

Nutrition & Diet Services

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Diet Nutrients by Food

Sample Diet Collection
Edna Smith

From 1/1/2007 to 1/2/2007

Height (in): 64 Height (cm): 163 Age: 17

Weight (lb): 115 Weight (kg): 52 BMI: 20

Diet Food Nutrients

Monday, January 01, 2007

Portion

21061	Fast foods, burrito, with beans and cheese			1 pieces
				Grams 93.00
	Energy, Calories	kcal	189	
	Fat, Total	g	5.85	
	Monounsaturated FA, MUFA	g	1.24	
	Polyunsaturated FA, PUFA	g	0.89	
	Saturated Fat	g	3.42	
	Cholesterol	mg	13.95	
	Carbohydrates	g	27.48	
	Protein	g	7.53	
	Vitamin A	IU	624.96	
	Vitamin C, total ascorbic acid	mg	0.84	
	Calcium	mg	106.95	
	Thiamin	mg	0.11	
	Riboflavin	mg	0.35	
	Niacin	mg	1.79	
	Iron	mg	1.14	
	Sodium	mg	583	
	Potassium	mg	248.31	
	Zinc	mg	0.82	
21052	Fast foods, salad, vegetable, tossed, without dressing			1 cup
				Grams 138.00
	Energy, Calories	kcal	22	
	Fat, Total	g	0.1	
	Monounsaturated FA, MUFA	g	0.01	
	Polyunsaturated FA, PUFA	g	0.05	
	Saturated Fat	g	0.01	
	Cholesterol	mg	0	
	Carbohydrates	g	4.44	
	Protein	g	1.72	
	Vitamin A	IU	1567.68	
	Vitamin C, total ascorbic acid	mg	32.02	
	Calcium	mg	17.94	
	Thiamin	mg	0.04	
	Riboflavin	mg	0.07	
	Niacin	mg	0.76	
	Iron	mg	0.87	
	Sodium	mg	36	
	Potassium	mg	237.36	
	Zinc	mg	0.29	

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Portion

18070 Bread, white, commercially prepared, toasted 1 slice, large
Grams 27.00

Energy, Calories	kcal	79
Fat, Total	g	1.08
Monounsaturated FA, MUFA	g	0.22
Polyunsaturated FA, PUFA	g	0.56
Saturated Fat	g	0.16
Cholesterol	mg	0.27
Carbohydrates	g	14.69
Protein	g	2.43
Vitamin A	IU	0
Vitamin C, total ascorbic acid	mg	0
Calcium	mg	32.13
Thiamin	mg	0.11
Riboflavin	mg	0.09
Niacin	mg	1.06
Iron	mg	0.9
Sodium	mg	160
Potassium	mg	35.37
Zinc	mg	0.18

06164 Sauce, ready-to-serve, salsa 0.25 cup
Grams 64.75

Energy, Calories	kcal	17
Fat, Total	g	0.1
Monounsaturated FA, MUFA	g	0.02
Polyunsaturated FA, PUFA	g	0.07
Saturated Fat	g	0.02
Cholesterol	mg	0
Carbohydrates	g	4.05
Protein	g	1
Vitamin A	IU	189.07
Vitamin C, total ascorbic acid	mg	1.23
Calcium	mg	17.48
Thiamin	mg	0.01
Riboflavin	mg	0.02
Niacin	mg	0.05
Iron	mg	0.3
Sodium	mg	388
Potassium	mg	192.31
Zinc	mg	0.24

04115 Salad dressing, KRAFT Ranch Dressing 2 tbsp
Grams 29.00

Energy, Calories	kcal	148
Fat, Total	g	15.57
Monounsaturated FA, MUFA	g	0
Polyunsaturated FA, PUFA	g	0
Saturated Fat	g	2.38
Cholesterol	mg	8.12
Carbohydrates	g	1.33

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04115	Salad dressing, KRAFT Ranch Dressing			2 tbsp
				<i>Grams</i> 29.00
	Protein	g	0.41	
	Vitamin A	IU	11.02	
	Vitamin C, total ascorbic acid	mg	0.06	
	Calcium	mg	8.41	
	Thiamin	mg	0	
	Riboflavin	mg	0	
	Niacin	mg	0	
	Iron	mg	0.05	
	Sodium	mg	287	
	Potassium	mg	14.21	
	Zinc	mg	0	
01132	Egg, whole, cooked, scrambled			2 large
				<i>Grams</i> 122.00
	Energy, Calories	kcal	203	
	Fat, Total	g	14.9	
	Monounsaturated FA, MUFA	g	5.82	
	Polyunsaturated FA, PUFA	g	2.62	
	Saturated Fat	g	4.49	
	Cholesterol	mg	429.44	
	Carbohydrates	g	2.68	
	Protein	g	13.53	
	Vitamin A	IU	641.72	
	Vitamin C, total ascorbic acid	mg	0.24	
	Calcium	mg	86.62	
	Thiamin	mg	0.06	
	Riboflavin	mg	0.53	
	Niacin	mg	0.1	
	Iron	mg	1.46	
	Sodium	mg	342	
	Potassium	mg	168.36	
	Zinc	mg	1.22	
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A			0.25 cup
				<i>Grams</i> 61.00
	Energy, Calories	kcal	152	
	Fat, Total	g	6.01	
	Monounsaturated FA, MUFA	g	1.71	
	Polyunsaturated FA, PUFA	g	0.22	
	Saturated Fat	g	3.84	
	Cholesterol	mg	24.4	
	Carbohydrates	g	14.28	
	Protein	g	10.06	
	Vitamin A	IU	576.45	
	Vitamin C, total ascorbic acid	mg	0.61	
	Calcium	mg	356.85	
	Thiamin	mg	0.12	
	Riboflavin	mg	0.56	
	Niacin	mg	0.28	

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<i>Diet Food Nutrients</i>		<i>Monday, January 01, 2007</i>		<i>Portion</i>
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A			0.25 cup
				<i>Grams</i> 61.00
	Iron	mg	0.09	
	Sodium	mg	125	
	Potassium	mg	457.5	
	Zinc	mg	1.31	
01001	Butter, with salt			0.25 cup
				<i>Grams</i> 56.75
	Energy, Calories	kcal	407	
	Fat, Total	g	46.03	
	Monounsaturated FA, MUFA	g	11.93	
	Polyunsaturated FA, PUFA	g	1.73	
	Saturated Fat	g	29.15	
	Cholesterol	mg	122.01	
	Carbohydrates	g	0.03	
	Protein	g	0.48	
	Vitamin A	IU	1418.18	
	Vitamin C, total ascorbic acid	mg	0	
	Calcium	mg	13.62	
	Thiamin	mg	0	
	Riboflavin	mg	0.02	
	Niacin	mg	0.02	
	Iron	mg	0.01	
	Sodium	mg	327	
	Potassium	mg	13.62	
	Zinc	mg	0.05	

<i>Diet Food Nutrients</i>		<i>Tuesday, January 02, 2007</i>		<i>Portion</i>
21061	Fast foods, burrito, with beans and cheese			1 pieces
				<i>Grams</i> 93.00
	Energy, Calories	kcal	189	
	Fat, Total	g	5.85	
	Monounsaturated FA, MUFA	g	1.24	
	Polyunsaturated FA, PUFA	g	0.89	
	Saturated Fat	g	3.42	
	Cholesterol	mg	13.95	
	Carbohydrates	g	27.48	
	Protein	g	7.53	
	Vitamin A	IU	624.96	
	Vitamin C, total ascorbic acid	mg	0.84	
	Calcium	mg	106.95	
	Thiamin	mg	0.11	
	Riboflavin	mg	0.35	
	Niacin	mg	1.79	
	Iron	mg	1.14	
	Sodium	mg	583	
	Potassium	mg	248.31	
	Zinc	mg	0.82	

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Tuesday, January 02, 2007

Portion

18009	Biscuits, plain or buttermilk, commercially baked			1 biscuit
				<i>Grams</i> 35.00
	Energy, Calories	kcal	127	
	Fat, Total	g	5.78	
	Monounsaturated FA, MUFA	g	2.42	
	Polyunsaturated FA, PUFA	g	2.17	
	Saturated Fat	g	0.87	
	Cholesterol	mg	0.35	
	Carbohydrates	g	16.98	
	Protein	g	2.17	
	Vitamin A	IU	0.7	
	Vitamin C, total ascorbic acid	mg	0	
	Calcium	mg	17.15	
	Thiamin	mg	0.15	
	Riboflavin	mg	0.1	
	Niacin	mg	1.17	
	Iron	mg	1.16	
	Sodium	mg	368	
	Potassium	mg	78.4	
	Zinc	mg	0.17	
13496	Beef, ground, 70% lean / 30% fat, patty cooked, pan-broiled			1 patty
				<i>Grams</i> 77.00
	Energy, Calories	kcal	182	
	Fat, Total	g	11.97	
	Monounsaturated FA, MUFA	g	5.82	
	Polyunsaturated FA, PUFA	g	0.32	
	Saturated Fat	g	4.82	
	Cholesterol	mg	60.06	
	Carbohydrates	g	0.92	
	Protein	g	17.6	
	Vitamin A	IU	0	
	Vitamin C, total ascorbic acid	mg	0	
	Calcium	mg	28.49	
	Thiamin	mg	0.03	
	Riboflavin	mg	0.14	
	Niacin	mg	3.88	
	Iron	mg	1.86	
	Sodium	mg	71	
	Potassium	mg	237.16	
	Zinc	mg	4.48	
11159	Coleslaw, home-prepared			0.5 cup
				<i>Grams</i> 60.00
	Energy, Calories	kcal	41	
	Fat, Total	g	1.57	
	Monounsaturated FA, MUFA	g	0.42	
	Polyunsaturated FA, PUFA	g	0.81	
	Saturated Fat	g	0.23	
	Cholesterol	mg	4.8	
	Carbohydrates	g	7.45	

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Tuesday, January 02, 2007

Portion

11159	Coleslaw, home-prepared			0.5 cup
				<i>Grams</i> 60.00
	Protein	g	0.77	
	Vitamin A	IU	220.2	
	Vitamin C, total ascorbic acid	mg	19.62	
	Calcium	mg	27	
	Thiamin	mg	0.04	
	Riboflavin	mg	0.04	
	Niacin	mg	0.16	
	Iron	mg	0.35	
	Sodium	mg	14	
	Potassium	mg	108.6	
	Zinc	mg	0.12	
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS			1 cup (1 NLEA serving)
				<i>Grams</i> 30.00
	Energy, Calories	kcal	111	
	Fat, Total	g	1.77	
	Monounsaturated FA, MUFA	g	0.64	
	Polyunsaturated FA, PUFA	g	0.22	
	Saturated Fat	g	0.36	
	Cholesterol	mg	0	
	Carbohydrates	g	22.2	
	Protein	g	3.55	
	Vitamin A	IU	500.1	
	Vitamin C, total ascorbic acid	mg	6	
	Calcium	mg	121.5	
	Thiamin	mg	0.54	
	Riboflavin	mg	0.5	
	Niacin	mg	5.76	
	Iron	mg	10.32	
	Sodium	mg	213	
	Potassium	mg	208.8	
	Zinc	mg	4.62	
06164	Sauce, ready-to-serve, salsa			0.25 cup
				<i>Grams</i> 64.75
	Energy, Calories	kcal	17	
	Fat, Total	g	0.1	
	Monounsaturated FA, MUFA	g	0.02	
	Polyunsaturated FA, PUFA	g	0.07	
	Saturated Fat	g	0.02	
	Cholesterol	mg	0	
	Carbohydrates	g	4.05	
	Protein	g	1	
	Vitamin A	IU	189.07	
	Vitamin C, total ascorbic acid	mg	1.23	
	Calcium	mg	17.48	
	Thiamin	mg	0.01	
	Riboflavin	mg	0.02	
	Niacin	mg	0.05	

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Portion

06164	Sauce, ready-to-serve, salsa			0.25 cup
				<i>Grams</i> 64.75
	Iron	mg	0.3	
	Sodium	mg	388	
	Potassium	mg	192.31	
	Zinc	mg	0.24	
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A			0.25 cup
				<i>Grams</i> 61.00
	Energy, Calories	kcal	91	
	Fat, Total	g	3.6	
	Monounsaturated FA, MUFA	g	1.02	
	Polyunsaturated FA, PUFA	g	0.13	
	Saturated Fat	g	2.3	
	Cholesterol	mg	14.64	
	Carbohydrates	g	8.57	
	Protein	g	6.04	
	Vitamin A	IU	345.87	
	Vitamin C, total ascorbic acid	mg	0.36	
	Calcium	mg	214.11	
	Thiamin	mg	0.07	
	Riboflavin	mg	0.34	
	Niacin	mg	0.17	
	Iron	mg	0.06	
	Sodium	mg	75	
	Potassium	mg	274.5	
	Zinc	mg	0.78	
01001	Butter, with salt			0.06 cup
				<i>Grams</i> 13.62
	Energy, Calories	kcal	98	
	Fat, Total	g	11.05	
	Monounsaturated FA, MUFA	g	2.86	
	Polyunsaturated FA, PUFA	g	0.41	
	Saturated Fat	g	7	
	Cholesterol	mg	29.28	
	Carbohydrates	g	0.01	
	Protein	g	0.12	
	Vitamin A	IU	340.36	
	Vitamin C, total ascorbic acid	mg	0	
	Calcium	mg	3.27	
	Thiamin	mg	0	
	Riboflavin	mg	0	
	Niacin	mg	0.01	
	Iron	mg	0	
	Sodium	mg	78	
	Potassium	mg	3.27	
	Zinc	mg	0.01	