

Nutritional Analysis for **GOLDEN GOURMET**



**6026 Omelet, Turkey Sausage, Seasoned Potatoes, Diced 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
Omelet	3.00 oz	84	108	9.19	1.76	7.11	2.37	281.5	0	104.6	0	0.1	0.82	66.3	11.1	0.84	309	128
Pork Sausage	1.5 oz	42	129.3	6.41	0	11.3	3.74	30.6	0	5.52	0.3	0.13	0.36	3.82	5.95	0.92	271	106
Seasoned Dcd pot	2.5 oz	70	66.6	1.49	14.9	0.11	0.01	0	1.48	0.71	8.93	0.15	0	7.08	19.1	0.24	5	386
Diced Cinn Peaches	2.0 oz	56	42.5	0.29	10.4	0.1	0.01	0	1.02	17.6	0.39	0.01	0	1.7	2.83	0.05	3.4	53.3
Margarine	0.16 oz	4.7	33.7	0.08	0.03	3.79	0.71	0	0	38.5	0	0	0	1.41	0.14	0	44	1.97
Raisins	1.5 Oz	43	128.6	1.32	34	0.19	0.02	0	1.59	0	0.98	0.07	0	21.5	13.8	0.09	4.7	322
Juice Orange	4 oz	112	51	0.79	11.8	0.22	0.02	0	0.22	11.3	56.7	0.04	0	12.5	12.5	0.05	1.1	227
Milk Skim	8 oz	224	83.3	8.25	12.2	0.19	0.13	4.9	0	149.4	0	0.09	1.22	298.9	27	1.02	103	382
Net Weight	22.66 oz																	
<b>LUNCH/DINNER MEAL TOTALS</b>			<b>643</b>	<b>27.8</b>	<b>85.2</b>	<b>23.01</b>	<b>7.01</b>	<b>317</b>	<b>4.31</b>	<b>327.6</b>	<b>67.3</b>	<b>0.59</b>	<b>2.4</b>	<b>413.2</b>	<b>92.42</b>	<b>3.21</b>	<b>741</b>	<b>1606</b>
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	643	2000	32%
Protein	g	27.8	50	56%
Carbohydrate	g	85.2	300	28%
Dietary Fiber	g	4.327	25	17%
Total Fat	g	23	65	35%
Saturated Fat	g	7.038	20	35%
Cholesterol	mg	317	300	106%
Calcium	mg	413.2	1000	41%
Magnesium	mg	92.3	400	23%
Phosphorus	mg	580	1000	58%
Potassium	mg	1606	3500	46%
Sodium	mg	740.6	2400	31%
Zinc	mg	3.244	15	22%
Vitamin A (RAE)	mcg	327.7		
Vitamin C	mg	67.3	60	112%
Vitamin D	mcg	3.493	10	35%
Vitamin E (a-toc)	mg	1.975	22	9%
Folate	mcg	108.4	400	27%
Vitamin B6	mg	0.597	2	30%
Vitamin B12	mcg	2.416	6	40%

Total weight: 661.25g (23.32 oz)

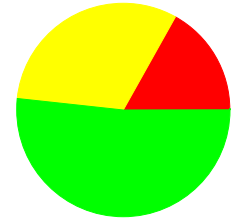
FoodWorks - Important analysis information and graphs Mode: Single day (Day 1)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 643 (2694 Kilojoules)  
 Sodium: 740.64 mg Energy deficit:  
 Fiber: 4.33 g -1357 Kcal  
 Cholesterol: 317.03 mg -5686 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■ Protein:	16.9 %	0.37
■ Fat:	31.4 %	0.31
■ Carbo:	51.7 %	1.14
■ Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

■ Total Fat:	23 g		
■ Saturated fat:	7 g	31 %	10 %
■ Polyunsaturated fat:	3.7 g	16 %	5 %
■ Monounsaturated fat:	9.7 g	42 %	14 %
■ Other / unspecified:	2.6 g	11 %	4 %



Energy per 100g of food: 97 Kcal  
407 Kilojoules

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: Sausage, Pork, Fresh, Country Style, raw

CARBOHYDRATE COUNTS (15g per count): 5.7

RATIOS:

Potassium to Sodium: 2.17 to 1  
 Calcium to Phosphorus: 1 to 1.4

Percent of the Daily Values (DV) achieved:

