

Progress Report Overview

Student:	KaFai Li
Activity:	Jorge Biro - CS#3 - Acute MI
Start Time:	11/26/2022 11:10:14
End Time:	12/06/2022 12:37:41
Total Time:	28:45:36

Actions

Note at 12/06/2022 12:35:40

Jorge Biro - CS#3 - Acute MI Documentation

go

Student: KaFai Li
Activity Start: 11/26/2022 11:10:14
Activity Completion: 12/06/2022 12:37:41
Activity Completion: 28:45:36

Patient Data



Patient: Jorge Biro
Age/Sex: 46 yo M
Location: General Hospital ER

DOB: 05/07/1976
MR#: MR1108
Admit Date: 11/26/2022

Notes

Note at 11/26/2022 14:45:13

ADIME Note

Basic Information

Date:

11/26/2022 14:45:13

Author:

KaFai Li

Location:

Central Clinic

Patient name:

Jorge Biro

Date:

12/06/2022

Assessment

Diagnosis:

Admitted for SOB, NTH, palpitation, and chest pain R/T onset acute MI. MD ordered consult for cardiac diet education.

Age:

46

Gender:

Male

Race:

White

Ethnicity:

Hispanic

Client History**Medical history:**

S/P pre-HTN, DKA, obesity (class 1), T2DM, and overweight

Medical diagnoses:

Obesity x 2yr ago, DKA x 2 yr ago, overwt x 2 yr, T2DM x 2 yr, pre-HTN x 2 yr, new onset SOB, HTN, and acute MI

Family history:

Father had HD and CABG. Grandmother was diagnosed DM before deceased. Mother and sisters are all alive and well.

Social history:

Jewish and college gradation. Living with his wife and 2 adult children. Working as IT specialist with PG&E. No smoking, alcohol, and illegal drug. Walking 30 min 2-3x per week. Following Kosher diet that consistent carb diet. Wife usually cooks the most.

Nutrition-related medications:

Metformin XR 1000mg/d - glucosamine, chromium, coenzyme Q10, garlic, green tea, horse chestnut
Nebivolol 20 mg/d - hawthorn, ephedra
Cholecalciferol 5,000 IU 1x weekly
Effient 10 mg/d
Pravachol 40 mg/d - Red yeast rice, eucalyptus, St. John's wort, CK, LFTs, altered thyroid test

Current supplements:

None

Anthropometric history

Height:

178 cm (70")

Weight at admission:

91.0 kg

Current Weight:

91.0 kg (200.2 lbs)

BMI:

28.7 kg/m² (overwt)

% Weight change:

0%

IBW:

75.5 kg

% IBW:

121%

UBW:

91.0 kg

% UBW:

0 %

Other:

Nausea, but no vomiting

Weight assessment:

Pt Hx shows wt maintenance d/t no vomiting, appetite unchanged, no change in bowel, all other system wnl, and dietary restriction.

Biochemical history, medical tests, labs, and procedures:

Glucose, serum 122 mg/dL(H)
Protein, serum 4.7 g/dL (L)
Cardiac 4.4% (H)
CPK 180 IU/L (H)
Cholesterol 220 mg/dl (H)
HDL Cholesterol 35 mg/dl (L)
LDL cholesterol 175 mg/dl (H)
TG 151 mg/dl (H)
Hgb A1c 6.9% (H)
Troponin I.Cardiac 0.75 ng/mL (H)
BP 154/88 mmHg (H)

Nutrition Focused Physical Exam

Skin Assessment

☒ Intact

Feeding Ability

☒ Independent

Oral Motor

☒ Intact

Muscle and fat store assessment:

WDWN

If other, please explain:

None

Food and Nutrition History

Current diet order:

Kosher soft diet as tolerated; AHA/ DASH with consistent CHO diet

Assessment of usual intake:

Kosher diet. Three meals and three snack time per day. Usually having lunch in work cafeteria. Having 5-6 oz protein, 2-3 types of vegetables and CHO. Using vegetable oil for cooking. Having large portion meal on weekend during religious celebration. No alcohol, smoking, and illegal drug.

Assessment of current intake:

24-hour recall: the pt's daily diet includes high consumption of dressing per meal, salted food, and processed food. Using sweetener instead of sugar with coffee/tea. No extra snacking and portions size. Drinking 2-24 oz water/d.

Supplements/herbals:

None

Food allergies and intolerances:

NKA

Intake and digestive problems:

N/C

Assessment of Nutritional Status/Nutrition Risk

☒ No malnutrition noted

Nutrition Recommendations**kcal/day based on:**

2337-2454 kcal/d based on 91 kg BW [(MS x AF 1.3 x IF 1.0-1.05)].

g protein/day based on:

91-100 gm/d (1.0-1.1gm/kg/d based on 91 kg wt)

mL fluid/day based on:

2337-2454 mL/d (mL/kcal/d)

Other:

None

Nutrition assessment summary:

WDWN pt, new dx acute MI in need of nutrition counseling and education for cardiac diet

Diagnosis**Nutrition Diagnosis:**

Excessive Na+ intake (NI-5.10.2.7)

Excessive fat intake (NI-5.5.2)

PES Statement:

Excessive Na+ intake (NI-5.10.2.7) R/T no Na+ restriction AEB overprocessed food intake, 24-hour recall reports of salted food preference, and 24-hour recall analysis shows Na+ = 7479 mg (H).

PES Statement:

Excessive fat intake (NI-5.5.2) R/T saturated fat overconsumption AEB 24-hour recall analysis shows SFA= 17% (H), TG=151mg/dL (H), and 24-hour recall of overdressing intake.

Nutrition Intervention**Nutrition prescription:**

To control MI by utilizing nutrition education on the meal patterns with low Na+ , low SFA food, and increase food density to improve HTN, cholesterol and TG level within the normal range.

Food and nutrition delivery:

Diet Rx: CHO modified diet (ND-1.2.4) and decreased Na+ diet (ND-1.2.11.7.2) with nutrition rec'd 2337-3038 kcal, 91-100 gm protein, 2337-2454 mL fluid per day, 40-50% kcal CHO per day, <1500mg Na+ per day.

Rec'd:

- 1: Rec'd reducing high processed ingredients: salted butter, salted peanut, processed sausages. (ND-1.2.11.7)
 - 2: Rec'd limiting salt added during cooking and at the table. (ND-1.2.11.7)
 - 3: Rec'd having low SFA dairy products intake/day: Greek yogurt, fat free mozzarella, oat milk. (ND-1.2.5)
-

Nutrition education:

Discussed and rec'd the appropriate method/ tips to lower Na+ intake to improve MI and HTN. (E1.1)

Discussed and rec'd the appropriate method/tips/cooking method s to reduce SFA fat intake to improve cholesterol and TG level. (E1.1)

Handout: Heart Health-Basic low sodium eat, Heart Health-Basic low fat intake, Heart-Healthy-Diet-final03-05-08, and Heart Health-Dash diet.

Nutrition counseling:

1: Provided motivational interviewing (C2-1) based on cognitive behavioral theory approach (C1-1) and goal setting (C2.2) to improve and overcome patient's frustration with current diet.

2: Provided motivational interviewing (C2-1) based on health belief model (C1-2) to encourage reduce Na+ consumption and increase health fat consumption.

Behavioral goals:

- 1: Pt can limited 1/3 processed ingredients during lunch/dinner at least 3 d/wk for 2 weeks.
- 2: Pt can use vinegar instead of dressing at least 4x/wk during lunch/dinner for 2 weeks.
- 3: Pt can choose high MOFU and PUFA food: walnut, fish with scale and fins instead of SFA food: steak at least 2 d/wk for 2 weeks.

Compliance:

Fair compliance r/t pt's reported frustration with his current situation, but still following the kosher consistent CHO diet (C-1.2) and pt expected to be in the action stage in the transtheoretical stage of change (C-1.4).

Coordination of care:

None

Monitoring and Evaluation

Food and nutrient intake:

1: Monitor estimated Na⁺ intake via written dietary record. Pt will finish at least 3 d/wk and show the record to next visit. (FH-1.6.2.1.7)

2: Monitor estimated fat intake via written dietary record. Pt will finish at least 3 d/wk and show the record to next visit. (FH-1.5.1.1.1)

Anthropometric measurements

Monitor wt (AD-1.1.2.1) 1x/2wk

Biochemical data:

1: Monitor glucose profile in fasting (BD-1.5.1) in 1 mo.

2: Monitor HgB A1c level (BD-1.5.3) in 1 mo.

3: Monitor lipid profile in fasting (BD-1.7) in 1 mo.

4: Monitor sodium profile (BD-1.2.5) in 1 mo.

5: Monitor Troponin I. cardiac (BD-1.11.51) in 1 mo.

Nutrition focused physical findings:

F/U in 2 wk in clinic.

Signature/credential/date:

KaFai Li, Clinical Nutrition Student, 12/06/2022

• Anthropometric History:

1) Height:

$$178 \text{ cm} \times \frac{1 \text{ inch}}{2.54 \text{ cm}} = 70 \text{ inch} \Rightarrow 5'10"$$

$$5) \% \text{ IBW} = (\text{CBW} / \text{IBW}) \times 100$$

$$= 200.216 / 166.016 \times 100$$

$$= 120.6024 \%$$

$$\approx 121 \%$$

2) CBW $\Rightarrow$ kg to lb

$$91 \text{ kg} \times \frac{2.21 \text{ lb}}{1 \text{ kg}} = 200.216 \approx 200 \text{ lb}$$

$$b) \% \text{ UBW} = (\text{CBW} / \text{UBW}) / 100$$

$$= (91 / 91) / 100$$

$$= 0 \%$$

3) % weight change

$$(\text{CBW} - \text{UBW}) / \text{UBW} \times 100$$

$$= (91 - 91) / 91 \times 100$$

$$= 0 \%$$

$$4) \text{ IBW} = (106 \text{ lb}) + (6 \text{ lb} \times 10 \text{ in})$$

$$= 106 + 60$$

$$= 166 \text{ lb} \times \frac{1 \text{ kg}}{2.21 \text{ lb}}$$

$$= 75.5 \text{ kg}$$

• Food and nutrition History

1) Energy Requirement:

$$\text{MJJ (Male)} = [(110 \times 7 \text{ kg}) + (16.25 \times 178 \text{ cm}) - (5 \times 36 \text{ yr}) + 5] \times \text{AF} \times \text{IF}$$

$$= [(110 \times 91 \text{ kg}) + (16.25 \times 178 \text{ cm}) - (5 \times 46 \text{ yr}) + 5] \times 1.3 \times (1.0 - 1.05)$$

$$= (910 + 1112.5 - 230 + 5) \times 1.3 \times (1.0 - 1.05)$$

$$= 1797.5 \times 1.3 \times (1.0 - 1.05)$$

$$= 2336.75 \times (1.0 - 1.05)$$

$$= 2336.75 - 2453.5875$$

$$\text{Range} \approx 2337 - 2454 \text{ kcal/day}$$

2) Protein Requirement:

$$(\text{Estimation of Protein Requirement} \times \text{CBW in kg})$$

$$= (1.0 - 1.1) \times 91 \text{ kg}$$

$$= 91.0 - 100.1 \text{ kg}$$

$$\text{Range} \approx 91 - 100 \text{ kg}$$

3) Fluid Requirement: Method 1

$$2337 - 2454 \times 1 \text{ mL/kcal}$$

$$\text{Range} \approx 2337 - 2454 \text{ mL/d}$$

Part 3d (20 pts) – Nutrition Analysis

SUBMIT THIS PAGE WITHOUT ABOVE INSTRUCTIONS AS A SEPARATE ASSIGNMENT ON GRADESCOPE! – Only include the 3d table and 2 questions below along with your FoodPro printouts and calculation sheet.

1. Analysis Table

Nutrient	JB's 24-Hour Recall Diet Analysis (from FoodPro)		AHA/DASH Goals:	JB's Modified Diet Analysis (from FoodPro)	
	A	B	C	D	E
Total calories:	3260 kcals		2337-2454 kcals	2437 kcals	
Protein:	144 g	% of kcals: 17	15-20 %	102 g	% of kcals: 16
CHO:	360 g	% of kcals: 43	40-50 %	286 g	% of kcals: 45
Fiber:	42 g		20-30 g	46 g	
Total fat:	146 g	% of kcals: 40	30-40 %	111 g	% of kcals: 39
SFA:	61 g	% of kcals: 17	<7 %	22 g	% of kcals: 8
MUFA:	31 g	% of kcals: 8	~20 %	32 g	% of kcals: 11
PUFA:	19 g	% of kcals: 5	~10 %	37 g	% of kcals: 13
Potassium: (DASH)	4454 mg		3500-5000 mg	4191 mg	
Sodium:	7479 mg		<1500 mg	1700 mg	

2. Describe the adequacy of JB's diet per 24-hr recall analysis

Include details regarding caloric intake as well as specific macro/micro nutrients; not just comparing with AHA/DASH.

The JB's diet per 24-hr recall analysis indicates that JB has an excessive energy intake of 3260 kcal compared to the AHA/DASH diet. Moreover, not only total calories, fiber, and Na⁺ are overconsumption compared to AHA/DASH diet which is 2337-2454 kcals, 42g fiber, and Na is 7479mg which is all greater than the normal range of AHA/DASH. (40-50% of kcals CHO, 20-30g fiber, 3500-5000mg K⁺, and <1500mg Na).

The CHO intake, protein intake and total fat intake are adequate: 43% kcals of CHO, 17% kcals of protein, and 40% kcal of total fat, which is with the AHA/DASH goals (15-20% of kcals protein and 30-40% of kcals total fat). However, the MUFA and PUFA only have 8% of kcals and 5% of kcals which is far away from the recommended range of 20% of kcals MUFA and 10% of kcals of PUFA. Meanwhile, the SFA is 17% kcals which is greater than the AHA/DASH normal range of SFA (<7%).

3. Summarize changes made and explain your rationale.

Summarize the strategies used such as food substitutions and portion sizes. Comment on how modifications align with nutrient goals for the AHA/DASH diet.

The goal of the AHA/DASH diet focuses on decreasing Na (<1500 kcal and SFA intake: meanwhile, it increases K⁺, MUFA, PUFA, protein, and CHO (whole grain) intake. However, according to the 24-hour recall, there is no Na⁺ restriction on JB's diet, so his 24-hour recall analysis indicates Na⁺ overconsumption (7479mg). He also has SFA overconsumption (17%) and excessive energy intake(3260 kcals) but less MOFA and PUFA intake, which all of them are not within/close to the AHA/DASH goal (Na: <1500mg, SFA <7%, MOFA (8%) and PUFA intake 5%).

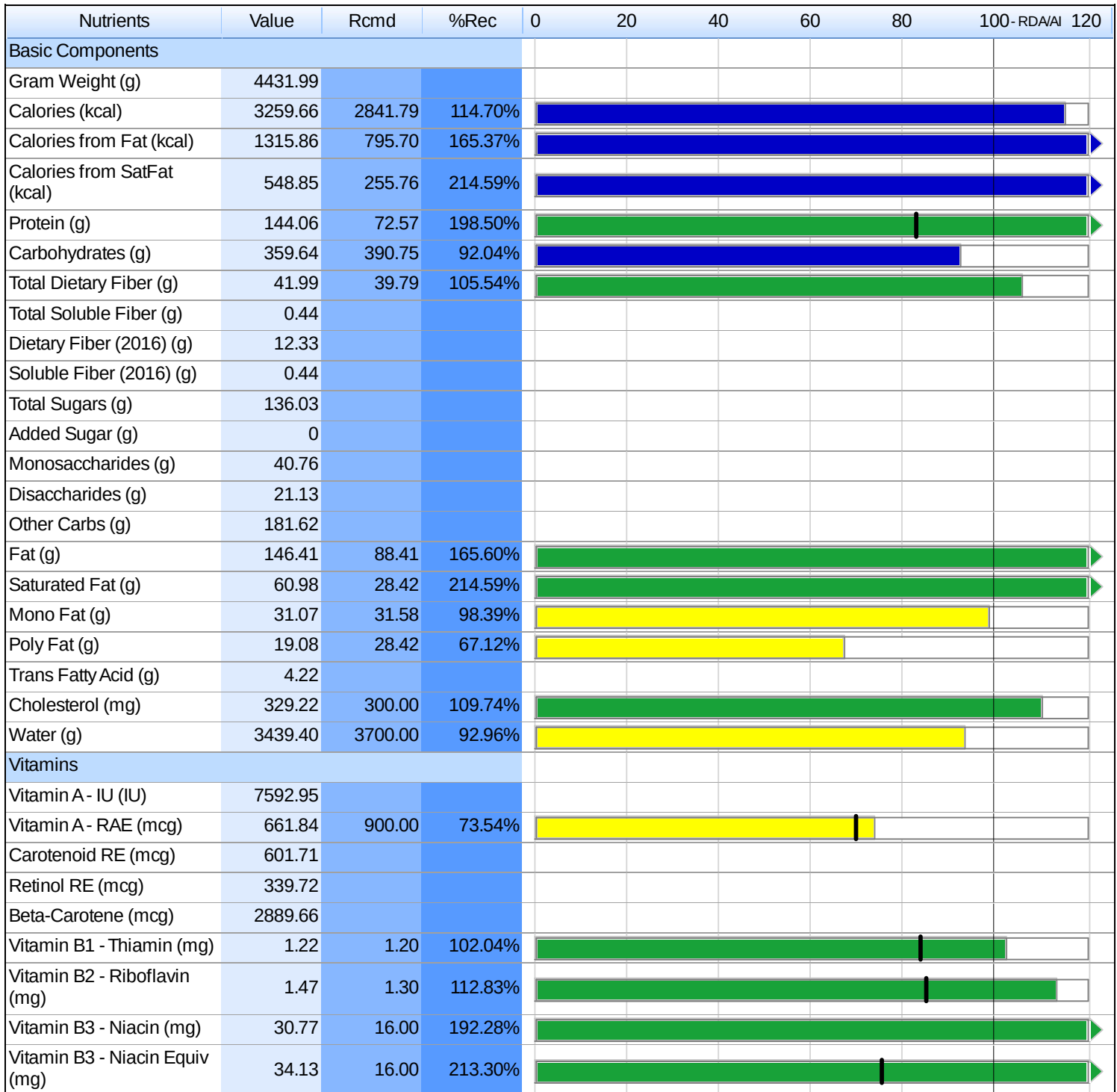
Based on the EHRgo report, Mr. JB is diagnosed as overweight, T2DM, HTN, and acute MI. Therefore, the modification focuses on the increasement of food density, protein, and healthy fat; meanwhile, it controls the Na, CHO, and energy intake to improve weight management, T2DM, HTN, and acute MI. Mr. JB is Jewish and follows the Kosher diet, so milk and meat will not be provided together. In addition, there is no seafood or pork in his diet due to religion. Grape products can be considered as Kosher diet, but it must be produced, grown, or processed under Jewish supervision due to the Jewish culture and religion.

Due to an excessive energy intake from Mr. JB's diet 24-hour recall analysis, controlling the portion size to reduce energy overconsumption, the total calorie from 3260 kcals downs to 2437 kcals. The modified diet mainly includes protein intake maintenance (16%), CHO intake maintenance (45%) and increased healthy fat intake (39%) in AHA/DASH goals, for instance, walnut, avocado, whole milk, Greek yogurt, and lean chicken breast. Besides, all the snacks and dressing are unsalted and low in sodium. Fresh fruit juice is provided instead of coffee at this time because coffee may possibly aggravate HTN and acute MI. It is beneficial to reduce the cardiovascular burden. Most CHO ingredients are whole grain and unsweetened. It is also a burden on the pancreas. Moreover, using more nut products because it is rich in MUFA and PUFA. Chicken also has more healthy fat (less SFA) and is considered Kosher food. In addition, soluble fiber can bind the bile salt to reduce cholesterol and fat consumption, increasing LDL-receptor to improve CVD although the fiber intake is little bit high in modified diet.

There are some limitations to use food pro to create a modified diet because some food resources may not be found in food pro. Furthermore, we are unsure of the exact macro/micro nutrition amount in the selected food resources such as Na⁺, MUFA, SFA, and PUFA. Thus, some food macro/micro nutrition, such as fiber, Na⁺, MUFA, and SFA, are still out of the normal range. Nevertheless, it is still close to the daily amount for maintenance.

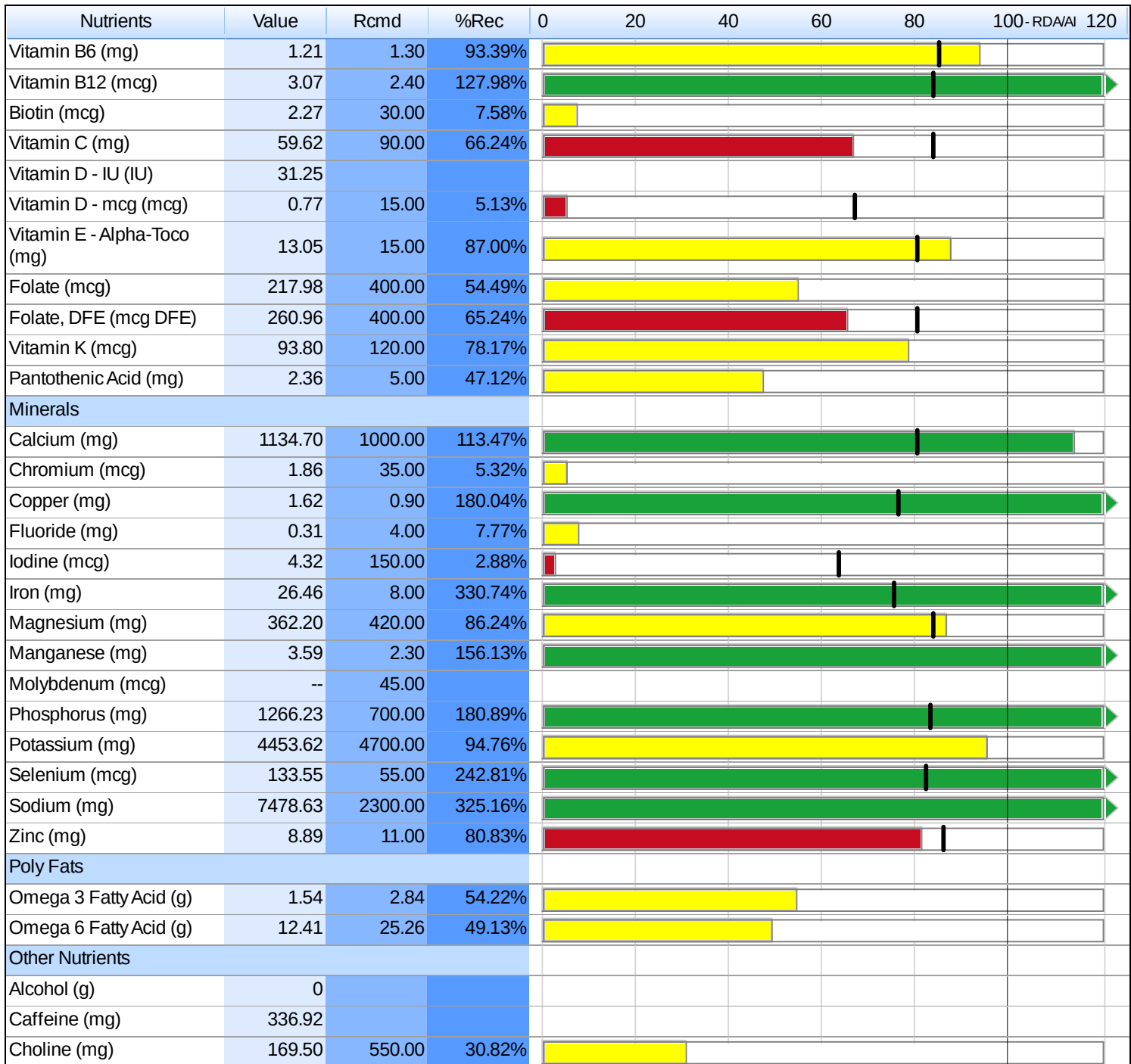
Bar Graph - Diet Adequacy Report: JB's 24-Hour Recall

