 oz-wt	Skinless Chicken Breast-Roasted	--	0.05	0.01	0.01	0.02
	Totals	0	0.15	0.03	0.03	0.05

Serving Size: 1510.60 g (53.28 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 each	Parrillo Bar	--	--
16 fl oz	Campbells V8 100% Vegetable Juice CAM	0	0
2.694 oz-wt	Baked LaysPotato chips 1oz.28g.app.12chp	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Peeled Potato-Diced-Cooked	0.02	0.05
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
3 oz-wt	Skinless Chicken Breast-Roasted	0.05	0.55
	Totals	0.29	5.39

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
1 tbs	Captri/MCT	14.00	114.00	0	0	--
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
2 oz-wt	Parrillo pro-carb	56.70	210.00	8.00	44.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
0.333 cup	Sweet Green Bell Peppers-Cooked	45.29	12.68	0.42	3.04	1.63
0.333 cup	Onions-Cooked	69.93	30.77	0.96	7.13	4.34
0.333 cup	Mushroom Pieces-Cooked	51.95	14.03	1.13	2.68	0.06
1 cup	Long Grain Brown Rice-Cooked-Hot	195.00	216.45	5.05	44.85	0.78
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless White Turkey Meat-Roasted	170.10	238.14	51.37	0	0
1 cup	Potato-Mashed	242.13	200.97	5.62	38.98	--
15.3125 g	1/2% milk 1 cup 245 gr.	15.31	5.63	0.63	0.81	0.81
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
1 cup	Tossed Green Salad	138.67	24.76	1.27	4.99	3.18
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
0.25 cup	Cranberry Sauce-Canned	69.25	104.57	0.14	26.94	26.25
	Totals	2189.50	2615.16	215.87	336.50	66.48

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	0	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
2 oz-wt	Parrillo pro-carb	2.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
0.333 cup	Sweet Green Bell Peppers-Cooked	0.09	0.01	0.05	0	0
0.333 cup	Onions-Cooked	0.13	0.02	0.05	0	0
0.333 cup	Mushroom Pieces-Cooked	0.24	0.00	0.10	0	0
1 cup	Long Grain Brown Rice-Cooked-Hot	1.76	0.64	0.63	--	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	2.02	0.36	0.53	--	146.29
1 cup	Potato-Mashed	2.95	0.85	0.71	0	4.84
15.3125 g	1/2% milk 1 cup 245 gr.	0	--	--	--	0.31
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
1 cup	Tossed Green Salad	0.35	0.03	0.15	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	0.10	0.03	0.06	0	0
	Totals	26.48	5.53	7.29	0.00	302.22

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
0.333 cup	Sweet Green Bell Peppers-Cooked	0.11	33.69	0	0.31	--
0.333 cup	Onions-Cooked	0.09	3.64	0	0.25	0.25
0.333 cup	Mushroom Pieces-Cooked	0.05	2.08	0.99	0.06	0.16
1 cup	Long Grain Brown Rice-Cooked-Hot	0.28	0	0	0.43	1.23
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.97	0	0.51	0.05	0.11
1 cup	Potato-Mashed	0.56	0.97	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
1 cup	Tossed Green Salad	0.09	14.82	0	0.53	0.38
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
0.25 cup	Cranberry Sauce-Canned	0.01	1.39	0	0.07	0.11
	Totals	3.26	129.20	2.62	3.74	4.92

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
0.333 cup	Sweet Green Bell Peppers-Cooked	4.08	--	0.21	4.53	75.18
0.333 cup	Onions-Cooked	15.38	10.84	0.17	7.69	116.08
0.333 cup	Mushroom Pieces-Cooked	3.12	--	0.90	6.23	184.93
1 cup	Long Grain Brown Rice-Cooked-Hot	19.50	--	0.82	83.85	83.85
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless White Turkey Meat-Roasted	25.52	--	2.69	47.63	471.18
1 cup	Potato-Mashed	50.85	--	1.14	43.58	711.86
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
1 cup	Tossed Green Salad	19.28	--	0.63	14.18	267.77
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
0.25 cup	Cranberry Sauce-Canned	2.77	--	0.15	2.08	18.01
	Totals	775.84	10.84	11.50	346.53	3455.01

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
0.333 cup	Sweet Green Bell Peppers-Cooked	0.91	0	0	0	0
0.333 cup	Onions-Cooked	2.10	0	0	0	0
0.333 cup	Mushroom Pieces-Cooked	1.04	0	0	0	0.00
1 cup	Long Grain Brown Rice-Cooked-Hot	9.75	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	95.26	0	0	0	0
1 cup	Potato-Mashed	549.64	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	8.44	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
1 cup	Tossed Green Salad	14.67	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	20.08	--	--	--	--
	Totals	2551.30	0.01	0.00	0.00	0.00

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
0.333 cup	Sweet Green Bell Peppers-Cooked	0	0	0	0.01	0
0.333 cup	Onions-Cooked	0	0.00	--	0.02	--
0.333 cup	Mushroom Pieces-Cooked	0.00	0.00	0	0.02	0
1 cup	Long Grain Brown Rice-Cooked-Hot	0.00	0.01	--	0.30	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.02	--	0.29	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Tossed Green Salad	0	0	--	0.04	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	--	--	--	--	--
	Totals	0.05	0.09	0.00	2.57	0.00

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
0.333 cup	Sweet Green Bell Peppers-Cooked	0.00	0	0	0	0.00
0.333 cup	Onions-Cooked	0.00	0	0	--	0
0.333 cup	Mushroom Pieces-Cooked	0.01	0	0	0	0
1 cup	Long Grain Brown Rice-Cooked-Hot	0.03	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.20	--	--	--	--
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Tossed Green Salad	0.01	--	--	--	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	--	--	--	--	--
	Totals	0.80	0.01	0	0	0.00

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
0.333 cup	Sweet Green Bell Peppers-Cooked	--	0.00	0	0.01	0
0.333 cup	Onions-Cooked	--	0	--	0.02	0
0.333 cup	Mushroom Pieces-Cooked	--	0	0	0.00	0
1 cup	Long Grain Brown Rice-Cooked-Hot	--	0.01	--	0.63	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	--	0.29	0.02
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Tossed Green Salad	--	0.00	--	0.03	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	--	--	--	--	--
	Totals	0	0.34	0.00	4.18	0.07

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
0.333 cup	Sweet Green Bell Peppers-Cooked	0	--	0.04	0.00	0
0.333 cup	Onions-Cooked	0	--	0.05	0.00	0
0.333 cup	Mushroom Pieces-Cooked	0	--	0.09	0.00	0
1 cup	Long Grain Brown Rice-Cooked-Hot	0	--	0.60	0.03	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	--	0.36	0.02	0
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Tossed Green Salad	0	--	0.09	0.05	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	--	--	--	--	--
	Totals	0.02	0	5.89	0.22	0

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
2 oz-wt	Parrillo pro-carb	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
0.333 cup	Sweet Green Bell Peppers-Cooked	--	0	0	0	0
0.333 cup	Onions-Cooked	--	0	0	0	0
0.333 cup	Mushroom Pieces-Cooked	--	0	0	0	0
1 cup	Long Grain Brown Rice-Cooked-Hot	--	0	0	0	0
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.10	0	0.02	0.02
1 cup	Potato-Mashed	--	--	--	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
1 cup	Tossed Green Salad	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
0.25 cup	Cranberry Sauce-Canned	--	--	--	--	--
	Totals	0	0.20	0.02	0.03	0.05

Serving Size: 2189.50 g (77.23 oz-wt.)
Serves: 1.00
Water: 47%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
1 tbs	Captri/MCT	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
2 oz-wt	Parrillo pro-carb	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
0.333 cup	Sweet Green Bell Peppers-Cooked	0.00	0.04
0.333 cup	Onions-Cooked	0.00	0.05
0.333 cup	Mushroom Pieces-Cooked	0.00	0.09
1 cup	Long Grain Brown Rice-Cooked-Hot	0.03	0.60
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.03	0.46
1 cup	Potato-Mashed	--	--
15.3125 g	1/2% milk 1 cup 245 gr.	--	--
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
1 cup	Tossed Green Salad	0.05	0.09
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
0.25 cup	Cranberry Sauce-Canned	--	--
	Totals	0.29	6.09

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
1 tbs	Captri/MCT	14.00	114.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	259.00	5.43	0	0	0
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
0.3125 cup	Rolled Oats-Dry	25.31	97.20	4.05	16.96	0.46
0.75 each	Large Egg White-Fresh/Frozen	25.05	12.53	2.63	0.26	0.26
0.125 cup	Nonfat Skim Milk	30.63	10.69	1.05	1.49	1.49
0.125 tbs	Safflower Oil	1.70	15.06	0	0	0
0.125 tsp	BAKING POWDER	0.40	0.31	0.00	0.07	0.00
0.125 tsp	Pure Vanilla Extract	0.60	1.15	0	0.03	0.02
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	227.00	100.00	9.00	17.00	13.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
4 oz-wt	Longhorn Beef Ground	113.40	160.00	25.00	1.00	--
2 cup	Green Snap/String Beans-Frozen-Cooked	270.00	70.20	3.70	16.55	7.02
1 each	Jello Gelatin Snacks-SugarFree-Orange	92.00	10.00	1.00	0	0
4 tbs	Cool Whip Topping-Lite KFT	16.00	40.00	0	4.00	2.00
	Totals	1513.00	1425.91	113.33	161.07	44.02

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
0.3125 cup	Rolled Oats-Dry	1.59	0.50	0.58	--	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.06	0.01	0.00	0.00	0.55
0.125 tbs	Safflower Oil	1.70	0.21	1.27	--	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	0	--	--	--	4.99
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
4 oz-wt	Longhorn Beef Ground	6.00	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0.38	0.01	0.19	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	2.00	0	0	--	0
	Totals	21.42	2.18	5.75	0.00	6.64

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	--	6.52	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.3125 cup	Rolled Oats-Dry	0.03	0	0	0.29	0.47
0.75 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0.30	0.31	0.00	--
0.125 tbs	Safflower Oil	0	0	0	0.59	0.65
0.125 tsp	BAKING POWDER	--	0	--	--	--
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0.15	22.14	0	0.32	--
1 each	Jello Gelatin Snacks-SugarFree-Orange	--	0	--	--	--
4 tbs	Cool Whip Topping-Lite KFT	--	0	--	--	--
	Totals	0.28	37.00	0.92	2.95	3.35

