

Spreadsheet Report

The Spreadsheet shows all the values for all nutrients. Nutrients are displayed horizontally, with totals at the bottom of the list.

Profile Info

Personal: Assignment test Male 30 yrs 5 ft 4 in 150 lb

Day(s): 2020 Dec 2 (All)

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 25.7

Normal is 18.5 to 25.

Weight Change: None

Best not to exceed 2 lbs per week.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)	
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	2 slice	153.0	18.3	4.1	8.1	
		scrambled eggs (USDA)	2 ea	181.8	120.6	36.6	12.2	
		banana, fresh, medium, 7" to 7	1 ea	105.0	3.5	1.2	1.3	
		margarine, 80% fat (USDA)	1 Tbs	100.4	101.7	19.1	0.0	
		juice, vegetable, original, V8	0.2 ltr	42.5	0.0	0.0	1.7	
		cereal, Special K (USDA:	1 cup	116.9	5.0	1.1	5.5	
		oil, canola (USDA)	1 Tbs	123.8	126.0	9.3	0.0	
	Lunch	garlic cloves, fresh (USDA)	0.5 ea	2.2	0.1	0.0	0.1	
		jalapeno peppers, fresh (USDA)	1 ea	4.1	0.5	0.1	0.1	
		cilantro, fresh, leaves (USDA)	0.5 cup	1.8	0.4	0.0	0.2	
		oil, olive, extra virgin (Natural	2 Tbs	252.0	252.0	35.3	0.0	
		juice, lime, fresh (USDA)	1 Tbs	3.8	0.1	0.0	0.1	
		almonds, sliced (USDA)	0.2 cup	133.2	103.4	7.9	4.9	
		raisins, seedless, black (Trader	0.2 cup	130.0	0.0	0.0	1.0	
		cumin seeds (USDA)	1 tsp	7.9	4.2	0.3	0.4	
		carrots, fresh, sliced (USDA)	0.8 lb	139.5	7.3	1.1	3.2	
		ginger root, fresh (USDA)	1 tsp	1.6	0.1	0.0	0.0	
		Dinner	salmon, sockeye, canned, with	106 g	177.0	70.5	13.7	25.0
			rice, brown, dry, long grain	0.5 cup	339.5	26.6	4.9	7.0
			egg, raw (USDA)	0.3 lrg	23.6	14.1	4.6	2.1
	coriander, fresh, sprigs (USDA)		2 ea	1.0	0.2	0.0	0.1	
	linseeds, Canada, ground (Flax		10.5 ml	25.6	21.0	1.9	1.1	
	cornmeal, yellow, whole grain		9 ml	16.8	1.5	0.2	0.4	
	soy sauce, naturally brewed		2.5 ml	1.7	0.0	0.0	0.3	
	juice, lime, fresh (USDA) (2)		5 ml	1.3	0.0	0.0	0.0	
	Snack		yogurt, honey (Noosa Yoghurt)	1 svg	300.0	117.0	63.0	17.0
			flax seed meal, ground, organic	2 Tbs	60.0	31.5	0.0	3.0
		juice, orange, fresh (USDA)	0.5 ltr	234.4	9.4	1.1	3.6	
	Day Total			--	2680.1	1034.9	205.7	98.4
	Average Day Total			--	2680.1	1034.9	205.7	98.4

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)	
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	25.6	2.9	3.8	0.8	2.9	2.0	
		scrambled eggs (USDA)	2.0	1.7	0.0	0.0	0.0	13.4	
		banana, fresh, medium, 7" to 7	27.0	14.4	3.1			0.4	
		margarine, 80% fat (USDA)	0.1	0.0	0.0	0.0	0.0	11.3	
		juice, vegetable, original, V8	8.5	5.1	1.7			0.0	
		cereal, Special K (USDA:	22.8	3.9	0.4			0.6	
		oil, canola (USDA)	0.0	0.0	0.0	0.0	0.0	14.0	
	Lunch	garlic cloves, fresh (USDA)	0.5	0.0	0.0			0.0	
		jalapeno peppers, fresh (USDA)	0.9	0.5	0.4			0.1	
		cilantro, fresh, leaves (USDA)	0.3	0.1	0.2			0.0	
		oil, olive, extra virgin (Natural	0.0	0.0	0.0	0.0	0.0	28.0	
		juice, lime, fresh (USDA)	1.3	0.3	0.1			0.0	
		almonds, sliced (USDA)	5.0	1.0	2.9	0.3	2.5	11.5	
		raisins, seedless, black (Trader	32.0	24.0	2.0			0.0	
		cumin seeds (USDA)	0.9	0.0	0.2			0.5	
		carrots, fresh, sliced (USDA)	32.6	16.1	9.5	4.0	5.5	0.8	
		ginger root, fresh (USDA)	0.4	0.0	0.0			0.0	
	Dinner	salmon, sockeye, canned, with	0.0	0.0	0.0	0.0	0.0	7.8	
		rice, brown, dry, long grain	70.5	0.6	3.3	0.3	3.0	3.0	
		egg, raw (USDA)	0.1	0.1	0.0	0.0	0.0	1.6	
		coriander, fresh, sprigs (USDA)	0.2	0.0	0.1			0.0	
		linseeds, Canada, ground (Flax	1.6		1.6	0.5	1.1	2.3	
		cornmeal, yellow, whole grain	3.6	0.0	0.3	0.2	0.1	0.2	
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0	
		juice, lime, fresh (USDA) (2)	0.4	0.1	0.0			0.0	
		Snack	yogurt, honey (Noosa Yoghurt)	27.0	23.0	4.0			13.0
			flax seed meal, ground, organic	5.0	0.0	4.0	1.0	3.0	3.5
	juice, orange, fresh (USDA)		54.2	43.7	1.0	0.3	0.7	1.0	
		Day Total	322.3	137.7	38.7	7.5	18.9	115.0	
		Average Day Total	322.3	137.7	38.7	7.5	18.9	115.0	

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	0.5	0.5	1.0	0.4	0.0	12.1
		scrambled eggs (USDA)	4.1	0.8	5.4	3.0	337.9	93.2
		banana, fresh, medium, 7" to 7	0.1	0.0	0.0	0.1	0.0	88.4
		margarine, 80% fat (USDA)	2.1	2.1	5.4	3.4	0.0	2.3
		juice, vegetable, original, V8	0.0	0.0	0.0	0.0	0.0	
		cereal, Special K (USDA:	0.1	0.0	0.1	0.1	0.0	0.9
		oil, canola (USDA)	1.0	0.1	8.9	3.9	0.0	0.0
	Lunch	garlic cloves, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.9
		jalapeno peppers, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	12.8
		cilantro, fresh, leaves (USDA)	0.0	0.0	0.0	0.0	0.0	7.4
		oil, olive, extra virgin (Natural	3.9		21.6	2.5	0.0	0.0
		juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	13.7
		almonds, sliced (USDA)	0.9	0.0	7.3	2.8	0.0	1.0

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Wed 12-02-2020	Lunch	raisins, seedless, black (Trader	0.0	0.0	0.0	0.0	0.0	
		cumin seeds (USDA)	0.0	0.0	0.3	0.1	0.0	0.2
		carrots, fresh, sliced (USDA)	0.1	0.0	0.0	0.4	0.0	300.4
		ginger root, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	1.6
	Dinner	salmon, sockeye, canned, with	1.5	0.0	2.6	1.9	83.7	72.2
		rice, brown, dry, long grain	0.5	0.0	1.0	0.9	0.0	10.9
		egg, raw (USDA)	0.5	0.0	0.6	0.3	61.4	12.6
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	4.1
		linseeds, Canada, ground (Flax	0.2	0.0	0.4	1.7		
		cornmeal, yellow, whole grain	0.0		0.0	0.1	0.0	0.5
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	
		juice, lime, fresh (USDA) (2)	0.0	0.0	0.0	0.0	0.0	4.6
		Snack	yogurt, honey (Noosa Yoghurt)	7.0	0.0			40.0
	flax seed meal, ground, organic		0.0	0.0	0.5	2.5	0.0	
	juice, orange, fresh (USDA)		0.1	0.0	0.2	0.2	0.0	459.9
		Day Total	22.9	3.5	55.4	24.4	523.1	1099.6
		Average Day Total	22.9	3.5	55.4	24.4	523.1	1099.6