Bar Graph



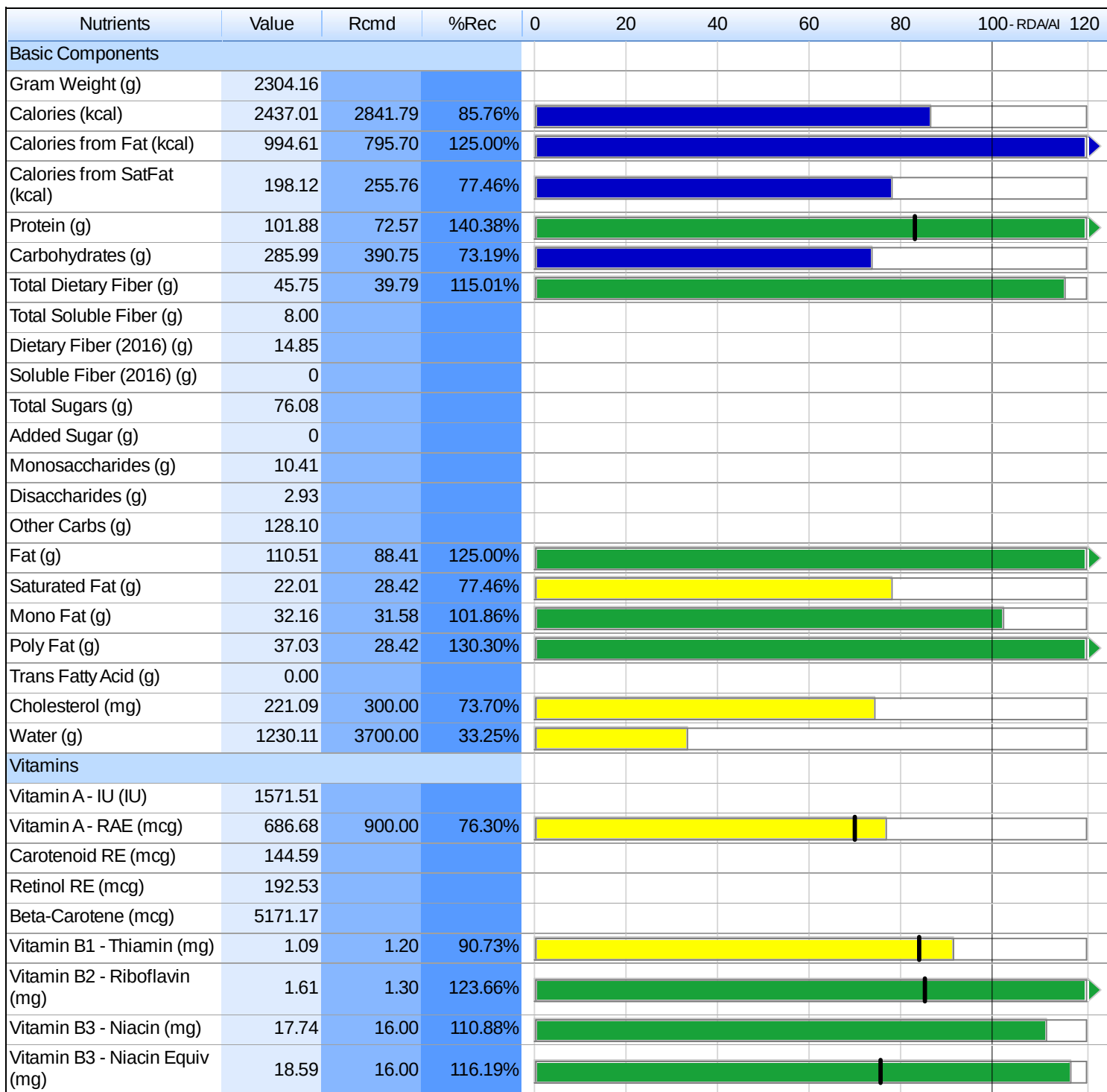
Bar Graph - Diet Adequacy Report: JB's 24-Hour Recall

Bar Graph cont.



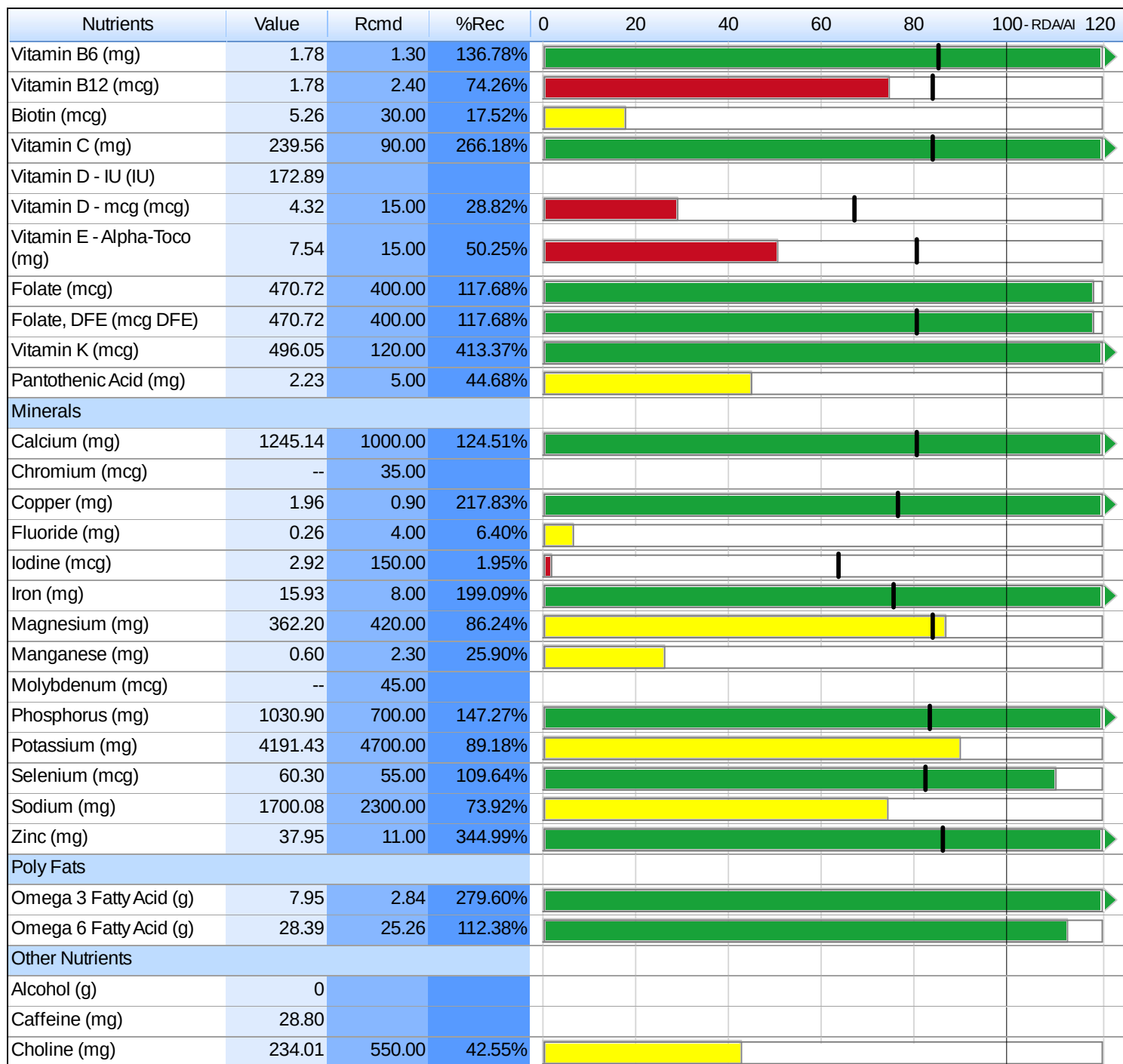
Bar Graph - DietAdequacy Report: JB's Modified Diet

Bar Graph



Bar Graph - Diet Adequacy Report: JB's Modified Diet

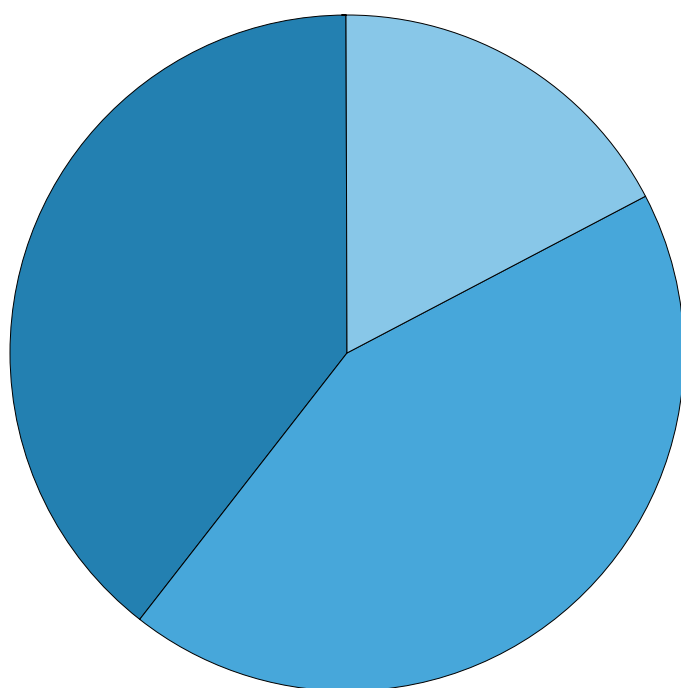
Bar Graph cont.



JB's 24-Hour Recall

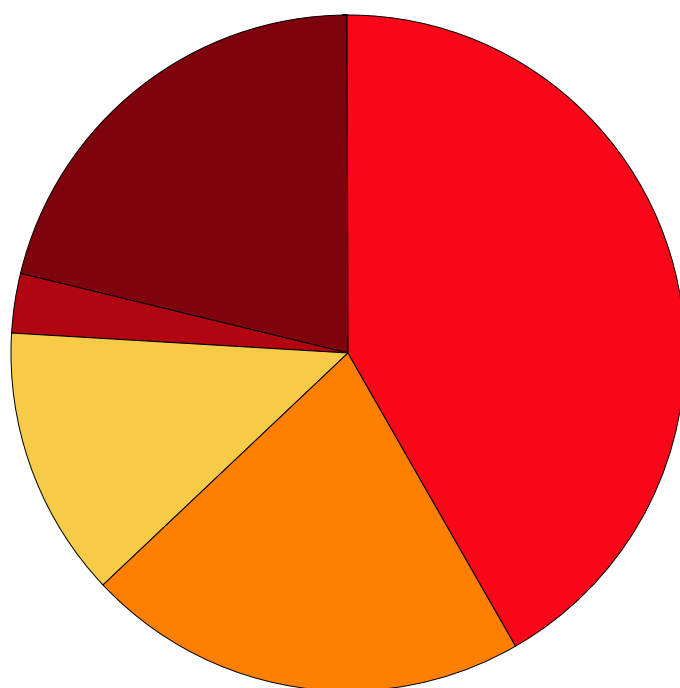
Source of Total Calories

Protein	17.3 %
Carbohydrates	43.2 %
Fat	39.5 %
Alcohol	0 %



Source of Calories from Fat

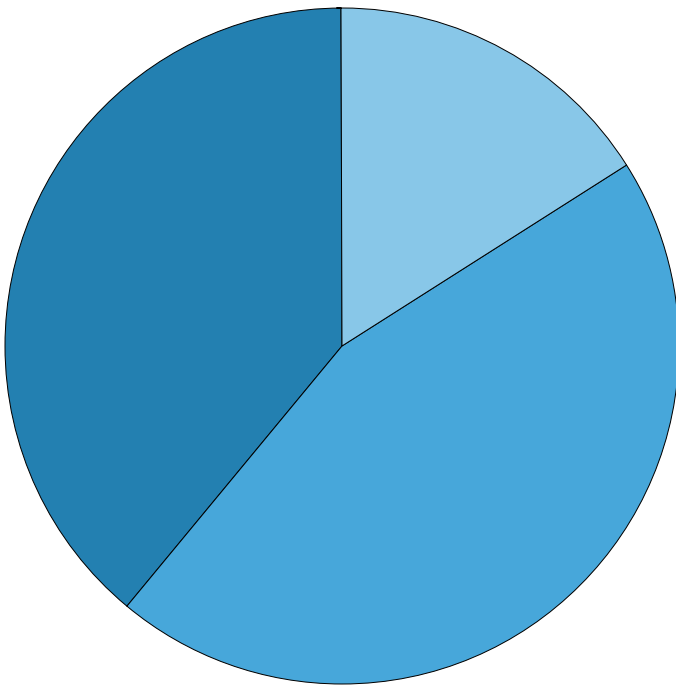
Saturated Fat (7-10%)	16.5 %
Mono Fat (10-15%)	8.4 %
Poly Fat (up to 10%)	5.2 %
Trans Fatty Acid	1.1 %
Other	8.4 %



JB's Modified Diet

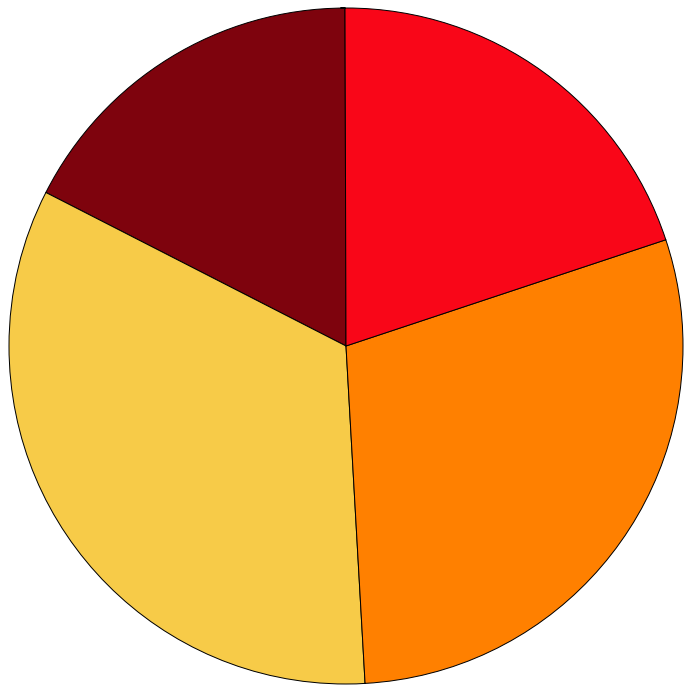
Source of Total Calories

Protein	16.0 %
Carbohydrates	44.9 %
Fat	39.1 %
Alcohol	0 %



Source of Calories from Fat

Saturated Fat (7-10%)	7.8 %
Mono Fat (10-15%)	11.4 %
Poly Fat (up to 10%)	13.1 %
Trans Fatty Acid	0.0 %
Other	6.8 %



Spreadsheet: JB's 24-Hour Recall

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
Day 1 (11/28/2022)			4431.99	3259.66	1315.86	548.85	144.06	359.64
Breakfast			955.25	633.25	332.80	181.30	27.37	49.42
oatmeal, instant, quick, prepared	3 Ounce-w...		85.05	51.88	8.04	1.38	1.81	9.31
syrup, sugar free	2 Tablespoon		30.00	15.60	0	0	0.24	3.64
milk, 2%	1 Cup		246.00	123.00	43.84	27.83	8.12	11.81
butter, salted	3 Teaspoon		14.20	101.81	101.81	65.65	0.12	0.01
sausage link, vegetarian, original brat, Beyond Sausage	1 Each		76.00	190.00	108.00	45.00	16.00	5.00
coffee, with low calorie sweetener	2 Cup		480.00	24.00	0	0.09	0.48	5.42
powdered creamer	1/4 Cup		24.00	126.96	71.11	41.36	0.60	14.23
Morning Snack			714.00	360.40	159.12	90.71	8.34	45.38
apple, fresh, medium, 3"	1 Each		182.00	94.64	2.78	0.46	0.47	25.13
cheese, cheddar, sharp, sliced	1 Slice		28.00	114.80	85.23	48.81	6.79	0.60
coffee, with low calorie sweetener	2 Cup		480.00	24.00	0	0.09	0.48	5.42
powdered creamer	1/4 Cup		24.00	126.96	71.11	41.36	0.60	14.23
Lunch			1045.99	859.00	228.19	55.17	32.40	128.92
pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	2 Cup		214.00	340.26	28.89	4.60	12.45	67.43
marinara sauce	1 Cup		264.00	132.00	38.25	5.18	3.67	19.62
hamburger, regular patty	4 Ounce-w...		113.40	298.24	103.90	36.40	15.08	33.53
lettuce, romaine, fresh, salad, chopped	2 Cup		85.00	15.00	0	0	1.00	4.00

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)	
 dressing, mayonnaise type	2	Tablespoon	29.40	73.50	57.15	8.99	0.19	4.35	
 water, tap	12	Ounce-w...	340.19	0	0	0	0	0	
 Afternoon Snack			371.66	197.86	141.61	20.23	7.94	7.12	
 peanuts, salted	1.11	Ounce-w...	31.47	191.06	141.61	20.23	7.87	5.62	
 iced tea, with low calorie sweetener	12	Ounce-w...	340.19	6.80	0	0	0.07	1.50	
 Dinner			1225.09	1049.15	382.14	156.44	64.02	102.79	
 beef strips, kickin' carne asada, Steakhouse	6	Ounce-w...	170.10	546.74	218.70	82.01	54.67	24.30	
 marinade, chimichurri	1/4	Cup	70.00	80.00	0	0	0	18.00	
 gnocchi, potato	1	Cup	188.00	250.04	105.41	65.33	4.44	32.07	
 lettuce, iceberg, fresh	2	Cup	70.00	9.80	0.88	0.11	0.63	2.08	
 tomato sauce	1	Cup	244.00	80.00	0	0	4.00	20.00	
 dressing, mayonnaise type	2	Tablespoon	29.40	73.50	57.15	8.99	0.19	4.35	
 iced tea, with low calorie sweetener	16	Ounce-w...	453.59	9.07	0	0	0.09	2.00	
 Evening Snack			120.00	160.00	72.00	45.00	4.00	26.00	
 ice cream, vanilla chocolate strawberry, no sugar added	1	Cup	120.00	160.00	72.00	45.00	4.00	26.00	
% Recommendation				114.70	165.37	214.59	198.50	92.04	
Item Name	TotFib (g)	TotSolFib (g)	Fib(16) (g)	SolFib(16) (g)	Sugar (g)	SugAdd (g)	MonSac (g)	Disacc (g)	
 Day 1 (11/28/2022)	41.99	0.44	12.33	0.44	136.03	0	40.76	21.13	
 Breakfast	4.57	0	0.21	0	15.98	0	1.07	12.60	
 oatmeal, instant, quick, prepared	1.36	--	--	--	0.14	0	--	--	

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	TotFib (g)	TotSolFib (g)	Fib(16) (g)	SolFib(16) (g)	Sugar (g)	SugAdd (g)	MonSac (g)	Disacc (g)
 syrup, sugar free	0.21	--	0.21	--	0.00	0	--	--
 milk, 2%	0	0	0	0	11.81	0	0.09	11.71
 butter, salted	0	0	0	0	0.01	0	--	--
 sausage link, vegetarian, original brat, Beyond Sausage	3.00	--	--	--	0	0	0	0
 coffee, with low calorie sweetener	0	0	0	0	2.16	0	--	--
 powdered creamer	0	0	0	0	1.86	0	0.98	0.88
 Morning Snack	4.37	0.44	4.37	0.44	23.01	0	16.15	4.69
 apple, fresh, medium, 3"	4.37	0.44	4.37	0.44	18.91	0	15.15	3.76
 cheese, cheddar, sharp, sliced	0	0	0	0	0.08	0	0.02	0.05
 coffee, with low calorie sweetener	0	0	0	0	2.16	0	--	--
 powdered creamer	0	0	0	0	1.86	0	0.98	0.88
 Lunch	18.14	0	1.50	0	25.47	0	20.86	3.57
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	9.84	--	--	--	1.82	--	0.30	1.50
 marinara sauce	4.75	--	--	--	12.96	--	11.85	1.08
 hamburger, regular patty	2.04	--	--	--	6.75	--	6.03	0.71
 lettuce, romaine, fresh, salad, chopped	1.50	--	1.50	--	1.00	0	--	--
 dressing, mayonnaise type	0	0	0	0	2.95	--	2.68	0.27
 water, tap	0	0	0	0	0	0	0	0

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	TotFib (g)	TotSolFib (g)	Fib(16) (g)	SolFib(16) (g)	Sugar (g)	SugAdd (g)	MonSac (g)	Disacc (g)	
 Afternoon Snack	2.25	0	2.25	0	1.16	0	--	--	
 peanuts, salted	2.25	--	2.25	--	1.12	0	--	--	
 iced tea, with low calorie sweetener	0	0	0	0	0.03	0	--	--	
 Dinner	6.67	0	4.00	0	62.41	0	2.68	0.27	
 beef strips, kickin' carne asada, Steakhouse	0	0	0	0	24.30	--	--	--	
 marinade, chimichurri	0	0	0	0	16.00	--	--	--	
 gnocchi, potato	1.88	--	--	--	1.82	0	--	--	
 lettuce, iceberg, fresh	0.79	--	--	--	1.29	0	--	--	
 tomato sauce	4.00	--	4.00	--	16.00	0	--	--	
 dressing, mayonnaise type	0	0	0	0	2.95	--	2.68	0.27	
 iced tea, with low calorie sweetener	0	0	0	0	0.05	0	--	--	
 Evening Snack	6.00	--	--	--	8.00	--	--	--	
 ice cream, vanilla chocolate strawberry, no sugar added	6.00	--	--	--	8.00	--	--	--	
% Recommendation	105.54								
Item Name	OCarb (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Water (g)	
 Day 1 (11/28/2022)	181.62	146.41	60.98	31.07	19.08	4.22	329.22	3439.40	
 Breakfast	28.87	37.18	20.14	6.99	1.04	2.00	50.21	794.21	
 oatmeal, instant, quick, prepared	7.82	0.89	0.15	0.27	0.32	--	0	72.45	
 syrup, sugar free	3.43	0	0	0	0	0	0	26.10	

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	OCarb (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Water (g)
 milk, 2%	0	4.87	3.09	1.38	0.18	0.21	19.68	219.46
 butter, salted	0	11.52	7.29	2.98	0.43	0.47	30.53	2.25
 sausage link, vegetarian, original brat, Beyond Sausage	2.00	12.00	5.00	--	--	0	0	--
 coffee, with low calorie sweetener	3.26	0	0.01	0	0.01	--	0	473.23
 powdered creamer	12.36	7.90	4.60	2.35	0.10	1.33	0	0.72
 Morning Snack	18.01	17.68	10.08	4.72	0.60	1.66	27.72	639.79
 apple, fresh, medium, 3"	1.86	0.31	0.05	0.01	0.09	0	0	155.72
 cheese, cheddar, sharp, sliced	0.52	9.47	5.42	2.36	0.40	0.33	27.72	10.12
 coffee, with low calorie sweetener	3.26	0	0.01	0	0.01	--	0	473.23
 powdered creamer	12.36	7.90	4.60	2.35	0.10	1.33	0	0.72
 Lunch	85.31	25.35	6.13	7.02	8.18	0.54	43.75	770.60
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	55.77	3.21	0.51	0.37	1.25	0	--	129.94
 marinara sauce	1.90	4.25	0.58	0.79	1.78	0.02	5.28	231.98
 hamburger, regular patty	24.74	11.54	4.04	4.38	1.57	0.49	32.89	50.83
 lettuce, romaine, fresh, salad, chopped	1.50	0	0	0	0	0	0	--
 dressing, mayonnaise type	1.40	6.35	1.00	1.49	3.58	0.02	5.59	18.00
 water, tap	0	0	0	0	0	0	0	339.85
 Afternoon Snack	3.71	15.73	2.25	7.87	5.06	0	0	338.19

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	OCarb (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Water (g)
 peanuts, salted	2.25	15.73	2.25	7.87	5.06	--	0	--
 iced tea, with low calorie sweetener	1.46	0	0	0	0	0	0	338.19
 Dinner	33.72	42.46	17.38	4.47	4.20	0.02	187.54	896.62
 beef strips, kickin' carne asada, Steakhouse	0	24.30	9.11	--	--	0	151.87	--
 marinade, chimichurri	2.00	0	0	0	0	0	0	--
 gnocchi, potato	28.37	11.71	7.26	2.98	0.57	--	30.08	137.63
 lettuce, iceberg, fresh	0	0.10	0.01	0.00	0.05	--	0	66.95
 tomato sauce	0	0	0	0	0	0	0	223.12
 dressing, mayonnaise type	1.40	6.35	1.00	1.49	3.58	0.02	5.59	18.00
 iced tea, with low calorie sweetener	1.95	0	0	0	0	0	0	450.92
 Evening Snack	12.00	8.00	5.00	--	--	0	20.00	--
 ice cream, vanilla chocolate strawberry, no sugar added	12.00	8.00	5.00	--	--	0	20.00	--
% Recommendation		165.60	214.59	98.39	67.12		109.74	92.96
Item Name	VitA-IU (IU)	VitA-RAE (mcg)	Caroten (mcg)	Retinol (mcg)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)
 Day 1 (11/28/2022)	7592.95	661.84	601.71	339.72	2889.66	1.22	1.47	30.77
 Breakfast	605.78	166.01	8.61	161.70	39.66	0.15	0.48	1.50
 oatmeal, instant, quick, prepared	--	0	--	0	0	0.05	0.02	0.14
 syrup, sugar free	0	0	0	0	0	0	0	0
 milk, 2%	250.92	68.88	4.92	66.42	17.22	0.10	0.46	0.23

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit A-RAE (mcg)	Caroten (mcg)	Retinol (mcg)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)
 butter, salted	354.86	97.13	3.69	95.28	22.44	0.00	0.00	0.01
 sausage link, vegetarian, original brat, Beyond Sausage	0	0	0	0	0	--	--	--
 coffee, with low calorie sweetener	--	0	--	0	0	0	0.00	1.13
 powdered creamer	0	0	0	0	0	0	0	0
 Morning Snack	376.60	78.55	13.75	71.68	72.94	0.04	0.17	1.30
 apple, fresh, medium, 3"	98.28	4.91	9.83	0	49.14	0.03	0.05	0.17
 cheese, cheddar, sharp, sliced	278.32	73.64	3.92	71.68	23.80	0.01	0.12	0.01
 coffee, with low calorie sweetener	--	0	--	0	0	0	0.00	1.13
 powdered creamer	0	0	0	0	0	0	0	0
 Lunch	4202.04	211.15	419.35	1.47	2517.12	0.80	0.60	21.13
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	--	--	--	--	--	0.34	0.22	6.18
 marinara sauce	1628.88	81.44	162.89	0	976.80	0.06	0.16	10.34
 hamburger, regular patty	64.64	3.23	6.46	0	38.56	0.40	0.21	4.61
 lettuce, romaine, fresh, salad, chopped	2500.00	125.00	250.00	0	1500.00	--	--	--
 dressing, mayonnaise type	8.53	1.47	0	1.47	1.76	0.00	0.01	0.00
 water, tap	0	0	0	0	0	0	0	0
 Afternoon Snack	0	0	0	0	0	0	0.01	4.56
 peanuts, salted	0	0	0	0	0	--	--	4.50

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit A-RAE (mcg)	Caroten (mcg)	Retinol (mcg)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	
 iced tea, with low calorie sweetener	--	0	--	0	0	0	0.01	0.07	
 Dinner	1808.53	206.13	160.00	104.87	259.94	0.24	0.20	2.27	
 beef strips, kickin' carne asada, Steakhouse	0	0	0	0	0	--	--	--	
 marinade, chimichurri	200.00	--	--	--	--	--	--	--	
 gnocchi, potato	--	107.16	--	103.40	48.88	0.21	0.17	2.09	
 lettuce, iceberg, fresh	--	17.50	--	0	209.30	0.03	0.02	0.09	
 tomato sauce	1600.00	80.00	160.00	0	--	--	--	--	
 dressing, mayonnaise type	8.53	1.47	0	1.47	1.76	0.00	0.01	0.00	
 iced tea, with low calorie sweetener	--	0	--	0	0	0	0.01	0.09	
 Evening Snack	600.00	--	--	--	--	--	--	--	
 ice cream, vanilla chocolate strawberry, no sugar added	600.00	--	--	--	--	--	--	--	
% Recommendation		73.54				102.04	112.83	192.28	
Item Name	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)	Vit C (mg)	Vit D-IU (IU)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)	
 Day 1 (11/28/2022)	34.13	1.21	3.07	2.27	59.62	31.25	0.77	13.05	
 Breakfast	3.26	0.11	1.33	--	0.49	2.46	0	0.77	
 oatmeal, instant, quick, prepared	0.14	0.01	0	--	0	0	0	0.06	
 syrup, sugar free	--	0	0	--	0	0	0	0	
 milk, 2%	1.84	0.09	1.30	--	0.49	2.46	0	0.07	