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	--	0	--	48.89
1 each	Parrillo Bar	--	--	--	--	210.00
0.3125 cup	Rolled Oats-Dry	13.16	--	1.07	37.46	88.59
0.75 each	Large Egg White-Fresh/Frozen	1.50	--	0.01	2.76	35.82
0.125 cup	Nonfat Skim Milk	37.67	--	0.01	3.49	50.84
0.125 tbs	Safflower Oil	0	--	0	0	0
0.125 tsp	BAKING POWDER	0	--	0	--	15.04
0.125 tsp	Pure Vanilla Extract	0.01	--	0.00	0.00	0.00
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	121.50	--	2.21	56.70	302.40
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	--	0	--	0
4 tbs	Cool Whip Topping-Lite KFT	0	--	0	--	10.00
	Totals	709.96	--	5.77	193.79	1555.89

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
0.3125 cup	Rolled Oats-Dry	1.01	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	41.08	0	0	0	0
0.125 cup	Nonfat Skim Milk	15.77	0.00	0.00	0.00	0.00
0.125 tbs	Safflower Oil	0	0	0	0	0
0.125 tsp	BAKING POWDER	28.90	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0.01	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	140.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	35.10	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	50.00	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	--	--	--	--
	Totals	636.90	0.01	0.00	0.00	0.00

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.3125 cup	Rolled Oats-Dry	0.01	0.00	--	0.24	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.01	0.00
0.125 tbs	Safflower Oil	0	0.00	0	0.11	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.07	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	--
	Totals	0.02	0.03	0.00	1.15	0.00

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.3125 cup	Rolled Oats-Dry	0.02	--	--	--	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.125 tbs	Safflower Oil	0.04	0.00	--	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	0
	Totals	0.19	0.01	0	0	0.00

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.3125 cup	Rolled Oats-Dry	--	0.00	--	0.50	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0.00	0.00	0.01	0
0.125 tbs	Safflower Oil	--	0.01	0	0.20	0.00
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.03	0.00	2.14	0.01

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.3125 cup	Rolled Oats-Dry	0	--	0.56	0.03	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.125 tbs	Safflower Oil	0	--	1.26	0.01	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.07	0.11	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0	5.54	0.21	0

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.3125 cup	Rolled Oats-Dry	--	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0	0	0	0
0.125 tbs	Safflower Oil	--	0	0	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
4 oz-wt	Longhorn Beef Ground	--	--	--	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0	0	0	0

Serving Size: 1513.00 g (53.37 oz-wt.)
Serves: 1.00
Water: 59%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
1 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0
1 each	Parrillo Bar	--	--
0.3125 cup	Rolled Oats-Dry	0.03	0.56
0.75 each	Large Egg White-Fresh/Frozen	0	0
0.125 cup	Nonfat Skim Milk	0	0.00
0.125 tbs	Safflower Oil	0.01	1.26
0.125 tsp	BAKING POWDER	0	0
0.125 tsp	Pure Vanilla Extract	0	0
227 g	DannonFatFreeSugarFreeYogurt227g.8oz.	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
4 oz-wt	Longhorn Beef Ground	--	--
2 cup	Green Snap/String Beans-Frozen-Cooked	0.11	0.07
1 each	Jello Gelatin Snacks-SugarFree-Orange	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0
	Totals	0.21	5.54

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
1 tbs	Captri/MCT	14.00	114.00	0	0	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	56.70	35.00	0	9.00	0
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
0.20833 lb	Longhorn Beef Ground	94.50	133.33	20.83	0.83	--
0.1666 tbs	Safflower Oil	2.27	20.07	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	37.80	11.34	0.51	2.72	1.44
2.4166 oz-wt	Tomatoes-Canned	68.51	13.70	0.64	2.95	1.71
0.3333 tsp	Dehydrated Onion Flakes	0.39	1.26	0.03	0.32	0.26
0.0833 tsp	Garlic Powder	0.23	0.77	0.04	0.17	0.01
0.25 tsp	Paprika	0.58	1.66	0.09	0.32	0.10
0.1666 tbs	Cumin Seed	1.00	3.75	0.18	0.44	0.17
0.1666 tsp	Ground Oregano	0.25	0.76	0.03	0.16	0.06
0.1666 tsp	Morton Seasoning Salt Substitute	0.27	0.14	0.00	0.03	0.03
0.3333 tsp	Red Cayenne Pepper	0.59	1.87	0.07	0.33	0.09
0.8333 tbs	Chili Powder	6.25	19.62	0.77	3.42	0.64
0.1666 cup	Red Kidney Beans-Dry	30.65	103.31	6.90	18.79	1.69
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
1 piece	Cornbread-Dry Mix-Prepared	60.00	188.40	4.32	28.86	4.32
0.20833 lb	Longhorn Beef Ground	94.50	133.33	20.83	0.83	--
0.1666 tbs	Safflower Oil	2.27	20.07	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	37.80	11.34	0.51	2.72	1.44
2.4166 oz-wt	Tomatoes-Canned	68.51	13.70	0.64	2.95	1.71
0.3333 tsp	Dehydrated Onion Flakes	0.39	1.26	0.03	0.32	0.26
0.0833 tsp	Garlic Powder	0.23	0.77	0.04	0.17	0.01
0.25 tsp	Paprika	0.58	1.66	0.09	0.32	0.10
0.1666 tbs	Cumin Seed	1.00	3.75	0.18	0.44	0.17
0.1666 tsp	Ground Oregano	0.25	0.76	0.03	0.16	0.06
0.1666 tsp	Morton Seasoning Salt Substitute	0.27	0.14	0.00	0.03	0.03
0.3333 tsp	Red Cayenne Pepper	0.59	1.87	0.07	0.33	0.09
0.8333 tbs	Chili Powder	6.25	19.62	0.77	3.42	0.64
0.1666 cup	Red Kidney Beans-Dry	30.65	103.31	6.90	18.79	1.69
2 cup	Romaine Lettuce-Chopped	112.00	17.92	1.83	2.67	0.53
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
1 each	Jello Pudding Snack-Fat Free-Chocolate	113.00	100.00	3.00	23.00	17.00
4 tbs	Cool Whip Topping-Lite KFT	16.00	40.00	0	4.00	2.00
	Totals	1502.18	2205.13	148.35	283.30	65.26

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	0	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
0.20833 lb	Longhorn Beef Ground	5.00	--	--	--	--
0.1666 tbs	Safflower Oil	2.27	0.27	1.69	--	0
1.3333 oz-wt	Tomato Sauce-Canned	0.06	0.01	0.03	0	0
2.4166 oz-wt	Tomatoes-Canned	0.16	0.03	0.07	0	0
0.3333 tsp	Dehydrated Onion Flakes	0.00	0.00	0.00	0	0
0.0833 tsp	Garlic Powder	0.00	0.00	0.00	0	0
0.25 tsp	Paprika	0.07	0.01	0.05	0	0
0.1666 tbs	Cumin Seed	0.22	--	--	0	0
0.1666 tsp	Ground Oregano	0.03	0.00	0.01	0	0
0.1666 tsp	Morton Seasoning Salt Substitute	0.00	--	--	0	0
0.3333 tsp	Red Cayenne Pepper	0.10	0.02	0.05	0	0
0.8333 tbs	Chili Powder	1.05	0.25	0.50	0	0
0.1666 cup	Red Kidney Beans-Dry	0.33	0.03	0.18	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
1 piece	Cornbread-Dry Mix-Prepared	6.00	3.48	0.67	1.91	36.60
0.20833 lb	Longhorn Beef Ground	5.00	--	--	--	--
0.1666 tbs	Safflower Oil	2.27	0.27	1.69	--	0
1.3333 oz-wt	Tomato Sauce-Canned	0.06	0.01	0.03	0	0
2.4166 oz-wt	Tomatoes-Canned	0.16	0.03	0.07	0	0
0.3333 tsp	Dehydrated Onion Flakes	0.00	0.00	0.00	0	0
0.0833 tsp	Garlic Powder	0.00	0.00	0.00	0	0
0.25 tsp	Paprika	0.07	0.01	0.05	0	0
0.1666 tbs	Cumin Seed	0.22	--	--	0	0
0.1666 tsp	Ground Oregano	0.03	0.00	0.01	0	0
0.1666 tsp	Morton Seasoning Salt Substitute	0.00	--	--	0	0
0.3333 tsp	Red Cayenne Pepper	0.10	0.02	0.05	0	0
0.8333 tbs	Chili Powder	1.05	0.25	0.50	0	0
0.1666 cup	Red Kidney Beans-Dry	0.33	0.03	0.18	0	0
2 cup	Romaine Lettuce-Chopped	0.22	0.01	0.12	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	2.00	0	0	--	0
	Totals	37.73	6.16	9.74	1.91	37.70

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0	0	0.78	0.86
1.3333 oz-wt	Tomato Sauce-Canned	0.06	4.95	0	0.15	0.18
2.4166 oz-wt	Tomatoes-Canned	0.06	10.35	0	0.40	0.46
0.3333 tsp	Dehydrated Onion Flakes	0.01	0.29	0	0.00	0.00
0.0833 tsp	Garlic Powder	0.05	0.00	0	0.00	0.00
0.25 tsp	Paprika	--	0.41	0	--	0.05
0.1666 tbs	Cumin Seed	--	0.08	0	--	--
0.1666 tsp	Ground Oregano	--	0.17	0	--	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0.45	0	--	--
0.8333 tbs	Chili Powder	--	4.01	0	--	--
0.1666 cup	Red Kidney Beans-Dry	0.12	1.38	0	0.06	0.64
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	0.06	0.06	0.30	0.72	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0	0	0.78	0.86
1.3333 oz-wt	Tomato Sauce-Canned	0.06	4.95	0	0.15	0.18
2.4166 oz-wt	Tomatoes-Canned	0.06	10.35	0	0.40	0.46
0.3333 tsp	Dehydrated Onion Flakes	0.01	0.29	0	0.00	0.00
0.0833 tsp	Garlic Powder	0.05	0.00	0	0.00	0.00
0.25 tsp	Paprika	--	0.41	0	--	0.05
0.1666 tbs	Cumin Seed	--	0.08	0	--	--
0.1666 tsp	Ground Oregano	--	0.17	0	--	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0.45	0	--	--
0.8333 tbs	Chili Powder	--	4.01	0	--	--
0.1666 cup	Red Kidney Beans-Dry	0.12	1.38	0	0.06	0.64
2 cup	Romaine Lettuce-Chopped	0.05	26.88	0	0.49	0.84
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
1 each	Jello Pudding Snack-Fat Free-Chocolate	--	0	--	--	--
4 tbs	Cool Whip Topping-Lite KFT	--	0	--	--	--
	Totals	0.95	89.37	0.91	6.42	8.13

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 each	Parrillo Bar	--	--	--	--	210.00
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	--	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	5.29	--	0.29	7.18	140.23
2.4166 oz-wt	Tomatoes-Canned	17.81	3.43	0.42	8.22	151.41
0.3333 tsp	Dehydrated Onion Flakes	1.00	--	0.01	0.36	6.31
0.0833 tsp	Garlic Powder	0.19	--	0.01	0.14	2.57
0.25 tsp	Paprika	1.02	--	0.14	1.06	13.48
0.1666 tbs	Cumin Seed	9.31	--	0.66	3.66	17.86
0.1666 tsp	Ground Oregano	3.94	--	0.11	0.67	4.17
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	115.42
0.3333 tsp	Red Cayenne Pepper	0.87	--	0.05	0.90	11.86
0.8333 tbs	Chili Powder	17.37	--	0.89	10.62	119.75
0.1666 cup	Red Kidney Beans-Dry	25.44	--	2.05	42.30	416.59
1 each	Parrillo Bar	--	--	--	--	210.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
1 piece	Cornbread-Dry Mix-Prepared	43.80	--	1.15	12.00	76.80
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	--	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	5.29	--	0.29	7.18	140.23
2.4166 oz-wt	Tomatoes-Canned	17.81	3.43	0.42	8.22	151.41
0.3333 tsp	Dehydrated Onion Flakes	1.00	--	0.01	0.36	6.31
0.0833 tsp	Garlic Powder	0.19	--	0.01	0.14	2.57
0.25 tsp	Paprika	1.02	--	0.14	1.06	13.48
0.1666 tbs	Cumin Seed	9.31	--	0.66	3.66	17.86
0.1666 tsp	Ground Oregano	3.94	--	0.11	0.67	4.17
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	115.42
0.3333 tsp	Red Cayenne Pepper	0.87	--	0.05	0.90	11.86
0.8333 tbs	Chili Powder	17.37	--	0.89	10.62	119.75
0.1666 cup	Red Kidney Beans-Dry	25.44	--	2.05	42.30	416.59
2 cup	Romaine Lettuce-Chopped	40.32	15.68	1.23	6.72	324.80
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
1 each	Jello Pudding Snack-Fat Free-Chocolate	80.00	--	0.72	--	210.00
4 tbs	Cool Whip Topping-Lite KFT	0	--	0	--	10.00
	Totals	894.42	22.53	15.37	278.83	4230.50

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	135.00	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	228.68	0	0	0	0
2.4166 oz-wt	Tomatoes-Canned	111.67	0	0	0	0
0.3333 tsp	Dehydrated Onion Flakes	0.08	0	0	0	0
0.0833 tsp	Garlic Powder	0.06	--	--	--	--
0.25 tsp	Paprika	0.19	0	0	0	0
0.1666 tbs	Cumin Seed	1.68	--	--	--	--
0.1666 tsp	Ground Oregano	0.04	0	0	0	0.00
0.1666 tsp	Morton Seasoning Salt Substitute	0.05	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.18	0	0	0	0.00
0.8333 tbs	Chili Powder	63.12	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	3.68	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	466.80	0.01	0.01	0.00	0.01
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	228.68	0	0	0	0
2.4166 oz-wt	Tomatoes-Canned	111.67	0	0	0	0
0.3333 tsp	Dehydrated Onion Flakes	0.08	0	0	0	0
0.0833 tsp	Garlic Powder	0.06	--	--	--	--
0.25 tsp	Paprika	0.19	0	0	0	0
0.1666 tbs	Cumin Seed	1.68	--	--	--	--
0.1666 tsp	Ground Oregano	0.04	0	0	0	0.00
0.1666 tsp	Morton Seasoning Salt Substitute	0.05	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.18	0	0	0	0.00
0.8333 tbs	Chili Powder	63.12	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	3.68	0	0	0	0
2 cup	Romaine Lettuce-Chopped	8.96	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	190.00	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	--	--	--	--
	Totals	2323.16	0.02	0.01	0.00	0.01

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0.00	0	0.15	0
1.3333 oz-wt	Tomato Sauce-Canned	0	0	--	0.01	--
2.4166 oz-wt	Tomatoes-Canned	0	0	--	0.02	--
0.3333 tsp	Dehydrated Onion Flakes	0	0.00	--	0.00	--
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	0.00	0.00	--	0.01	--
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0.00	0.00	--	0.00	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	0.00	--	0.01	--
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0	0	0	0.04	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	0.01	0	--	0.71	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0.00	0	0.15	0
1.3333 oz-wt	Tomato Sauce-Canned	0	0	--	0.01	--
2.4166 oz-wt	Tomatoes-Canned	0	0	--	0.02	--
0.3333 tsp	Dehydrated Onion Flakes	0	0.00	--	0.00	--
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	0.00	0.00	--	0.01	--
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0.00	0.00	--	0.00	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	0.00	--	0.01	--
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0	0	0	0.04	0
2 cup	Romaine Lettuce-Chopped	0	0	--	0.03	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	--
	Totals	0.03	0.03	0.00	1.97	0.00

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0.05	0.00	--	0	0
1.3333 oz-wt	Tomato Sauce-Canned	0.00	0	0	--	0
2.4166 oz-wt	Tomatoes-Canned	0.01	0	0	--	0
0.3333 tsp	Dehydrated Onion Flakes	0.00	0	0	--	0
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	0.00	--	--	--	--
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0.00	--	--	--	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	--	--	--	--
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0.01	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	0.62	--	--	--	0
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0.05	0.00	--	0	0
1.3333 oz-wt	Tomato Sauce-Canned	0.00	0	0	--	0
2.4166 oz-wt	Tomatoes-Canned	0.01	0	0	--	0
0.3333 tsp	Dehydrated Onion Flakes	0.00	0	0	--	0
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	0.00	--	--	--	--
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0.00	--	--	--	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	--	--	--	--
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0.01	0	0	0	0
2 cup	Romaine Lettuce-Chopped	0.00	0	0	--	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	--	--	--	--	0
	Totals	0.88	0.02	0	0	0.00

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	--	0.01	0	0.26	0.00
1.3333 oz-wt	Tomato Sauce-Canned	--	0.00	--	0.01	0
2.4166 oz-wt	Tomatoes-Canned	--	0.00	--	0.02	0
0.3333 tsp	Dehydrated Onion Flakes	--	0	--	0.00	0
0.0833 tsp	Garlic Powder	--	--	--	0	--
0.25 tsp	Paprika	--	0.00	--	0.01	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	--	0.00	--	0.00	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0.00	--	0.01	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	--	0	0	0.03	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	--	0	--	1.84	0
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	--	0.01	0	0.26	0.00
1.3333 oz-wt	Tomato Sauce-Canned	--	0.00	--	0.01	0
2.4166 oz-wt	Tomatoes-Canned	--	0.00	--	0.02	0
0.3333 tsp	Dehydrated Onion Flakes	--	0	--	0.00	0
0.0833 tsp	Garlic Powder	--	--	--	0	--
0.25 tsp	Paprika	--	0.00	--	0.01	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	--	0.00	--	0.00	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0.00	--	0.01	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	--	0	0	0.03	0
2 cup	Romaine Lettuce-Chopped	--	0.00	--	0.01	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0.05	0.00	3.96	0.01

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	--	1.68	0.01	0
1.3333 oz-wt	Tomato Sauce-Canned	0	--	0.02	0.00	0
2.4166 oz-wt	Tomatoes-Canned	0	--	0.07	0.00	0
0.3333 tsp	Dehydrated Onion Flakes	0	--	0.00	0.00	0
0.0833 tsp	Garlic Powder	--	--	0	--	--
0.25 tsp	Paprika	0	--	0.04	0.01	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0	--	0.00	0.01	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0	--	0.05	0.00	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0	--	0.07	0.11	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	0	--	0.54	0.01	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	--	1.68	0.01	0
1.3333 oz-wt	Tomato Sauce-Canned	0	--	0.02	0.00	0
2.4166 oz-wt	Tomatoes-Canned	0	--	0.07	0.00	0
0.3333 tsp	Dehydrated Onion Flakes	0	--	0.00	0.00	0
0.0833 tsp	Garlic Powder	--	--	0	--	--
0.25 tsp	Paprika	0	--	0.04	0.01	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0	--	0.00	0.01	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0	--	0.05	0.00	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0	--	0.07	0.11	0
2 cup	Romaine Lettuce-Chopped	0	--	0.03	0.08	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0	8.16	0.46	0

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	--	0	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	--	0	0	0	0
2.4166 oz-wt	Tomatoes-Canned	--	0	0	0	0
0.3333 tsp	Dehydrated Onion Flakes	--	0	0	0	0
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	--	0	0	0	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	--	0	0	0	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0	0	0	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
1 piece	Cornbread-Dry Mix-Prepared	--	0	0	0	0
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	--	0	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	--	0	0	0	0
2.4166 oz-wt	Tomatoes-Canned	--	0	0	0	0
0.3333 tsp	Dehydrated Onion Flakes	--	0	0	0	0
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	--	0	0	0	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	--	0	0	0	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0	0	0	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	--	0	0	0	0
2 cup	Romaine Lettuce-Chopped	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0	0	0	0
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0	0	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0	0	0	0
	Totals	0	0	0	0	0

Serving Size: 1502.18 g (52.99 oz-wt.)
Serves: 1.00
Water: 52%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
1 tbs	Captri/MCT	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 each	Parrillo Bar	--	--
0.20833 lb	Longhorn Beef Ground	--	--
0.1666 tbs	Safflower Oil	0.01	1.68
1.3333 oz-wt	Tomato Sauce-Canned	0.00	0.02
2.4166 oz-wt	Tomatoes-Canned	0.00	0.07
0.3333 tsp	Dehydrated Onion Flakes	0.00	0.00
0.0833 tsp	Garlic Powder	--	--
0.25 tsp	Paprika	0.01	0.04
0.1666 tbs	Cumin Seed	--	--
0.1666 tsp	Ground Oregano	0.01	0.00
0.1666 tsp	Morton Seasoning Salt Substitute	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	0.05
0.8333 tbs	Chili Powder	--	--
0.1666 cup	Red Kidney Beans-Dry	0.11	0.07
1 each	Parrillo Bar	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
1 piece	Cornbread-Dry Mix-Prepared	0.01	0.54
0.20833 lb	Longhorn Beef Ground	--	--
0.1666 tbs	Safflower Oil	0.01	1.68
1.3333 oz-wt	Tomato Sauce-Canned	0.00	0.02
2.4166 oz-wt	Tomatoes-Canned	0.00	0.07
0.3333 tsp	Dehydrated Onion Flakes	0.00	0.00
0.0833 tsp	Garlic Powder	--	--
0.25 tsp	Paprika	0.01	0.04
0.1666 tbs	Cumin Seed	--	--
0.1666 tsp	Ground Oregano	0.01	0.00
0.1666 tsp	Morton Seasoning Salt Substitute	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	0.05
0.8333 tbs	Chili Powder	--	--
0.1666 cup	Red Kidney Beans-Dry	0.11	0.07
2 cup	Romaine Lettuce-Chopped	0.08	0.03
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
1 cup	Carrots-Raw-Grated	0.01	0.07
1 each	Jello Pudding Snack-Fat Free-Chocolate	0	0
4 tbs	Cool Whip Topping-Lite KFT	0	0
	Totals	0.46	8.16