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	0.1	0.2	0.1	2.9	0.1	0.0
		scrambled eggs (USDA)	196.4	0.0	0.5	0.1	0.2	0.9
		banana, fresh, medium, 7" to 7	3.8	0.0	0.1	0.8	0.4	0.0
		margarine, 80% fat (USDA)	114.7	0.0	0.0	0.0	0.0	0.0
		juice, vegetable, original, V8	85.0					
		cereal, Special K (USDA:	155.0	0.5	0.6	7.0	2.0	6.0
	Lunch	oil, canola (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		garlic cloves, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		jalapeno peppers, fresh (USDA)	7.5	0.0	0.0	0.2	0.1	0.0
		cilantro, fresh, leaves (USDA)	27.0	0.0	0.0	0.1	0.0	0.0
		oil, olive, extra virgin (Natural						
		juice, lime, fresh (USDA)	0.4	0.0	0.0	0.0	0.0	0.0
		almonds, sliced (USDA)	0.0	0.0	0.3	0.8	0.0	0.0
		raisins, seedless, black (Trader	0.0					
		cumin seeds (USDA)	1.3	0.0	0.0	0.1	0.0	0.0
		carrots, fresh, sliced (USDA)	2841.6	0.2	0.2	3.3	0.5	0.0
		ginger root, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	salmon, sockeye, canned, with	58.3	0.0	0.2	8.1	0.1	5.8
		rice, brown, dry, long grain	0.0	0.5	0.1	6.0	0.4	0.0
		egg, raw (USDA)	26.5	0.0	0.1	0.0	0.0	0.1
		coriander, fresh, sprigs (USDA)	15.0	0.0	0.0	0.0	0.0	0.0
		linseeds, Canada, ground (Flax	0.0	0.0	0.0	0.2	0.0	
		cornmeal, yellow, whole grain	0.5	0.0	0.0	0.2	0.0	0.0
		soy sauce, naturally brewed	0.0					
		juice, lime, fresh (USDA) (2)	0.1	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, honey (Noosa Yoghurt)						

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Wed 12-02-2020	Snack	flax seed meal, ground, organic	0.3					
		juice, orange, fresh (USDA)	52.1	0.5	0.2	2.1	0.2	0.0
		Day Total	3585.7	2.2	2.4	31.9	4.2	12.9
		Average Day Total	3585.7	2.2	2.4	31.9	4.2	12.9

