

Single Nutrient Report

The Single Nutrient Report shows a sorted list of foods based on how they contribute to the total for one nutrient.

Profile Info

Personal: Assignment 2 Female 55 yrs 5 ft 3 in 140 lb

Student Info: Ralda Mansouri Catherine Calogeropoulos BIO 203 /4

Day(s): 2020 Jun 5 (Lunch, Dinner, Snack)

Activity Level: Low Active (Strive for an Active activity level.)

BMI: 24.8 Normal is 18.5 to 25.

Weight Change: None Best not to exceed 2 lbs per week.

Calories

Amount	Item	Cals	0	25	50	75	100
3.00 Tbs	oil, olive (USDA)	358.02	28 %				
1.00 cup	yogurt, plain, 12g protein, lowfat (USDA)	154.35	12 %				
1.00 bowl	oatmeal, cooked (Aramark)	146.24	11 %				
0.25 cup	almonds, sliced (USDA)	133.17	10 %				
41.0 ml	rice, brown, dry, long grain (USDA)	117.66	9 %				
0.50 cup	edamame, boiled (Ace, Inc.)	90.00	7 %				
3.00 ea	prunes, dried (USDA)	68.40	5 %				
35.0 g	salmon, sockeye, canned, with bone, drained (USDA)	58.45	5 %				
6.00 ea	almonds, whole (USDA)	41.69	3 %				
1.50 cup	fennel, fresh, bulb, sliced (USDA)	40.46	3 %				
10.5 ml	linseeds, Canada, ground (Flax Council of Canada)	25.56	2 %				
0.33 lrg	egg, raw (USDA)	23.60	2 %				
2.00 tsp	cornmeal, yellow, whole grain (USDA)	18.40	1 %				
1.00 Tbs	lemon juice, fresh (USDA)	3.36	0 %				
2.50 ml	soy sauce, naturally brewed (Kikkoman)	1.69	0 %				
1.00 Tbs	parsley, fresh, chopped (USDA)	1.37	0 %				
2.00 ea	coriander, fresh, sprigs (USDA)	1.02	0 %				
2.50 ml	juice, lime, fresh (USDA)	0.64	0 %				
Total		1,284.07	100%				