


Nutritional Analysis for GOLDEN GOURMET																		
6022 French Toast Sticks, Turkey Sausage, Peaches										Vitamins								
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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
French Toast Sticks(3)	3.25oz	91	313.3	5.52	38	16.3	3.68	0	1.29	0	0	0.05	0	48.8	17.5	0.47	394.3	102.3
Turkey Sausage Patty	1.5 oz	42	128.9	9.53	0.29	9.66	3.33	35.3	0	0	0.46	0.14	0.52	13.4	7.98	1.33	368.8	141.5
Diced Cinnamon Peach	3.50 oz	98	60.5	0.55	15.5	0.14	0	0	0.69	24.8	2.48	0.01	0	2.97	4.96	0.15	6.94	86.3
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	0.05	1.13	226.8
Margarine	0.16 oz	4.7	33.7	0.01	0.03	3.79	0.71	0	0	38.5	0.01	0	0.01	1.41	0.14	0	44.3	1.97
Milk	8 oz	245	83.3	8.25	12.2	0.19	0.14	4.9	0	149	0	0.09	1.22	299	27	1.03	102	382.2
Net Weight	16.41 oz																	
LUNCH/DINNER MEAL TOTALS			670.7	24.7	77.8	30.3	7.89	40.2	2.21	224	59.7	0.34	1.75	378	70.1	3.03	917.5	941.1
Goals: 33% DRI			6-800	23		<25			>8	>300	>30	>.6	>.8	>400	>140	>3.75	<800	>1500
Mag-Magnesium, t-teaspoon, T-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber, NA- Sodium.																		

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

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	670.8	2000	34%
Protein	g	24.7	50	49%
Carbohydrate	g	77.8	300	26%
Dietary Fiber	g	2.211	25	9%
Total Fat	g	30.4	65	47%
Saturated Fat	g	7.893	20	39%
Cholesterol	mg	40.2	300	13%
Calcium	mg	378	1000	38%
Magnesium	mg	70	400	18%
Phosphorus	mg	438.1	1000	44%
Potassium	mg	941.1	3500	27%
Sodium	mg	918.4	2400	38%
Zinc	mg	3.046	15	20%
Vitamin A (RAE)	mcg	224.1		
Vitamin C	mg	59.7	60	99%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	2.688	22	12%
Folate	mcg	224.5	400	56%
Vitamin B6	mg	0.344	2	17%
Vitamin B12	mcg	1.759	6	29%

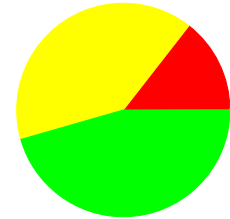
Total weight: 596.46g (21.04 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 671 (2811 Kilojoules)
 Sodium: 918.41 mg Energy deficit:
 Fiber: 2.21 g -1329 Kcal
 Cholesterol: 40.18 mg -5569 Kj

DISTRIBUTION OF CALORIES

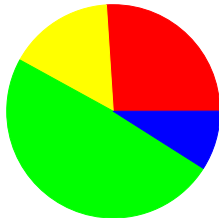
		g/kg of body wt
■	Protein: 14.4 %	0.33
■	Fat: 40 %	0.40
■	Carbo: 45.5 %	1.04
■	Alcohol: 0 %	0.00



Energy per 100g of food: 112 Kcal
471 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	30.4 g		
■ Saturated fat:	7.9 g	26 %	11 %
■ Polyunsaturated fat:	4.9 g	16 %	7 %
■ Monounsaturated fat:	14.8 g	49 %	20 %
■ Other / unspecified:	2.8 g	9 %	4 %



MOST SIGNIFICANT SOURCES OF:

Sodium: French toast sticks, plain
 Cholest: Turkey and pork sausage, fresh, bulk, patty or link...
 Fat: French toast sticks, plain

CARBOHYDRATE COUNTS (15g per count): 5.2

RATIOS:

Potassium to Sodium: 1.02 to 1
 Calcium to Phosphorus: 1 to 1.16

Percent of the Daily Values (DV) achieved:

