


Nutritional Analysis for <b>GOLDEN GOURMET</b>																		
																		
6020 Spanish Omelet, Maple Oatmeal, Cinnamon Applesauce																		
<b>Vitamins</b>																		
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Maple Oatmeal	3 oz	84	60.4	2.03	11.3	0.85	0.14	0	2.04	248	10.2	0.34	1.02	44.2	17.9	0.5	102	74.8
Salsa	1.5 oz	42	11.5	0.66	2.66	0.06	0.01	0	0.68	6.37	0.8	0.07	0	11.5	6.37	0.2	255	126
Cinnamon Applesauce	2.50 Oz.	70	30.5	0.12	8	0.03	0.01	0	0.85	0.7	0.85	0.01	0	2.12	2.12	0	1.41	53.2
Omelet	3.00 oz.	114	108	9.2	1.76	7.11	2.37	282	0	105	0	0.09	0.82	66.3	11.1	0.8	309	128
Raisins	1.5 oz	43	129	1.32	34	0.19	0.03	0	1.59	0	0.98	0.07	0	21.5	13.8	0.1	4.73	322
Juice Orange	4 oz	112	51	0.79	11.8	0.22	0.03	0	0.23	11.3	56.7	0.05	0	12.5	12.5	0.1	1.13	227
Margarine	0.16 oz	4.7	33.7	0.01	0.03	3.79	0.71	0	0	38.5	0	0.01	0.01	1.41	0.14	0	44.3	1.97
Milk	8 oz	245	83.3	8.26	12.2	0.19	0.14	4.9	0	149	0	0.1	1.22	299	27	1	102	382
Net weight	18.16 oz																	
<b>LUNCH/DINNER MEAL TOTALS</b>			<b>507</b>	<b>22.39</b>	<b>81.8</b>	<b>12.4</b>	<b>3.44</b>	<b>286</b>	<b>5.39</b>	<b>558</b>	<b>69.5</b>	<b>0.74</b>	<b>3.07</b>	<b>458</b>	<b>90.9</b>	<b>2.7</b>	<b>820</b>	<b>1316</b>
Goals: 33% DRI			6-800	23		<25			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.7	≤800	≥1500
Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids,																		

**FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)****Mode: Single day (Day 1)**

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	507	2000	25%
Protein	g	22.4	50	45%
Carbohydrate	g	81.7	300	27%
Dietary Fiber	g	5.39	25	22%
Total Fat	g	12.5	65	19%
Saturated Fat	g	3.441	20	17%
Cholesterol	mg	286.4	300	95%
Calcium	mg	458.5	1000	46%
Magnesium	mg	90.7	400	23%
Phosphorus	mg	568.4	1000	57%
Potassium	mg	1316	3500	38%
Sodium	mg	820.4	2400	34%
Zinc	mg	2.728	15	18%
Vitamin A (RAE)	mcg	558.5		
Vitamin C	mg	69.6	60	116%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	1.901	22	9%
Folate	mcg	78.9	400	20%
Vitamin B6	mg	0.742	2	37%
Vitamin B12	mcg	3.075	6	51%

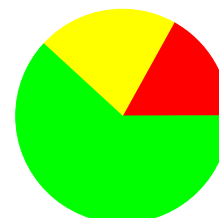
Total weight: 689.6g (24.32 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 507 (2124 Kilojoules)  
 Sodium: 820.44 mg Energy deficit:  
 Fiber: 5.39 g -1493 Kcal  
 Cholesterol: 286.42 mg -6256 Kj

**DISTRIBUTION OF CALORIES**

		g/kg of body wt
■ Protein:	16.9 %	0.30
■ Fat:	21.2 %	0.17
■ Carbo:	61.8 %	1.09
■ Alcohol:	0 %	0.00



Energy per 100g of food: 74 Kcal  
308 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	12.5 g		
■ Saturated fat:	3.4 g	28 %	6 %
■ Polyunsaturated fat:	2.5 g	20 %	4 %
■ Monounsaturated fat:	4.9 g	39 %	9 %
■ Other / unspecified:	1.7 g	13 %	3 %



**MOST SIGNIFICANT SOURCES OF:**

Sodium: Egg omelet or scrambled egg, fat not added in coo...  
 Cholest: Egg omelet or scrambled egg, fat not added in coo...  
 Fat: N/A

**CARBOHYDRATE COUNTS (15g per count):** 5.4

**RATIOS:**

Potassium to Sodium: 1.6 to 1  
 Calcium to Phosphorus: 1 to 1.24

**Percent of the Daily Values (DV) achieved:**