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
1 tbs	Captri/MCT	14.00	114.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	56.70	35.00	0	9.00	0
0.20833 lb	Longhorn Beef Ground	94.50	133.33	20.83	0.83	--
0.1666 tbs	Safflower Oil	2.27	20.07	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	37.80	11.34	0.51	2.72	1.44
2.4166 oz-wt	Tomatoes-Canned	68.51	13.70	0.64	2.95	1.71
0.3333 tsp	Dehydrated Onion Flakes	0.39	1.26	0.03	0.32	0.26
0.0833 tsp	Garlic Powder	0.23	0.77	0.04	0.17	0.01
0.25 tsp	Paprika	0.58	1.66	0.09	0.32	0.10
0.1666 tbs	Cumin Seed	1.00	3.75	0.18	0.44	0.17
0.1666 tsp	Ground Oregano	0.25	0.76	0.03	0.16	0.06
0.1666 tsp	Morton Seasoning Salt Substitute	0.27	0.14	0.00	0.03	0.03
0.3333 tsp	Red Cayenne Pepper	0.59	1.87	0.07	0.33	0.09
0.8333 tbs	Chili Powder	6.25	19.62	0.77	3.42	0.64
0.1666 cup	Red Kidney Beans-Dry	30.65	103.31	6.90	18.79	1.69
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
0.5 each	Hard White Roll	25.00	73.25	2.48	13.18	1.26
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	5.00	20.00	0.50	3.50	0.50
367.5 g	1/2% milk 1 cup 245 gr.	367.50	135.00	15.00	19.50	19.50
	Totals	1319.49	1758.85	167.69	179.36	47.22

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	0	--	--	--	--
0.20833 lb	Longhorn Beef Ground	5.00	--	--	--	--
0.1666 tbs	Safflower Oil	2.27	0.27	1.69	--	0
1.3333 oz-wt	Tomato Sauce-Canned	0.06	0.01	0.03	0	0
2.4166 oz-wt	Tomatoes-Canned	0.16	0.03	0.07	0	0
0.3333 tsp	Dehydrated Onion Flakes	0.00	0.00	0.00	0	0
0.0833 tsp	Garlic Powder	0.00	0.00	0.00	0	0
0.25 tsp	Paprika	0.07	0.01	0.05	0	0
0.1666 tbs	Cumin Seed	0.22	--	--	0	0
0.1666 tsp	Ground Oregano	0.03	0.00	0.01	0	0
0.1666 tsp	Morton Seasoning Salt Substitute	0.00	--	--	0	0
0.3333 tsp	Red Cayenne Pepper	0.10	0.02	0.05	0	0
0.8333 tbs	Chili Powder	1.05	0.25	0.50	0	0
0.1666 cup	Red Kidney Beans-Dry	0.33	0.03	0.18	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
0.5 each	Hard White Roll	1.08	0.28	0.52	0.06	0
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	0.50	--	--	--	0
367.5 g	1/2% milk 1 cup 245 gr.	0	--	--	--	7.49
	Totals	26.66	4.46	8.11	0.06	153.17

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0	0	0.78	0.86
1.3333 oz-wt	Tomato Sauce-Canned	0.06	4.95	0	0.15	0.18
2.4166 oz-wt	Tomatoes-Canned	0.06	10.35	0	0.40	0.46
0.3333 tsp	Dehydrated Onion Flakes	0.01	0.29	0	0.00	0.00
0.0833 tsp	Garlic Powder	0.05	0.00	0	0.00	0.00
0.25 tsp	Paprika	--	0.41	0	--	0.05
0.1666 tbs	Cumin Seed	--	0.08	0	--	--
0.1666 tsp	Ground Oregano	--	0.17	0	--	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0.45	0	--	--
0.8333 tbs	Chili Powder	--	4.01	0	--	--
0.1666 cup	Red Kidney Beans-Dry	0.12	1.38	0	0.06	0.64
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
0.5 each	Hard White Roll	0.01	0	0.01	0.15	--
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	1.42	30.12	1.13	3.59	4.88

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	--	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	5.29	--	0.29	7.18	140.23
2.4166 oz-wt	Tomatoes-Canned	17.81	3.43	0.42	8.22	151.41
0.3333 tsp	Dehydrated Onion Flakes	1.00	--	0.01	0.36	6.31
0.0833 tsp	Garlic Powder	0.19	--	0.01	0.14	2.57
0.25 tsp	Paprika	1.02	--	0.14	1.06	13.48
0.1666 tbs	Cumin Seed	9.31	--	0.66	3.66	17.86
0.1666 tsp	Ground Oregano	3.94	--	0.11	0.67	4.17
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	115.42
0.3333 tsp	Red Cayenne Pepper	0.87	--	0.05	0.90	11.86
0.8333 tbs	Chili Powder	17.37	--	0.89	10.62	119.75
0.1666 cup	Red Kidney Beans-Dry	25.44	--	2.05	42.30	416.59
1 each	Parrillo Bar	--	--	--	--	210.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
0.5 each	Hard White Roll	23.75	--	0.82	6.75	27.00
5 g	NestlesQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	667.63	3.43	9.70	224.57	2466.41

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	135.00	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	228.68	0	0	0	0
2.4166 oz-wt	Tomatoes-Canned	111.67	0	0	0	0
0.3333 tsp	Dehydrated Onion Flakes	0.08	0	0	0	0
0.0833 tsp	Garlic Powder	0.06	--	--	--	--
0.25 tsp	Paprika	0.19	0	0	0	0
0.1666 tbs	Cumin Seed	1.68	--	--	--	--
0.1666 tsp	Ground Oregano	0.04	0	0	0	0.00
0.1666 tsp	Morton Seasoning Salt Substitute	0.05	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.18	0	0	0	0.00
0.8333 tbs	Chili Powder	63.12	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	3.68	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
0.5 each	Hard White Roll	136.00	--	--	--	--
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	22.50	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	202.50	--	--	--	--
	Totals	1356.34	0.01	0.00	0.00	0.00

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	0.00	0	0.15	0
1.3333 oz-wt	Tomato Sauce-Canned	0	0	--	0.01	--
2.4166 oz-wt	Tomatoes-Canned	0	0	--	0.02	--
0.3333 tsp	Dehydrated Onion Flakes	0	0.00	--	0.00	--
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	0.00	0.00	--	0.01	--
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0.00	0.00	--	0.00	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	0.00	--	0.01	--
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0	0	0	0.04	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
0.5 each	Hard White Roll	0.00	0	--	0.13	--
5 g	NestleQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0.03	0.08	0.00	2.26	0.00

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0.05	0.00	--	0	0
1.3333 oz-wt	Tomato Sauce-Canned	0.00	0	0	--	0
2.4166 oz-wt	Tomatoes-Canned	0.01	0	0	--	0
0.3333 tsp	Dehydrated Onion Flakes	0.00	0	0	--	0
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	0.00	--	--	--	--
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0.00	--	--	--	--
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	--	--	--	--
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0.01	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
0.5 each	Hard White Roll	0.05	0.00	--	--	0
5 g	NestleʼsQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0.66	0.01	0	0	0.00

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	--	0.01	0	0.26	0.00
1.3333 oz-wt	Tomato Sauce-Canned	--	0.00	--	0.01	0
2.4166 oz-wt	Tomatoes-Canned	--	0.00	--	0.02	0
0.3333 tsp	Dehydrated Onion Flakes	--	0	--	0.00	0
0.0833 tsp	Garlic Powder	--	--	--	0	--
0.25 tsp	Paprika	--	0.00	--	0.01	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	--	0.00	--	0.00	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0.00	--	0.01	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	--	0	0	0.03	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
0.5 each	Hard White Roll	--	0	--	0.22	0
5 g	NestleʼsQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0	0.29	0.00	3.77	0.06

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	0	--	1.68	0.01	0
1.3333 oz-wt	Tomato Sauce-Canned	0	--	0.02	0.00	0
2.4166 oz-wt	Tomatoes-Canned	0	--	0.07	0.00	0
0.3333 tsp	Dehydrated Onion Flakes	0	--	0.00	0.00	0
0.0833 tsp	Garlic Powder	--	--	0	--	--
0.25 tsp	Paprika	0	--	0.04	0.01	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	0	--	0.00	0.01	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	0	--	0.05	0.00	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	0	--	0.07	0.11	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
0.5 each	Hard White Roll	--	--	0.51	0.04	--
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0	0	7.09	0.29	0

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
1 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
0.20833 lb	Longhorn Beef Ground	--	--	--	--	--
0.1666 tbs	Safflower Oil	--	0	0	0	0
1.3333 oz-wt	Tomato Sauce-Canned	--	0	0	0	0
2.4166 oz-wt	Tomatoes-Canned	--	0	0	0	0
0.3333 tsp	Dehydrated Onion Flakes	--	0	0	0	0
0.0833 tsp	Garlic Powder	--	--	--	--	--
0.25 tsp	Paprika	--	0	0	0	0
0.1666 tbs	Cumin Seed	--	--	--	--	--
0.1666 tsp	Ground Oregano	--	0	0	0	0
0.1666 tsp	Morton Seasoning Salt Substitute	--	--	--	--	--
0.3333 tsp	Red Cayenne Pepper	--	0	0	0	0
0.8333 tbs	Chili Powder	--	--	--	--	--
0.1666 cup	Red Kidney Beans-Dry	--	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
0.5 each	Hard White Roll	--	0	0	0	0
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	--	--	--	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 1319.49 g (46.54 oz-wt.)
Serves: 1.00
Water: 34%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
1 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--
0.20833 lb	Longhorn Beef Ground	--	--
0.1666 tbs	Safflower Oil	0.01	1.68
1.3333 oz-wt	Tomato Sauce-Canned	0.00	0.02
2.4166 oz-wt	Tomatoes-Canned	0.00	0.07
0.3333 tsp	Dehydrated Onion Flakes	0.00	0.00
0.0833 tsp	Garlic Powder	--	--
0.25 tsp	Paprika	0.01	0.04
0.1666 tbs	Cumin Seed	--	--
0.1666 tsp	Ground Oregano	0.01	0.00
0.1666 tsp	Morton Seasoning Salt Substitute	--	--
0.3333 tsp	Red Cayenne Pepper	0.00	0.05
0.8333 tbs	Chili Powder	--	--
0.1666 cup	Red Kidney Beans-Dry	0.11	0.07
1 each	Parrillo Bar	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
0.5 each	Hard White Roll	0.04	0.51
5 g	Nestle'sQuikNoSugarAdded2Ta10g.makes1cup	--	--
367.5 g	1/2% milk 1 cup 245 gr.	--	--
	Totals	0.34	7.20

Serving Size: 1952.47 g (68.87 oz-wt.)
Serves: 1.00
Water: 50%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 tbs	Captri/MCT	28.00	228.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	56.70	35.00	0	9.00	0
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	388.50	8.15	0	0	0
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless White Turkey Meat-Roasted	170.10	238.14	51.37	0	0
6 oz-wt	Small Baked Potato-Flesh Only	170.10	158.19	3.35	36.74	2.89
1 cup	Carrot Slices-Steamed	156.00	67.24	1.62	15.76	10.30
0.5 cup	Whole Strawberries-Cup Measure	72.00	21.60	0.44	5.06	4.06
1 cup	Taste Adventure Navy Bean Soup	234.00	154.63	9.28	12.37	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Taco Bell Taco	78.00	180.00	10.00	11.00	0
	Totals	1952.47	2144.80	163.52	228.56	34.69

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	0	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	2.02	0.36	0.53	--	146.29
6 oz-wt	Small Baked Potato-Flesh Only	0.17	0.00	0.07	0	0
1 cup	Carrot Slices-Steamed	0.30	0.01	0.12	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.27	0.04	0.13	0	0
1 cup	Taste Adventure Navy Bean Soup	0.52	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Taco Bell Taco	11.00	4.53	0.80	--	30.00
	Totals	24.96	6.39	5.37	0.00	182.38

Serving Size: 1952.47 g (68.87 oz-wt.)
Serves: 1.00
Water: 50%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	--	9.78	--	--	--
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.97	0	0.51	0.05	0.11
6 oz-wt	Small Baked Potato-Flesh Only	0.51	21.77	0	0.09	0.10
1 cup	Carrot Slices-Steamed	0.22	10.90	0	0.66	--
0.5 cup	Whole Strawberries-Cup Measure	0.04	40.82	0	0.10	0.19
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Taco Bell Taco	--	1.20	--	--	--
	Totals	1.83	85.08	1.12	2.65	2.63

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	--	0	--	73.33
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless White Turkey Meat-Roasted	25.52	--	2.69	47.63	471.18
6 oz-wt	Small Baked Potato-Flesh Only	8.51	--	0.60	42.53	665.09
1 cup	Carrot Slices-Steamed	42.12	--	0.78	23.40	503.88
0.5 cup	Whole Strawberries-Cup Measure	10.08	--	0.27	7.20	119.52
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	762.82
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Taco Bell Taco	80.00	--	1.08	--	--
	Totals	694.90	--	7.59	208.18	3646.41

Serving Size: 1952.47 g (68.87 oz-wt.)
Serves: 1.00
Water: 50%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	135.00	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	95.26	0	0	0	0
6 oz-wt	Small Baked Potato-Flesh Only	8.51	0	0	0	0.00
1 cup	Carrot Slices-Steamed	54.60	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.72	0	0	0	0
1 cup	Taste Adventure Navy Bean Soup	350.48	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Taco Bell Taco	280.00	--	--	--	--
	Totals	1433.11	0.01	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.02	--	0.29	--
6 oz-wt	Small Baked Potato-Flesh Only	0.01	0.00	0	0.03	0
1 cup	Carrot Slices-Steamed	0.00	0.00	0	0.04	0
0.5 cup	Whole Strawberries-Cup Measure	0	0	0	0.01	0
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Taco Bell Taco	--	--	--	--	--
	Totals	0.04	0.04	0.00	1.09	0.00

Serving Size: 1952.47 g (68.87 oz-wt.)
Serves: 1.00
Water: 50%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.20	--	--	--	--
6 oz-wt	Small Baked Potato-Flesh Only	0.01	0.00	0.00	0	0
1 cup	Carrot Slices-Steamed	0.00	0.01	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	0.00	0	0	0	0
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Taco Bell Taco	--	--	--	--	--
	Totals	0.33	0.01	0.00	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	--	0.29	0.02
6 oz-wt	Small Baked Potato-Flesh Only	--	0.00	0	0.00	0
1 cup	Carrot Slices-Steamed	--	0.00	0	0.01	0
0.5 cup	Whole Strawberries-Cup Measure	--	0.00	0	0.04	0
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Taco Bell Taco	--	--	--	--	--
	Totals	0	0.08	0.00	1.76	0.02

Serving Size: 1952.47 g (68.87 oz-wt.)
Serves: 1.00
Water: 50%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.02	--	0.36	0.02	0
6 oz-wt	Small Baked Potato-Flesh Only	0	--	0.06	0.02	0
1 cup	Carrot Slices-Steamed	0	--	0.10	0.02	0
0.5 cup	Whole Strawberries-Cup Measure	0	--	0.08	0.06	0
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Taco Bell Taco	--	--	--	--	--
	Totals	0.02	0	4.24	0.17	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	--	0.10	0	0.02	0.02
6 oz-wt	Small Baked Potato-Flesh Only	--	0	0	0	0
1 cup	Carrot Slices-Steamed	--	0	0	0	0
0.5 cup	Whole Strawberries-Cup Measure	--	0	0	0	0
1 cup	Taste Adventure Navy Bean Soup	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Taco Bell Taco	--	--	--	--	--
	Totals	0	0.10	0	0.02	0.02

Serving Size: 1952.47 g (68.87 oz-wt.)
Serves: 1.00
Water: 50%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--
12 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless White Turkey Meat-Roasted	0.03	0.46
6 oz-wt	Small Baked Potato-Flesh Only	0.02	0.06
1 cup	Carrot Slices-Steamed	0.02	0.10
0.5 cup	Whole Strawberries-Cup Measure	0.06	0.08
1 cup	Taste Adventure Navy Bean Soup	--	--
1 each	Parrillo Bar	--	--
1 each	Taco Bell Taco	--	--
	Totals	0.19	4.34

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 tbs	Captri/MCT	28.00	228.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	56.70	35.00	0	9.00	0
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	259.00	5.43	0	0	0
0.3125 cup	Rolled Oats-Dry	25.31	97.20	4.05	16.96	0.46
0.75 each	Large Egg White-Fresh/Frozen	25.05	12.53	2.63	0.26	0.26
0.125 cup	Nonfat Skim Milk	30.63	10.69	1.05	1.49	1.49
0.125 tbs	Safflower Oil	1.70	15.06	0	0	0
0.125 tsp	BAKING POWDER	0.40	0.31	0.00	0.07	0.00
0.125 tsp	Pure Vanilla Extract	0.60	1.15	0	0.03	0.02
245 g	1/2% milk 1 cup 245 gr.	245.00	90.00	10.00	13.00	13.00
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	85.05	315.00	60.00	18.00	--
8 oz-wt	Skinless Chicken Breast-Roasted	226.80	374.22	70.31	0	0
1 cup	Oriental Stir Fry Vegetables BE	108.00	82.63	3.21	13.13	3.76
0.5 cup	Long Grain White Rice-Cooked-Hot	102.50	133.25	2.77	28.91	0.21
	Totals	1418.81	1884.32	209.47	150.48	23.63

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	0	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	1.59	0.50	0.58	--	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.06	0.01	0.00	0.00	0.55
0.125 tbs	Safflower Oil	1.70	0.21	1.27	--	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	0	--	--	--	4.99
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	2.97	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	8.12	2.84	1.75	--	192.78
1 cup	Oriental Stir Fry Vegetables BE	1.49	--	--	--	0.43
0.5 cup	Long Grain White Rice-Cooked-Hot	0.29	0.09	0.08	--	0
	Totals	24.91	5.10	7.39	0.00	199.86

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	--	6.52	--	--	--
0.3125 cup	Rolled Oats-Dry	0.03	0	0	0.29	0.47
0.75 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0.30	0.31	0.00	--
0.125 tbs	Safflower Oil	0	0	0	0.59	0.65
0.125 tsp	BAKING POWDER	--	0	--	--	--
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	1.36	0	0.68	0.39	0.60
1 cup	Oriental Stir Fry Vegetables BE	--	11.30	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0.10	0	0	0.06	0.22
	Totals	1.59	18.72	1.60	3.07	4.17

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	--	0	--	48.89
0.3125 cup	Rolled Oats-Dry	13.16	--	1.07	37.46	88.59
0.75 each	Large Egg White-Fresh/Frozen	1.50	--	0.01	2.76	35.82
0.125 cup	Nonfat Skim Milk	37.67	--	0.01	3.49	50.84
0.125 tbs	Safflower Oil	0	--	0	0	0
0.125 tsp	BAKING POWDER	0	--	0	--	15.04
0.125 tsp	Pure Vanilla Extract	0.01	--	0.00	0.00	0.00
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	636.00	--	--	--	375.00
8 oz-wt	Skinless Chicken Breast-Roasted	34.02	--	2.38	65.77	580.61
1 cup	Oriental Stir Fry Vegetables BE	65.33	--	0.54	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	10.25	--	1.24	12.30	35.88
	Totals	1326.62	--	7.42	209.21	1861.26

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	135.00	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	1.01	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	41.08	0	0	0	0
0.125 cup	Nonfat Skim Milk	15.77	0.00	0.00	0.00	0.00
0.125 tbs	Safflower Oil	0	0	0	0	0
0.125 tsp	BAKING POWDER	28.90	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0.01	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	135.00	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	150.00	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	167.83	0	0	0	0
1 cup	Oriental Stir Fry Vegetables BE	561.82	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	1.03	0	0	0	0
	Totals	1510.99	0.01	0.00	0.00	0.00

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	0.01	0.00	--	0.24	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.01	0.00
0.125 tbs	Safflower Oil	0	0.00	0	0.11	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.07	--	1.56	--
1 cup	Oriental Stir Fry Vegetables BE	--	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0	0.00	--	0.07	--
	Totals	0.04	0.10	0.00	2.72	0.00

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	0.02	--	--	--	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.125 tbs	Safflower Oil	0.04	0.00	--	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.57	--	--	--	--
1 cup	Oriental Stir Fry Vegetables BE	--	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0.01	--	--	--	--
	Totals	0.75	0.01	0	0	0.00

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	--	0.00	--	0.50	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0.00	0.00	0.01	0
0.125 tbs	Safflower Oil	--	0.01	0	0.20	0.00
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.34	--	2.38	0.07
1 cup	Oriental Stir Fry Vegetables BE	--	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	--	0.00	--	0.09	0
	Totals	0	0.37	0.00	4.60	0.07

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	0	--	0.56	0.03	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.125 tbs	Safflower Oil	0	--	1.26	0.01	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.34	0.07	0
1 cup	Oriental Stir Fry Vegetables BE	--	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0	--	0.06	0.01	0
	Totals	0	0	6.87	0.18	0

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
0.3125 cup	Rolled Oats-Dry	--	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0	0	0	0
0.125 tbs	Safflower Oil	--	0	0	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	--	0.14	0.02	0.02	0.05
1 cup	Oriental Stir Fry Vegetables BE	--	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	--	0	0	0	0
	Totals	0	0.14	0.02	0.02	0.05

Serving Size: 1418.81 g (50.05 oz-wt.)
Serves: 1.00
Water: 51%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
56.7 g	Cary's Sugar Free Syrup 1/4 cup 56.7gr.	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0
0.3125 cup	Rolled Oats-Dry	0.03	0.56
0.75 each	Large Egg White-Fresh/Frozen	0	0
0.125 cup	Nonfat Skim Milk	0	0.00
0.125 tbs	Safflower Oil	0.01	1.26
0.125 tsp	BAKING POWDER	0	0
0.125 tsp	Pure Vanilla Extract	0	0
245 g	1/2% milk 1 cup 245 gr.	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
8 oz-wt	Skinless Chicken Breast-Roasted	0.14	1.47
1 cup	Oriental Stir Fry Vegetables BE	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0.01	0.06
	Totals	0.25	7.01

Notes

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 tbs	Captri/MCT	28.00	228.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
1 each	Sweet Green Bell Peppers-Raw	74.00	19.98	0.66	4.77	1.85
0.3125 cup	Rolled Oats-Dry	25.31	97.20	4.05	16.96	0.46
0.75 each	Large Egg White-Fresh/Frozen	25.05	12.53	2.63	0.26	0.26
0.125 cup	Nonfat Skim Milk	30.63	10.69	1.05	1.49	1.49
0.125 tbs	Safflower Oil	1.70	15.06	0	0	0
0.125 tsp	BAKING POWDER	0.40	0.31	0.00	0.07	0.00
0.125 tsp	Pure Vanilla Extract	0.60	1.15	0	0.03	0.02
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
0.5 cup	Long Grain White Rice-Cooked-Hot	102.50	133.25	2.77	28.91	0.21
0.5 cup	Red Kidney Beans-Dry-Cooked	88.50	112.40	7.68	20.18	1.95
	Totals	1262.91	2057.38	172.17	216.40	22.92

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
1 each	Sweet Green Bell Peppers-Raw	0.14	0.02	0.08	0	0
0.3125 cup	Rolled Oats-Dry	1.59	0.50	0.58	--	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.06	0.01	0.00	0.00	0.55
0.125 tbs	Safflower Oil	1.70	0.21	1.27	--	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
0.5 cup	Long Grain White Rice-Cooked-Hot	0.29	0.09	0.08	--	0
0.5 cup	Red Kidney Beans-Dry-Cooked	0.44	0.03	0.24	0	0
	Totals	22.21	4.45	7.36	0.00	146.24

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
1 each	Sweet Green Bell Peppers-Raw	0.18	66.08	0	0.51	--
0.3125 cup	Rolled Oats-Dry	0.03	0	0	0.29	0.47
0.75 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0.30	0.31	0.00	--
0.125 tbs	Safflower Oil	0	0	0	0.59	0.65
0.125 tsp	BAKING POWDER	--	0	--	--	--
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
0.5 cup	Long Grain White Rice-Cooked-Hot	0.10	0	0	0.06	0.22
0.5 cup	Red Kidney Beans-Dry-Cooked	0.11	1.06	0	0.07	0.58
	Totals	1.70	114.28	1.43	4.22	5.25

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	1.48	0	0	0	0
0.3125 cup	Rolled Oats-Dry	1.01	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	41.08	0	0	0	0
0.125 cup	Nonfat Skim Milk	15.77	0.00	0.00	0.00	0.00
0.125 tbs	Safflower Oil	0	0	0	0	0
0.125 tsp	BAKING POWDER	28.90	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0.01	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
0.5 cup	Long Grain White Rice-Cooked-Hot	1.03	0	0	0	0
0.5 cup	Red Kidney Beans-Dry-Cooked	1.06	0	0	0	0
	Totals	1408.26	0.01	0.00	0.00	0.00

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
1 each	Sweet Green Bell Peppers-Raw	0	0	0	0.02	0
0.3125 cup	Rolled Oats-Dry	0.01	0.00	--	0.24	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.01	0.00
0.125 tbs	Safflower Oil	0	0.00	0	0.11	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0	0.00	--	0.07	--
0.5 cup	Red Kidney Beans-Dry-Cooked	0	0	0	0.06	0
	Totals	0.04	0.08	0.00	2.43	0.00

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
1 each	Sweet Green Bell Peppers-Raw	6.66	--	0.34	7.40	130.98
0.3125 cup	Rolled Oats-Dry	13.16	--	1.07	37.46	88.59
0.75 each	Large Egg White-Fresh/Frozen	1.50	--	0.01	2.76	35.82
0.125 cup	Nonfat Skim Milk	37.67	--	0.01	3.49	50.84
0.125 tbs	Safflower Oil	0	--	0	0	0
0.125 tsp	BAKING POWDER	0	--	0	--	15.04
0.125 tsp	Pure Vanilla Extract	0.01	--	0.00	0.00	0.00
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
0.5 cup	Long Grain White Rice-Cooked-Hot	10.25	--	1.24	12.30	35.88
0.5 cup	Red Kidney Beans-Dry-Cooked	24.78	--	2.61	39.83	356.66
	Totals	717.93	--	10.15	256.49	2555.15

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
1 each	Sweet Green Bell Peppers-Raw	0.01	0	0	0	0.00
0.3125 cup	Rolled Oats-Dry	0.02	--	--	--	--
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.125 tbs	Safflower Oil	0.04	0.00	--	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
0.5 cup	Long Grain White Rice-Cooked-Hot	0.01	--	--	--	--
0.5 cup	Red Kidney Beans-Dry-Cooked	0.01	0	0	0	0
	Totals	0.62	0.01	0	0	0.00

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
1 each	Sweet Green Bell Peppers-Raw	--	0.01	0	0.01	0
0.3125 cup	Rolled Oats-Dry	--	0.00	--	0.50	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0.00	0.00	0.01	0
0.125 tbs	Safflower Oil	--	0.01	0	0.20	0.00
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
0.5 cup	Long Grain White Rice-Cooked-Hot	--	0.00	--	0.09	0
0.5 cup	Red Kidney Beans-Dry-Cooked	--	0	0	0.03	0
	Totals	0	0.30	0.00	4.05	0.06

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
1 each	Sweet Green Bell Peppers-Raw	0	--	0.07	0.01	0
0.3125 cup	Rolled Oats-Dry	0	--	0.56	0.03	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.125 tbs	Safflower Oil	0	--	1.26	0.01	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
0.5 cup	Long Grain White Rice-Cooked-Hot	0	--	0.06	0.01	0
0.5 cup	Red Kidney Beans-Dry-Cooked	0	--	0.09	0.15	0
	Totals	0	0	6.77	0.33	0

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 cup	Carrots-Raw-Grated	--	0	0	0	0
1 each	Sweet Green Bell Peppers-Raw	--	0	0	0	0
0.3125 cup	Rolled Oats-Dry	--	0	0	0	0
0.75 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.125 cup	Nonfat Skim Milk	--	0	0	0	0
0.125 tbs	Safflower Oil	--	0	0	0	0
0.125 tsp	BAKING POWDER	0	0	0	0	0
0.125 tsp	Pure Vanilla Extract	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
0.5 cup	Long Grain White Rice-Cooked-Hot	--	0	0	0	0
0.5 cup	Red Kidney Beans-Dry-Cooked	--	0	0	0	0
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 1262.91 g (44.55 oz-wt.)
Serves: 1.00
Water: 45%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Parrillo Bar	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
1 cup	Carrots-Raw-Grated	0.01	0.07
1 each	Sweet Green Bell Peppers-Raw	0.01	0.07
0.3125 cup	Rolled Oats-Dry	0.03	0.56
0.75 each	Large Egg White-Fresh/Frozen	0	0
0.125 cup	Nonfat Skim Milk	0	0.00
0.125 tbs	Safflower Oil	0.01	1.26
0.125 tsp	BAKING POWDER	0	0
0.125 tsp	Pure Vanilla Extract	0	0
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
0.5 cup	Long Grain White Rice-Cooked-Hot	0.01	0.06
0.5 cup	Red Kidney Beans-Dry-Cooked	0.15	0.09
	Totals	0.38	6.87

Serving Size: 1828.87 g (64.51 oz-wt.)
Serves: 1.00
Water: 57%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 tbs	Captri/MCT	28.00	228.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
167 g	Campbells V8 100% Vegetable Juice CAM	167.00	35.00	1.00	7.00	4.99
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	120.50	45.00	1.50	7.50	4.00
0.5 cup	Nonfat Skim Milk	122.50	42.75	4.19	5.95	5.95
3 cup	Tossed Green Salad	416.00	74.29	3.81	14.98	9.54
2 tbs	Kraft Fat Free Italian Salad Dressing	31.00	10.00	0	2.00	2.00
9 oz-wt	ICan'tBelievelt'sYogurt Lg9oz.255.15gr.	255.15	202.50	6.75	40.50	15.75
4 oz-wt	Skinless Chicken Breast-Roasted	113.40	187.11	35.15	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
1 cup	Rotini Pasta Noodles-Cooked	140.00	197.40	6.69	39.62	1.82
1 tbs	Parmesan Cheese-Grated	6.25	28.50	2.60	0.23	0.23
1 tbs	Butter Replacement-Dry (Butter Buds)	5.00	18.65	0.10	4.45	--
	Totals	1828.87	1828.16	130.10	218.14	52.24

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	1.00	0.25	0.75	--	0
0.5 cup	Nonfat Skim Milk	0.22	0.05	0.01	0.00	2.21
3 cup	Tossed Green Salad	1.04	0.10	0.44	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
9 oz-wt	ICan'tBelievelt'sYogurt Lg9oz.255.15gr.	0	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	4.06	1.42	0.87	--	96.39
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
1 cup	Rotini Pasta Noodles-Cooked	0.94	0.11	0.38	--	0
1 tbs	Parmesan Cheese-Grated	1.88	0.55	0.04	--	4.92
1 tbs	Butter Replacement-Dry (Butter Buds)	0.05	0.01	0.00	--	0.10
	Totals	19.06	3.95	6.30	0.01	104.72

Serving Size: 1828.87 g (64.51 oz-wt.)
Serves: 1.00
Water: 57%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	--	36.01	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	--	0.06	--	--	--
0.5 cup	Nonfat Skim Milk	0.05	1.20	1.23	0.00	--
3 cup	Tossed Green Salad	0.26	44.47	0	1.58	1.13
2 tbs	Kraft Fat Free Italian Salad Dressing	--	0	--	--	--
9 oz-wt	ICan'tBelievelt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.68	0	0.34	0.19	0.30
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
1 cup	Rotini Pasta Noodles-Cooked	0.05	0	0	0.04	--
1 tbs	Parmesan Cheese-Grated	0.01	0	0.04	0.05	--
1 tbs	Butter Replacement-Dry (Butter Buds)	0	0	0	0	--
	Totals	1.21	93.41	2.22	3.78	3.66

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
167 g	Campbells V8 100% Vegetable Juice CAM	40.00	--	0.37	--	--
1 each	Parrillo Bar	--	--	--	--	210.00
0.5 cup	Progresso Tomato Soup-Canned-Prep	10.00	--	0.90	--	--
0.5 cup	Nonfat Skim Milk	150.68	--	0.05	13.97	203.35
3 cup	Tossed Green Salad	57.84	--	1.90	42.53	803.32
2 tbs	Kraft Fat Free Italian Salad Dressing	0	--	0	--	40.00
9 oz-wt	ICan'tBelievelt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	17.01	--	1.19	32.89	290.30
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
1 cup	Rotini Pasta Noodles-Cooked	9.80	--	1.97	25.20	43.40
1 tbs	Parmesan Cheese-Grated	85.94	--	0.06	3.18	6.69
1 tbs	Butter Replacement-Dry (Butter Buds)	1.15	--	0.10	0	0.10
	Totals	961.84	--	9.82	233.53	2378.95

Serving Size: 1828.87 g (64.51 oz-wt.)
Serves: 1.00
Water: 57%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	430.00	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	495.00	0	0	0	0
0.5 cup	Nonfat Skim Milk	63.09	0.01	0.00	0.00	0.00
3 cup	Tossed Green Salad	44.02	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	290.00	0	0	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	168.75	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	83.92	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
1 cup	Rotini Pasta Noodles-Cooked	1.40	0	0	0	0
1 tbs	Parmesan Cheese-Grated	116.31	0.09	0.04	0.02	0.05
1 tbs	Butter Replacement-Dry (Butter Buds)	60.00	--	--	--	--
	Totals	2093.58	0.11	0.04	0.02	0.05

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	0	0	0	0	0
0.5 cup	Nonfat Skim Milk	0.00	0.02	0.01	0.04	0.01
3 cup	Tossed Green Salad	0	0	--	0.11	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.01	0.03	--	0.78	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
1 cup	Rotini Pasta Noodles-Cooked	0	0.00	--	0.12	--
1 tbs	Parmesan Cheese-Grated	0.06	0.21	0.06	0.51	0.02
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0.09	0.29	0.07	2.32	0.03

Serving Size: 1828.87 g (64.51 oz-wt.)
Serves: 1.00
Water: 57%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	0	0	0	0	--
0.5 cup	Nonfat Skim Milk	0.02	0	0	--	0.00
3 cup	Tossed Green Salad	0.03	--	--	--	--
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.28	--	--	--	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
1 cup	Rotini Pasta Noodles-Cooked	0.02	--	--	--	--
1 tbs	Parmesan Cheese-Grated	0.17	0	0	--	0.01
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0.64	0.01	0	0	0.02

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
0.5 cup	Nonfat Skim Milk	--	0.00	0.00	0.04	0
3 cup	Tossed Green Salad	--	0.01	--	0.09	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	--	0.17	--	1.19	0.03
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
1 cup	Rotini Pasta Noodles-Cooked	--	0	--	0.11	0
1 tbs	Parmesan Cheese-Grated	--	0.03	0.01	0.48	0
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0	0.23	0.01	3.35	0.04

Serving Size: 1828.87 g (64.51 oz-wt.)
Serves: 1.00
Water: 57%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
0.5 cup	Nonfat Skim Milk	0	--	0.00	0	0
3 cup	Tossed Green Salad	0	--	0.28	0.16	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0	--	0.67	0.03	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
1 cup	Rotini Pasta Noodles-Cooked	0	--	0.35	0.03	0
1 tbs	Parmesan Cheese-Grated	0	--	0.02	0.02	0
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0	0	5.01	0.37	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	--	--	--	--	--
0.5 cup	Nonfat Skim Milk	--	0	0	0	0
3 cup	Tossed Green Salad	--	0	0	0	0
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0	0	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	--	--	--	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	--	0.07	0.01	0.01	0.02
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
1 cup	Rotini Pasta Noodles-Cooked	--	0	0	0	0
1 tbs	Parmesan Cheese-Grated	--	0	0	0	0
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--	--	--	--
	Totals	0	0.07	0.01	0.01	0.02

Serving Size: 1828.87 g (64.51 oz-wt.)
Serves: 1.00
Water: 57%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
167 g	Campbells V8 100% Vegetable Juice CAM	0	0
1 each	Parrillo Bar	--	--
0.5 cup	Progresso Tomato Soup-Canned-Prep	--	--
0.5 cup	Nonfat Skim Milk	0	0.00
3 cup	Tossed Green Salad	0.16	0.28
2 tbs	Kraft Fat Free Italian Salad Dressing	0	0
9 oz-wt	ICan'tBelieveIt'sYogurt Lg9oz.255.15gr.	--	--
4 oz-wt	Skinless Chicken Breast-Roasted	0.07	0.74
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
1 cup	Rotini Pasta Noodles-Cooked	0.03	0.35
1 tbs	Parmesan Cheese-Grated	0.02	0.02
1 tbs	Butter Replacement-Dry (Butter Buds)	--	--
	Totals	0.40	5.07

Serving Size: 847.01 g (29.88 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 tbs	Captri/MCT	28.00	228.00	0	0	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	56.70	210.00	40.00	12.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
2 cup	Tossed Green Salad	277.33	49.52	2.54	9.99	6.36
1 tbs	Kraft Fat Free Ranch Salad Dressing	17.50	25.00	0.25	5.50	1.00
	Totals	847.01	1547.05	132.98	141.12	11.80

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	0	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	1.98	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
1 each	Parrillo Bar	1.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
2 cup	Tossed Green Salad	0.70	0.07	0.29	0	0
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	17.47	3.64	5.32	0.00	145.69

Serving Size: 847.01 g (29.88 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
2 cup	Tossed Green Salad	0.17	29.65	0	1.05	0.75
1 tbs	Kraft Fat Free Ranch Salad Dressing	--	0	--	--	--
	Totals	1.28	30.25	1.12	3.09	3.44

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	424.00	--	--	--	250.00
1 each	Parrillo Bar	--	--	--	--	210.00
1 each	Parrillo Bar	--	--	--	--	210.00
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
2 cup	Tossed Green Salad	38.56	--	1.27	28.36	535.55
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	--	0	--	25.00
	Totals	592.76	--	5.22	165.11	2046.59

Serving Size: 847.01 g (29.88 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	100.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
1 each	Parrillo Bar	50.00	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
2 cup	Tossed Green Salad	29.35	0	0	0	0
1 tbs	Kraft Fat Free Ranch Salad Dressing	155.00	0	0	0	0
	Totals	683.76	0.01	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
2 cup	Tossed Green Salad	0	0	--	0.07	--
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0.03	0.07	0.00	1.97	0.00

Serving Size: 847.01 g (29.88 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
2 cup	Tossed Green Salad	0.02	--	--	--	--
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0.56	0.01	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
2 cup	Tossed Green Salad	--	0.00	--	0.06	0
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0	0.28	0.00	3.27	0.05

Serving Size: 847.01 g (29.88 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
2 cup	Tossed Green Salad	0	--	0.19	0.11	0
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0	0	4.84	0.22	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
2 cup	Tossed Green Salad	--	0	0	0	0
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0	0	0	0
	Totals	0	0.10	0.02	0.02	0.03

Serving Size: 847.01 g (29.88 oz-wt.)
Serves: 1.00
Water: 58%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 tbs	Captri/MCT	--	--
2 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
1 each	Parrillo Bar	--	--
1 each	Parrillo Bar	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
2 cup	Tossed Green Salad	0.11	0.19
1 tbs	Kraft Fat Free Ranch Salad Dressing	0	0
	Totals	0.27	4.94

Serving Size: 1568.46 g (55.32 oz-wt.)
Serves: 1.00
Water: 69%

Spreadsheet

Amount	Food Item	Weight (g)	Cals	Prot (g)	Carb (g)	Sugar (g)
0.625 cup	Rolled Oats-Dry	50.63	194.40	8.10	33.92	0.91
1.5 each	Large Egg White-Fresh/Frozen	50.10	25.05	5.26	0.52	0.52
0.25 cup	Nonfat Skim Milk	61.25	21.38	2.09	2.98	2.98
0.25 tbs	Safflower Oil	3.41	30.11	0	0	0
0.25 tsp	BAKING POWDER	0.79	0.62	0.00	0.15	0.00
0.25 tsp	Pure Vanilla Extract	1.20	2.31	0	0.06	0.03
2 tbs	Captri/MCT	28.00	228.00	0	0	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	85.05	315.00	60.00	18.00	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	259.00	5.43	0	0	0
1 each	Parrillo Bar	65.00	240.00	11.00	38.00	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	148.84	65.49	0.45	16.07	15.33
3 oz-wt	WaterPacked Tuna 3oz. 85.05	85.05	100.00	21.00	0	--
1 each	Sweet Green Bell Peppers-Raw	74.00	19.98	0.66	4.77	1.85
1 cup	Carrots-Raw-Grated	110.00	47.30	1.14	11.11	7.26
3 oz-wt	Skinless White Turkey Meat-Roasted	85.05	119.07	25.69	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	170.10	280.67	52.73	0	0
1 cup	Carrots-Raw Slices-Cooked	156.00	70.20	1.72	16.38	6.40
1 cup	Green Snap/String Beans-Frozen-Cooked	135.00	35.10	1.85	8.28	3.51
	Totals	1568.46	1800.10	191.69	150.23	38.79

Amount	Food Item	Fat-T (g)	Fat-M (g)	Fat-P (g)	TFA (g)	Chol (mg)
0.625 cup	Rolled Oats-Dry	3.19	1.01	1.17	--	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.11	0.03	0.00	0.00	1.10
0.25 tbs	Safflower Oil	3.41	0.41	2.54	--	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	0	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	2.97	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	1.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	0	0
3 oz-wt	WaterPacked Tuna 3oz. 85.05	1.00	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.14	0.02	0.08	0	0
1 cup	Carrots-Raw-Grated	0.21	0.01	0.08	0	0
3 oz-wt	Skinless White Turkey Meat-Roasted	1.01	0.18	0.26	--	73.14
6 oz-wt	Skinless Chicken Breast-Roasted	6.09	2.13	1.31	--	144.59
1 cup	Carrots-Raw Slices-Cooked	0.28	0.01	0.14	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.19	0.01	0.09	0	0
	Totals	19.60	3.80	5.68	0.00	218.83

Serving Size: 1568.46 g (55.32 oz-wt.)
Serves: 1.00
Water: 69%

Spreadsheet

Amount	Food Item	B6 (mg)	Vit C (mg)	D-mcg (mcg)	E-aTE (mg)	E-mg (mg)
0.625 cup	Rolled Oats-Dry	0.06	0	0	0.58	0.94
1.5 each	Large Egg White-Fresh/Frozen	0.00	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.02	0.60	0.61	0.00	--
0.25 tbs	Safflower Oil	0	0	0	1.17	1.30
0.25 tsp	BAKING POWDER	--	0	--	--	--
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	--	6.52	--	--	--
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	7.44	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.18	66.08	0	0.51	--
1 cup	Carrots-Raw-Grated	0.16	10.23	0	0.66	0.66
3 oz-wt	Skinless White Turkey Meat-Roasted	0.48	0	0.26	0.03	0.05
6 oz-wt	Skinless Chicken Breast-Roasted	1.02	0	0.51	0.29	0.45
1 cup	Carrots-Raw Slices-Cooked	0.38	3.59	0	0.66	0.78
1 cup	Green Snap/String Beans-Frozen-Cooked	0.08	11.07	0	0.16	--
	Totals	2.40	105.53	1.38	4.05	4.18

Amount	Food Item	Calc (mg)	Chrom (mcg)	Iron (mg)	Magn (mg)	Potas (mg)
0.625 cup	Rolled Oats-Dry	26.33	--	2.13	74.93	177.19
1.5 each	Large Egg White-Fresh/Frozen	3.01	--	0.02	5.51	71.64
0.25 cup	Nonfat Skim Milk	75.34	--	0.02	6.98	101.68
0.25 tbs	Safflower Oil	0	--	0	0	0
0.25 tsp	BAKING POWDER	0	--	0	--	30.08
0.25 tsp	Pure Vanilla Extract	0.01	--	0.00	0.01	0.00
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	636.00	--	--	--	375.00
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	--	0	--	48.89
1 each	Parrillo Bar	--	--	--	--	210.00
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	7.44	--	0.30	5.95	163.72
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	6.66	--	0.34	7.40	130.98
1 cup	Carrots-Raw-Grated	29.70	--	0.55	16.50	355.30
3 oz-wt	Skinless White Turkey Meat-Roasted	12.76	--	1.34	23.81	235.59
6 oz-wt	Skinless Chicken Breast-Roasted	25.52	--	1.79	49.33	435.46
1 cup	Carrots-Raw Slices-Cooked	48.36	--	0.97	20.28	354.12
1 cup	Green Snap/String Beans-Frozen-Cooked	60.75	--	1.11	28.35	151.20
	Totals	931.87	--	8.56	239.05	2840.84

Serving Size: 1568.46 g (55.32 oz-wt.)
Serves: 1.00
Water: 69%

Spreadsheet

Amount	Food Item	Sod (mg)	4:0 (g)	6:0 (g)	8:0 (g)	10:0 (g)
0.625 cup	Rolled Oats-Dry	2.03	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	82.16	0	0	0	0
0.25 cup	Nonfat Skim Milk	31.54	0.01	0.00	0.00	0.00
0.25 tbs	Safflower Oil	0	0	0	0	0
0.25 tsp	BAKING POWDER	57.79	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0.02	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	150.00	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	50.00	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	1.49	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	350.00	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	1.48	0	0	0	0
1 cup	Carrots-Raw-Grated	38.50	0	0	0	0
3 oz-wt	Skinless White Turkey Meat-Roasted	47.63	0	0	0	0
6 oz-wt	Skinless Chicken Breast-Roasted	125.87	0	0	0	0
1 cup	Carrots-Raw Slices-Cooked	102.96	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	17.55	0	0	0	0
	Totals	1059.02	0.01	0.00	0.00	0.00

Amount	Food Item	12:0 (g)	14:0 (g)	15:0 (g)	16:0 (g)	17:0 (g)
0.625 cup	Rolled Oats-Dry	0.01	0.01	--	0.48	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.00	0.01	0.00	0.02	0.00
0.25 tbs	Safflower Oil	0	0.00	0	0.22	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	0	0	0.02	0
1 cup	Carrots-Raw-Grated	0.00	0.00	--	0.03	--
3 oz-wt	Skinless White Turkey Meat-Roasted	0.01	0.01	--	0.14	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.02	0.05	--	1.17	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.00	--	0.04	--
1 cup	Green Snap/String Beans-Frozen-Cooked	0	0	0	0.03	0
	Totals	0.04	0.08	0.00	2.16	0.00

Serving Size: 1568.46 g (55.32 oz-wt.)
Serves: 1.00
Water: 69%

Spreadsheet

Amount	Food Item	18:0 (g)	20:0 (g)	22:0 (g)	24:0 (g)	14:1 (g)
0.625 cup	Rolled Oats-Dry	0.03	--	--	--	--
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0.01	0	0	--	0.00
0.25 tbs	Safflower Oil	0.07	0.01	--	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0	0	0	0.00
1 cup	Carrots-Raw-Grated	0.00	0.00	0	--	0
3 oz-wt	Skinless White Turkey Meat-Roasted	0.10	--	--	--	--
6 oz-wt	Skinless Chicken Breast-Roasted	0.43	--	--	--	--
1 cup	Carrots-Raw Slices-Cooked	0.00	0.01	0	--	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0.01	0	0	0	0
	Totals	0.66	0.02	0	0	0.00

Amount	Food Item	15:1 (g)	16:1 (g)	17:1 (g)	18:1 (g)	20:1 (g)
0.625 cup	Rolled Oats-Dry	--	0.01	--	1.00	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0.00	0.00	0.02	0
0.25 tbs	Safflower Oil	--	0.01	0	0.40	0.00
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0.01	0	0.01	0
1 cup	Carrots-Raw-Grated	--	0.00	--	0.01	0
3 oz-wt	Skinless White Turkey Meat-Roasted	--	0.03	--	0.14	0.01
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.26	--	1.79	0.05
1 cup	Carrots-Raw Slices-Cooked	--	0.00	--	0.01	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0.01	0
	Totals	0	0.31	0.00	3.38	0.06

Serving Size: 1568.46 g (55.32 oz-wt.)
Serves: 1.00
Water: 69%

Spreadsheet

Amount	Food Item	22:1 (g)	24:1 (g)	18:2 (g)	18:3 (g)	18:4 (g)
0.625 cup	Rolled Oats-Dry	0	--	1.12	0.05	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	0	--	0.00	0	0
0.25 tbs	Safflower Oil	0	--	2.52	0.01	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	0	--	0.07	0.01	0
1 cup	Carrots-Raw-Grated	0	--	0.07	0.01	0
3 oz-wt	Skinless White Turkey Meat-Roasted	0.01	--	0.18	0.01	0
6 oz-wt	Skinless Chicken Breast-Roasted	0	--	1.00	0.05	0
1 cup	Carrots-Raw Slices-Cooked	0	--	0.12	0.02	0
1 cup	Green Snap/String Beans-Frozen-Cooked	0	--	0.04	0.06	0
	Totals	0.01	0	5.12	0.22	0

Amount	Food Item	20:3 (g)	20:4 (g)	20:5 (g)	22:5 (g)	22:6 (g)
0.625 cup	Rolled Oats-Dry	--	0	0	0	0
1.5 each	Large Egg White-Fresh/Frozen	0	0	0	0	0
0.25 cup	Nonfat Skim Milk	--	0	0	0	0
0.25 tbs	Safflower Oil	--	0	0	0	0
0.25 tsp	BAKING POWDER	0	0	0	0	0
0.25 tsp	Pure Vanilla Extract	0	0	0	0	0
2 tbs	Captri/MCT	--	--	--	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--	--	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0	0	0	0
1 each	Parrillo Bar	--	--	--	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--	--	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--	--	--	--
1 each	Sweet Green Bell Peppers-Raw	--	0	0	0	0
1 cup	Carrots-Raw-Grated	--	0	0	0	0
3 oz-wt	Skinless White Turkey Meat-Roasted	--	0.05	0	0.01	0.01
6 oz-wt	Skinless Chicken Breast-Roasted	--	0.10	0.02	0.02	0.03
1 cup	Carrots-Raw Slices-Cooked	--	0	0	0	0
1 cup	Green Snap/String Beans-Frozen-Cooked	--	0	0	0	0
	Totals	0	0.15	0.02	0.03	0.04

Serving Size: 1568.46 g (55.32 oz-wt.)
Serves: 1.00
Water: 69%

Spreadsheet

Amount	Food Item	Omeg3 (g)	Omeg6 (g)
0.625 cup	Rolled Oats-Dry	0.05	1.12
1.5 each	Large Egg White-Fresh/Frozen	0	0
0.25 cup	Nonfat Skim Milk	0	0.00
0.25 tbs	Safflower Oil	0.01	2.52
0.25 tsp	BAKING POWDER	0	0
0.25 tsp	Pure Vanilla Extract	0	0
2 tbs	Captri/MCT	--	--
3 oz-wt	Parrillo Hi-Protein 1oz.scoop 28.35	--	--
8 fl oz	Crystal Light Soft Drink Mix-Prep-Lemond	0	0
1 each	Parrillo Bar	--	--
5.25 oz-wt	Granny Smith Apple-Raw+Peel (Australian)	--	--
3 oz-wt	WaterPacked Tuna 3oz. 85.05	--	--
1 each	Sweet Green Bell Peppers-Raw	0.01	0.07
1 cup	Carrots-Raw-Grated	0.01	0.07
3 oz-wt	Skinless White Turkey Meat-Roasted	0.02	0.23
6 oz-wt	Skinless Chicken Breast-Roasted	0.10	1.11
1 cup	Carrots-Raw Slices-Cooked	0.02	0.12
1 cup	Green Snap/String Beans-Frozen-Cooked	0.06	0.04
	Totals	0.27	5.28