

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 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.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Fri 06-05-2020	Lunch	oil, olive (USDA)	3 Tbs	358.0	364.5	50.3	0.0
		lemon juice, fresh (USDA)	1 Tbs	3.4	0.3	0.1	0.1
		parsley, fresh, chopped (USDA)	1 Tbs	1.4	0.3	0.0	0.1
		almonds, sliced (USDA)	0.2 cup	133.2	103.4	7.9	4.9
		edamame, boiled (Ace, Inc.)	0.5 cup	90.0	45.0	9.0	9.0
		prunes, dried (USDA)	3 ea	68.4	1.0	0.2	0.6
		fennel, fresh, bulb, sliced (USDA)	1.5 cup	40.5	2.3	0.6	1.6
	Dinner	juice, lime, fresh (USDA)	2.5 ml	0.6	0.0	0.0	0.0
		soy sauce, naturally brewed	2.5 ml	1.7	0.0	0.0	0.3
		cornmeal, yellow, whole grain	2 tsp	18.4	1.6	0.2	0.4
		linseeds, Canada, ground (Flax	10.5 ml	25.6	21.0	1.9	1.1
		coriander, fresh, sprigs (USDA)	2 ea	1.0	0.2	0.0	0.1
		egg, raw (USDA)	0.3 lrg	23.6	14.1	4.6	2.1
		rice, brown, dry, long grain	41 ml	117.7	9.2	1.7	2.4
		salmon, sockeye, canned, with	35 g	58.5	23.3	4.5	8.3
	Snack	yogurt, plain, 12g protein,	1 cup	154.3	34.2	22.1	12.9
		almonds, whole (USDA)	6 ea	41.7	32.4	2.5	1.5
		oatmeal, cooked (Aramark)	1 bowl	146.2	20.9	3.3	6.0
	Day Total		--	1284.1	673.7	109.0	51.4
	Average Day Total		--	1284.1	673.7	109.0	51.4

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Fri 06-05-2020	Lunch	oil, olive (USDA)	0.0	0.0	0.0	0.0	0.0	40.5
		lemon juice, fresh (USDA)	1.1	0.4	0.0	0.0	0.0	0.0
		parsley, fresh, chopped (USDA)	0.2	0.0	0.1			0.0
		almonds, sliced (USDA)	5.0	1.0	2.9	0.3	2.5	11.5
		edamame, boiled (Ace, Inc.)	3.0					5.0
		prunes, dried (USDA)	18.2	10.9	2.0	0.8	1.2	0.1
		fennel, fresh, bulb, sliced (USDA)	9.5	5.1	4.0			0.3
	Dinner	juice, lime, fresh (USDA)	0.2	0.0	0.0			0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	3.9	0.0	0.4	0.2	0.2	0.2

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Fri 06-05-2020	Dinner	linseeds, Canada, ground (Flax	1.6		1.6	0.5	1.1	2.3
		coriander, fresh, sprigs (USDA)	0.2	0.0	0.1			0.0
		egg, raw (USDA)	0.1	0.1	0.0	0.0	0.0	1.6
		rice, brown, dry, long grain	24.4	0.2	1.2	0.1	1.0	1.0
		salmon, sockeye, canned, with	0.0	0.0	0.0	0.0	0.0	2.6
	Snack	yogurt, plain, 12g protein,	17.2	17.2	0.0	0.0	0.0	3.8
		almonds, whole (USDA)	1.6	0.3	0.9	0.1	0.8	3.6
		oatmeal, cooked (Aramark)	25.1		4.0			2.3
	Day Total		111.4	35.4	17.2	2.1	6.8	74.9
	Average Day Total		111.4	35.4	17.2	2.1	6.8	74.9

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Fri 06-05-2020	Lunch	oil, olive (USDA)	5.6		29.5	4.3	0.0	0.0
		lemon juice, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	14.1
		parsley, fresh, chopped (USDA)	0.0	0.0	0.0	0.0	0.0	3.3
		almonds, sliced (USDA)	0.9	0.0	7.3	2.8	0.0	1.0
		edamame, boiled (Ace, Inc.)	1.0				0.0	
		prunes, dried (USDA)	0.0	0.0	0.0	0.0	0.0	8.8
		fennel, fresh, bulb, sliced (USDA)	0.1	0.0	0.1	0.1	0.0	117.7
	Dinner	juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	2.3
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	
		cornmeal, yellow, whole grain	0.0		0.0	0.1	0.0	0.5
		linseeds, Canada, ground (Flax	0.2	0.0	0.4	1.7		
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	4.1
		egg, raw (USDA)	0.5	0.0	0.6	0.3	61.4	12.6
		rice, brown, dry, long grain	0.2	0.0	0.3	0.3	0.0	3.8
	Snack	salmon, sockeye, canned, with	0.5	0.0	0.9	0.6	27.7	23.8
		yogurt, plain, 12g protein,	2.5		1.0	0.1	14.7	208.4
		almonds, whole (USDA)	0.3	0.0	2.3	0.9	0.0	0.3
		oatmeal, cooked (Aramark)	0.4				0.0	
	Day Total		12.1	0.0	42.5	11.3	103.7	400.8
	Average Day Total		12.1	0.0	42.5	11.3	103.7	400.8