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)	
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	0.0	0.0	0.3	26.0	65.0	1.5	
		scrambled eggs (USDA)	0.0	2.2	1.4	43.9	80.5	1.6	
		banana, fresh, medium, 7" to 7	10.3	0.0	0.1	23.6	5.9	0.3	
		margarine, 80% fat (USDA)	0.0	0.0	1.3	0.1	0.4	0.0	
		juice, vegetable, original, V8	76.5				34.0	0.6	
		cereal, Special K (USDA:	21.1	1.0	4.7	399.9	7.1	8.7	
		oil, canola (USDA)	0.0	0.0	2.4	0.0	0.0	0.0	
	Lunch	garlic cloves, fresh (USDA)	0.5	0.0	0.0	0.0	2.7	0.0	
		jalapeno peppers, fresh (USDA)	16.6	0.0	0.5	3.8	1.7	0.0	
		cilantro, fresh, leaves (USDA)	2.2	0.0	0.2	5.0	5.4	0.1	
		oil, olive, extra virgin (Natural				3.5			
		juice, lime, fresh (USDA)	4.5	0.0	0.0	1.5	2.1	0.0	
		almonds, sliced (USDA)	0.0	0.0	5.9	10.1	61.9	0.9	
		raisins, seedless, black (Trader	0.0				20.0	0.7	
		cumin seeds (USDA)	0.2	0.0	0.1	0.2	19.6	1.4	
		carrots, fresh, sliced (USDA)	20.1	0.0	2.2	64.6	112.3	1.0	
		ginger root, fresh (USDA)	0.1	0.0	0.0	0.2	0.3	0.0	
	Dinner	salmon, sockeye, canned, with	0.0	22.3	2.2	4.2	245.9	0.7	
		rice, brown, dry, long grain	0.0	0.0	0.6	21.3	8.3	1.2	
		egg, raw (USDA)	0.0	0.3	0.2	7.8	9.2	0.3	
		coriander, fresh, sprigs (USDA)	1.2	0.0	0.1	2.8	3.0	0.1	
		linseeds, Canada, ground (Flax	0.0			6.4	13.4	0.3	
		cornmeal, yellow, whole grain	0.0	0.0	0.0	1.2	0.3	0.2	
		soy sauce, naturally brewed	0.0				0.0	0.0	
		juice, lime, fresh (USDA) (2)	1.5	0.0	0.0	0.5	0.7	0.0	
		Snack	yogurt, honey (Noosa Yoghurt)	0.0				390.0	0.5
			flax seed meal, ground, organic	0.0				26.9	0.9
	juice, orange, fresh (USDA)		260.4	0.0	0.2	156.2	57.3	1.0	
	Day Total		415.1	25.8	26.0	779.3	1173.9	22.1	
		Average Day Total	415.1	25.8	26.0	779.3	1173.9	22.1	

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	49.5	151.5	163.0	282.5	1.1	0.0
		scrambled eggs (USDA)	13.4	201.3	161.0	176.9	1.3	0.2
		banana, fresh, medium, 7" to 7	31.9	26.0	422.4	1.2	0.2	0.0
		margarine, 80% fat (USDA)	0.4	0.7	2.5	105.1	0.0	0.3
		juice, vegetable, original, V8			391.0	544.0		0.0
		cereal, Special K (USDA:	3.7	14.9	16.4	206.8	0.2	0.0
		oil, canola (USDA)	0.0	0.0	0.0	0.0	0.0	1.3

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)	
Wed 12-02-2020	Lunch	garlic cloves, fresh (USDA)	0.4	2.3	6.0	0.3	0.0	0.0	
		jalapeno peppers, fresh (USDA)	2.1	3.6	34.7	0.4	0.0	0.0	
		cilantro, fresh, leaves (USDA)	2.1	3.8	41.7	3.7	0.0	0.0	
		oil, olive, extra virgin (Natural							0.2
		juice, lime, fresh (USDA)	1.2	2.1	17.7	0.3	0.0	0.0	
		almonds, sliced (USDA)	62.1	110.6	168.6	0.2	0.7	0.0	
		raisins, seedless, black (Trader			310.0	0.0		0.0	
		cumin seeds (USDA)	7.7	10.5	37.5	3.5	0.1	0.0	
		carrots, fresh, sliced (USDA)	40.8	119.1	1088.6	234.7	0.8	0.0	
	ginger root, fresh (USDA)	0.9	0.7	8.3	0.3	0.0	0.0		
	Dinner	salmon, sockeye, canned, with	32.9	358.3	332.8	432.5	0.9	1.7	
		rice, brown, dry, long grain	107.3	287.7	231.2	4.6	2.0	0.0	
		egg, raw (USDA)	2.0	32.7	22.8	23.4	0.2	0.0	
		coriander, fresh, sprigs (USDA)	1.2	2.1	23.2	2.0	0.0	0.0	
		linseeds, Canada, ground (Flax	24.5	35.3	47.2	1.5	0.2	1.3	
		cornmeal, yellow, whole grain	5.9	11.2	13.3	1.6	0.1	0.0	
		soy sauce, naturally brewed				155.5		0.0	
		juice, lime, fresh (USDA) (2)	0.4	0.7	6.0	0.1	0.0	0.0	
		Snack	yogurt, honey (Noosa Yoghurt)				140.0		
	flax seed meal, ground, organic					5.0			
	juice, orange, fresh (USDA)		57.3	88.5	1041.6	5.2	0.3	0.1	
		Day Total	447.5	1463.6	4587.7	2331.5	8.1	5.2	
		Average Day Total	447.5	1463.6	4587.7	2331.5	8.1	5.2	

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	0.4	0.0	0.0	0.0	0.0	1.5
		scrambled eggs (USDA)	2.7	0.0	0.0	0.0	0.0	0.0
		banana, fresh, medium, 7" to 7	0.1	0.0	0.0	0.8	0.0	0.0
		margarine, 80% fat (USDA)	3.1	0.0	0.0	0.0	0.0	0.0
		juice, vegetable, original, V8	0.0	0.0	0.0	0.0	0.0	0.0
		cereal, Special K (USDA:	0.1	0.0	0.0	0.0	0.0	1.4
		oil, canola (USDA)	2.7	0.0	0.0	0.0	0.0	0.0
	Lunch	garlic cloves, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		jalapeno peppers, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		cilantro, fresh, leaves (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		oil, olive, extra virgin (Natural	2.2	0.0	0.0	0.0	0.0	0.0
		juice, lime, fresh (USDA)	0.0	0.0	0.0	0.1	0.0	0.0
		almonds, sliced (USDA)	2.8	0.0	0.0	0.0	0.0	0.0
		raisins, seedless, black (Trader	0.0	0.0	0.0	0.5	0.0	0.0
		cumin seeds (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		carrots, fresh, sliced (USDA)	0.4	0.0	0.0	0.0	0.0	0.0
	ginger root, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
	Dinner	salmon, sockeye, canned, with	0.2	0.0	0.0	0.0	0.0	0.0
		rice, brown, dry, long grain	0.9	0.0	0.0	0.0	0.0	3.3
		egg, raw (USDA)	0.3	0.0	0.0	0.0	0.0	0.0

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)	
Wed 12-02-2020	Dinner	coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		linseeds, Canada, ground (Flax	0.4	0.0	0.0	0.0	0.0	0.0	
		cornmeal, yellow, whole grain	0.1	0.0	0.0	0.0	0.0	0.2	
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0	
		juice, lime, fresh (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0	
	Snack	yogurt, honey (Noosa Yoghurt)		0.0	0.0	0.0	1.3	0.0	
		flax seed meal, ground, organic		0.0	0.0	0.0	0.0	0.0	
		juice, orange, fresh (USDA)	0.2	0.0	0.0	2.1	0.0	0.0	
		Day Total		16.5	0.0	0.0	3.5	1.3	6.3
		Average Day Total		16.5	0.0	0.0	3.5	1.3	6.3

Day	Meal	Item	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch	XxVeg	
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	0.0	0.0	0.0	0.0	1.7	0.0	
		scrambled eggs (USDA)	0.0	2.4	0.0	0.0	0.0	0.0	
		banana, fresh, medium, 7" to 7	0.0	0.0	1.8	0.0	0.0	0.0	
		margarine, 80% fat (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		juice, vegetable, original, V8	0.8	0.0	0.0	0.0	0.0	1.7	
		cereal, Special K (USDA:	0.0	0.0	0.0	0.0	1.5	0.0	
		oil, canola (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
	Lunch	garlic cloves, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.1	
		jalapeno peppers, fresh (USDA)	0.2	0.0	0.0	0.0	0.0	0.2	
		cilantro, fresh, leaves (USDA)	0.0	0.0	0.0	0.0	0.0	0.1	
		oil, olive, extra virgin (Natural	0.0	0.0	0.0	0.0	0.0	0.0	
		juice, lime, fresh (USDA)	0.0	0.0	0.1	0.0	0.0	0.0	
		almonds, sliced (USDA)	0.0	1.6	0.0	0.0	0.0	0.0	
		raisins, seedless, black (Trader	0.0	0.0	2.1	0.0	0.0	0.0	
		cumin seeds (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		carrots, fresh, sliced (USDA)	2.7	0.0	0.0	0.0	0.0	6.5	
		ginger root, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
	Dinner	salmon, sockeye, canned, with	0.0	3.7	0.0	0.0	0.0	0.0	
		rice, brown, dry, long grain	0.0	0.0	0.0	0.0	4.7	0.0	
		egg, raw (USDA)	0.0	0.3	0.0	0.0	0.0	0.0	
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		linseeds, Canada, ground (Flax	0.0	0.4	0.0	0.0	0.0	0.0	
		cornmeal, yellow, whole grain	0.0	0.0	0.0	0.0	0.2	0.0	
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0	
		juice, lime, fresh (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0	
		Snack	yogurt, honey (Noosa Yoghurt)	0.0	0.0	0.0	1.8	0.0	0.0
			flax seed meal, ground, organic	0.0	0.9	0.0	0.0	0.0	0.0
	juice, orange, fresh (USDA)		0.0	0.0	3.6	0.0	0.0	0.0	
		Day Total		3.7	9.5	7.6	1.8	8.2	8.6
		Average Day Total		3.7	9.5	7.6	1.8	8.2	8.6

Day	Meal	Item	XxFat	XxAlc	XxNoFtMilk	XxLnMeat	
Wed 12-02-2020	Breakfast	bread, whole wheat, toasted	0.1	0.0	0.0	0.0	
		scrambled eggs (USDA)	2.0	0.0	0.0	1.7	
		banana, fresh, medium, 7" to 7	0.0	0.0	0.0	0.0	
		margarine, 80% fat (USDA)	2.3	0.0	0.0	0.0	
		juice, vegetable, original, V8	0.0	0.0	0.0	0.0	
		cereal, Special K (USDA:	0.0	0.0	0.0	0.0	
		oil, canola (USDA)	2.8	0.0	0.0	0.0	
	Lunch	garlic cloves, fresh (USDA)	0.0	0.0	0.0	0.0	
		jalapeno peppers, fresh (USDA)	0.0	0.0	0.0	0.0	
		cilantro, fresh, leaves (USDA)	0.0	0.0	0.0	0.0	
		oil, olive, extra virgin (Natural	5.6	0.0	0.0	0.0	
		juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	
		almonds, sliced (USDA)	2.0				
		raisins, seedless, black (Trader	0.0				
		cumin seeds (USDA)	0.1	0.0	0.0	0.0	
		carrots, fresh, sliced (USDA)	0.0				
		ginger root, fresh (USDA)	0.0	0.0	0.0	0.0	
		Dinner	salmon, sockeye, canned, with	0.1	0.0	0.0	3.6
			rice, brown, dry, long grain	0.0			
			egg, raw (USDA)	0.2	0.0	0.0	0.3
	coriander, fresh, sprigs (USDA)		0.0	0.0	0.0	0.0	
	linseeds, Canada, ground (Flax		0.5	0.0	0.0	0.0	
	cornmeal, yellow, whole grain		0.0				
	soy sauce, naturally brewed		0.0	0.0	0.0	0.0	
	juice, lime, fresh (USDA) (2)		0.0	0.0	0.0	0.0	
	Snack	yogurt, honey (Noosa Yoghurt)	2.6	0.0	0.0	0.0	
		flax seed meal, ground, organic	0.7	0.0	0.0	0.0	
		juice, orange, fresh (USDA)	0.0	0.0	0.0	0.0	
	Day Total			18.9	0.0	0.0	5.6
	Average Day Total			18.9	0.0	0.0	5.6

^ Total Sugars includes those naturally occurring in food and added sugars.