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 06-05-2020	Lunch	oil, olive (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		lemon juice, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		parsley, fresh, chopped (USDA)	16.0	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
		edamame, boiled (Ace, Inc.)	0.0					
		prunes, dried (USDA)	11.1	0.0	0.1	0.5	0.1	0.0
		fennel, fresh, bulb, sliced (USDA)	62.8	0.0	0.0	0.8	0.1	0.0
	Dinner	juice, lime, fresh (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0					
		cornmeal, yellow, whole grain	0.5	0.0	0.0	0.2	0.0	0.0
		linseeds, Canada, ground (Flax	0.0	0.0	0.0	0.2	0.0	
		coriander, fresh, sprigs (USDA)	15.0	0.0	0.0	0.0	0.0	0.0

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 06-05-2020	Dinner	egg, raw (USDA)	26.5	0.0	0.1	0.0	0.0	0.1
		rice, brown, dry, long grain	0.0	0.2	0.0	2.1	0.2	0.0
		salmon, sockeye, canned, with	19.3	0.0	0.1	2.7	0.0	1.9
	Snack	yogurt, plain, 12g protein,	34.7	0.1	0.5	0.3	0.1	1.4
		almonds, whole (USDA)	0.0	0.0	0.1	0.3	0.0	0.0
		oatmeal, cooked (Aramark)						
	Day Total		186.1	0.4	1.2	8.0	0.6	3.4
	Average Day Total		186.1	0.4	1.2	8.0	0.6	3.4

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Fri 06-05-2020	Lunch	oil, olive (USDA)	0.0	0.0	5.8	0.0	0.4	0.2
		lemon juice, fresh (USDA)	5.9	0.0	0.0	3.0	0.9	0.0
		parsley, fresh, chopped (USDA)	5.1	0.0	0.0	5.8	5.2	0.2
		almonds, sliced (USDA)	0.0	0.0	5.9	10.1	61.9	0.9
		edamame, boiled (Ace, Inc.)	2.4				40.0	1.4
		prunes, dried (USDA)	0.2	0.0	0.1	1.1	12.3	0.3
	Dinner	fennel, fresh, bulb, sliced (USDA)	15.7	0.0	0.8	35.2	63.9	1.0
		juice, lime, fresh (USDA)	0.8	0.0	0.0	0.3	0.4	0.0
		soy sauce, naturally brewed	0.0				0.0	0.0
		cornmeal, yellow, whole grain	0.0	0.0	0.0	1.3	0.3	0.2
		linseeds, Canada, ground (Flax	0.0			6.4	13.4	0.3
		coriander, fresh, sprigs (USDA)	1.2	0.0	0.1	2.8	3.0	0.1
		egg, raw (USDA)	0.0	0.3	0.2	7.8	9.2	0.3
		rice, brown, dry, long grain	0.0	0.0	0.2	7.4	2.9	0.4
		salmon, sockeye, canned, with	0.0	7.4	0.7	1.4	81.2	0.2
		yogurt, plain, 12g protein,	2.0	0.0	0.1	26.9	448.4	0.2
	Snack	almonds, whole (USDA)	0.0	0.0	1.8	3.2	19.4	0.3
		oatmeal, cooked (Aramark)						
	Day Total		33.1	7.7	15.8	112.6	762.7	5.9
	Average Day Total		33.1	7.7	15.8	112.6	762.7	5.9

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Fri 06-05-2020	Lunch	oil, olive (USDA)	0.0	0.0	0.4	0.8	0.0	0.3
		lemon juice, fresh (USDA)	0.9	1.2	15.7	0.2	0.0	0.0
		parsley, fresh, chopped (USDA)	1.9	2.2	21.1	2.1	0.0	0.0
		almonds, sliced (USDA)	62.1	110.6	168.6	0.2	0.7	0.0
		edamame, boiled (Ace, Inc.)				0.0		
		prunes, dried (USDA)	11.7	19.7	208.6	0.6	0.1	0.0
	Dinner	fennel, fresh, bulb, sliced (USDA)	22.2	65.2	540.3	67.9	0.3	0.0
		juice, lime, fresh (USDA)	0.2	0.4	3.0	0.1	0.0	0.0
		soy sauce, naturally brewed				155.5		0.0
		cornmeal, yellow, whole grain	6.5	12.3	14.6	1.8	0.1	0.0
		linseeds, Canada, ground (Flax	24.5	35.3	47.2	1.5	0.2	1.3
		coriander, fresh, sprigs (USDA)	1.2	2.1	23.2	2.0	0.0	0.0
		egg, raw (USDA)	2.0	32.7	22.8	23.4	0.2	0.0

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Fri 06-05-2020	Dinner	rice, brown, dry, long grain	37.2	99.7	80.2	1.6	0.7	0.0
		salmon, sockeye, canned, with	10.9	118.3	109.9	142.8	0.3	0.6
	Snack	yogurt, plain, 12g protein,	41.6	352.8	573.3	171.5	2.2	0.0
		almonds, whole (USDA)	19.4	34.6	52.8	0.1	0.2	0.0
		oatmeal, cooked (Aramark)				9.1		
	Day Total		242.2	887.2	1881.5	581.2	5.1	2.3
	Average Day Total		242.2	887.2	1881.5	581.2	5.1	2.3

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Fri 06-05-2020	Lunch	oil, olive (USDA)	4.0	0.0	0.0	0.0	0.0	0.0
		lemon juice, fresh (USDA)	0.0	0.0	0.0	0.1	0.0	0.0
		parsley, fresh, chopped (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		almonds, sliced (USDA)	2.8	0.0	0.0	0.0	0.0	0.0
		edamame, boiled (Ace, Inc.)		0.0	0.0	0.0	0.0	0.0
		prunes, dried (USDA)	0.0	0.0	0.0	0.3	0.0	0.0
	Dinner	fennel, fresh, bulb, sliced (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0	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
		linseeds, Canada, ground (Flax	0.4	0.0	0.0	0.0	0.0	0.0
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		egg, raw (USDA)	0.3	0.0	0.0	0.0	0.0	0.0
		rice, brown, dry, long grain	0.3	0.0	0.0	0.0	0.0	1.1
		salmon, sockeye, canned, with	0.1	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, plain, 12g protein,	0.1	0.0	0.0	0.0	1.5	0.0
		almonds, whole (USDA)	0.9	0.0	0.0	0.0	0.0	0.0
		oatmeal, cooked (Aramark)		0.0	0.0	0.0	0.0	1.5
	Day Total		9.0	0.0	0.0	0.4	1.5	2.8
	Average Day Total		9.0	0.0	0.0	0.4	1.5	2.8

Day	Meal	Item	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch	XxVeg
Fri 06-05-2020	Lunch	oil, olive (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		lemon juice, fresh (USDA)	0.0	0.0	0.1	0.0	0.0	0.0
		parsley, fresh, chopped (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		almonds, sliced (USDA)	0.0	1.6	0.0	0.0	0.0	0.0
		edamame, boiled (Ace, Inc.)	0.0	2.0	0.0	0.0	0.2	0.0
		prunes, dried (USDA)	0.0	0.0	1.2	0.0	0.0	0.0
	Dinner	fennel, fresh, bulb, sliced (USDA)	1.5	0.0	0.0	0.0	0.0	1.9
		juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	0.0	0.0	0.0	0.0	0.3	0.0
		linseeds, Canada, ground (Flax	0.0	0.4	0.0	0.0	0.0	0.0
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		egg, raw (USDA)	0.0	0.3	0.0	0.0	0.0	0.0
		rice, brown, dry, long grain	0.0	0.0	0.0	0.0	1.6	0.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Fri 06-05-2020	Dinner	salmon, sockeye, canned, with	0.0	1.2	0.0	0.0	0.0	0.0
	Snack	yogurt, plain, 12g protein,	0.0	0.0	0.0	0.0	0.0	0.0
		almonds, whole (USDA)	0.0	0.5	0.0	0.0	0.0	0.0
		oatmeal, cooked (Aramark)	0.0	0.0	0.0	0.0	1.7	0.0
	Day Total		1.5	6.1	1.3	0.0	3.8	2.0
	Average Day Total		1.5	6.1	1.3	0.0	3.8	2.0

Day	Meal	Item	XxFat	XxAic	XxNoFtMilk	XxLnMeat
Fri 06-05-2020	Lunch	oil, olive (USDA)	8.1	0.0	0.0	0.0
		lemon juice, fresh (USDA)	0.0	0.0	0.0	0.0
		parsley, fresh, chopped (USDA)	0.0	0.0	0.0	0.0
		almonds, sliced (USDA)	2.0			
		edamame, boiled (Ace, Inc.)	0.0	0.0	0.0	1.2
		prunes, dried (USDA)	0.0			
	Dinner	fennel, fresh, bulb, sliced (USDA)	0.0	0.0	0.0	0.0
		juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	0.0			
		linseeds, Canada, ground (Flax	0.5	0.0	0.0	0.0
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0
		egg, raw (USDA)	0.2	0.0	0.0	0.3
		rice, brown, dry, long grain	0.0			
		salmon, sockeye, canned, with	0.0	0.0	0.0	1.2
	Snack	yogurt, plain, 12g protein,	0.2	0.0	1.4	0.0
		almonds, whole (USDA)	0.6			
		oatmeal, cooked (Aramark)	0.1	0.0	0.0	0.0
		Day Total	11.8	0.0	1.4	2.7
	Average Day Total		11.8	0.0	1.4	2.7

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