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)	Vit C (mg)	Vit D-IU (IU)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)
 butter, salted	0.03	0.00	0.02	--	0	0	0	0.33
 sausage link, vegetarian, original brat, Beyond Sausage	--	--	--	--	0	--	--	--
 coffee, with low calorie sweetener	1.13	0	0	--	0	0	0	0
 powdered creamer	0.12	0	0	--	0	0	0	0.30
 Morning Snack	2.81	0.10	0.25	2.27	8.37	11.48	0.28	0.85
 apple, fresh, medium, 3"	0.20	0.07	0	2.27	8.37	0	0	0.33
 cheese, cheddar, sharp, sliced	1.36	0.02	0.25	--	0	11.48	0.28	0.22
 coffee, with low calorie sweetener	1.13	0	0	--	0	0	0	0
 powdered creamer	0.12	0	0	--	0	0	0	0.30
 Lunch	21.17	0.79	1.37	--	23.62	2.27	0.11	7.09
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	6.18	0.21	--	--	--	--	--	0.21
 marinara sauce	10.34	0.46	0	--	5.28	0	0	6.34
 hamburger, regular patty	4.61	0.12	1.36	--	0.34	2.27	0.11	0.08
 lettuce, romaine, fresh, salad, chopped	--	--	--	--	18.00	--	--	--
 dressing, mayonnaise type	0.05	0.00	0.01	--	0	0	0	0.46
 water, tap	0	0	0	--	0	0	0	0
 Afternoon Snack	4.56	0.00	0	--	0	0	0	3.39
 peanuts, salted	4.50	--	--	--	0	--	--	3.39

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)	Vit C (mg)	Vit D-IU (IU)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)
 iced tea, with low calorie sweetener	0.07	0.00	0	--	0	0	0	0
 Dinner	2.32	0.22	0.12	--	27.13	15.04	0.38	0.96
 beef strips, kickin' carne asada, Steakhouse	--	--	--	--	0	--	--	--
 marinade, chimichurri	--	--	--	--	2.40	--	--	--
 gnocchi, potato	2.09	0.18	0.11	--	3.57	15.04	0.38	0.38
 lettuce, iceberg, fresh	0.09	0.03	0	--	1.96	0	0	0.13
 tomato sauce	--	--	--	--	19.20	--	--	--
 dressing, mayonnaise type	0.05	0.00	0.01	--	0	0	0	0.46
 iced tea, with low calorie sweetener	0.09	0.00	0	--	0	0	0	0
 Evening Snack	--	--	--	--	0	--	--	--
 ice cream, vanilla chocolate strawberry, no sugar added	--	--	--	--	0	--	--	--
% Recommendation	213.30	93.39	127.98	7.58	66.24		5.13	87.00
Item Name	Folate (mcg)	Fol_DFE (mcg DFE)	Vit K (mcg)	Panto (mg)	Calc (mg)	Chrom (mcg)	Copp (mg)	Fluor (mg)
 Day 1 (11/28/2022)	217.98	260.96	93.80	2.36	1134.70	1.86	1.62	0.31
 Breakfast	16.13	16.13	2.15	0.92	387.64	0.17	0.13	0.04
 oatmeal, instant, quick, prepared	3.40	3.40	0.26	--	9.36	--	0.06	--
 syrup, sugar free	0	0	0	0.00	0	--	0	--
 milk, 2%	12.30	12.30	0.49	0.88	295.20	--	0.01	0.01

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Folate (mcg)	Fol_DFE (mcg DFE)	Vit K (mcg)	Panto (mg)	Calc (mg)	Chrom (mcg)	Copp (mg)	Fluor (mg)
 butter, salted	0.43	0.43	0.99	0.02	3.41	0.17	0	0.00
 sausage link, vegetarian, original brat, Beyond Sausage	--	--	--	--	60.00	--	--	--
 coffee, with low calorie sweetener	0	0	0	--	19.20	--	0.05	--
 powdered creamer	0	0	0.41	0.03	0.48	--	0.00	0.03
 Morning Snack	13.02	13.02	5.08	0.27	229.68	1.69	0.12	0.03
 apple, fresh, medium, 3"	5.46	5.46	4.00	0.11	10.92	1.69	0.05	0.01
 cheese, cheddar, sharp, sliced	7.56	7.56	0.67	0.13	199.08	--	0.01	--
 coffee, with low calorie sweetener	0	0	0	--	19.20	--	0.05	--
 powdered creamer	0	0	0.41	0.03	0.48	--	0.00	0.03
 Lunch	131.05	153.73	54.66	1.14	257.54	--	0.80	0.24
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	42.80	42.80	--	0.49	25.68	--	0.43	--
 marinara sauce	34.32	34.32	36.70	0.20	68.64	--	0.22	--
 hamburger, regular patty	52.16	74.84	5.56	0.42	131.54	--	0.11	--
 lettuce, romaine, fresh, salad, chopped	--	--	--	--	20.00	--	--	--
 dressing, mayonnaise type	1.76	1.76	12.41	0.02	1.47	--	0.00	--
 water, tap	0	0	0	0	10.21	--	0.03	0.24
 Afternoon Snack	0	0	0	--	32.68	--	0.37	--
 peanuts, salted	--	--	--	--	22.48	--	0.34	--

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Folate (mcg)	Fol_DFE (mcg DFE)	Vit K (mcg)	Panto (mg)	Calc (mg)	Chrom (mcg)	Copp (mg)	Fluor (mg)
 iced tea, with low calorie sweetener	0	0	0	--	10.21	--	0.03	--
 Dinner	57.78	78.09	31.91	0.02	67.16	--	0.21	--
 beef strips, kickin' carne asada, Steakhouse	--	--	--	--	0	--	--	--
 marinade, chimichurri	--	--	--	--	0	--	--	--
 gnocchi, potato	35.72	56.02	2.63	--	39.48	--	0.14	--
 lettuce, iceberg, fresh	20.30	20.30	16.87	--	12.60	--	0.02	--
 tomato sauce	--	--	--	--	0	--	--	--
 dressing, mayonnaise type	1.76	1.76	12.41	0.02	1.47	--	0.00	--
 iced tea, with low calorie sweetener	0	0	0	--	13.61	--	0.05	--
 Evening Snack	--	--	--	--	160.00	--	--	--
 ice cream, vanilla chocolate strawberry, no sugar added	--	--	--	--	160.00	--	--	--
% Recommendation	54.49	65.24	78.17	47.12	113.47	5.32	180.04	7.77
Item Name	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)
 Day 1 (11/28/2022)	4.32	26.46	362.20	3.59	--	1266.23	4453.62	133.55
 Breakfast	2.16	4.82	66.35	0.04	--	366.83	925.20	10.92
 oatmeal, instant, quick, prepared	--	0.55	19.56	--	--	53.58	47.63	4.00
 syrup, sugar free	--	0	0	0	--	0	0	0.15
 milk, 2%	--	0.05	27.06	0.03	--	226.32	344.40	6.15

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)
 butter, salted	--	0.00	0.28	0	--	3.41	3.41	0.14
 sausage link, vegetarian, original brat, Beyond Sausage	--	3.96	--	--	--	--	230.00	--
 coffee, with low calorie sweetener	--	0.19	19.20	--	--	14.40	139.20	0.48
 powdered creamer	2.16	0.06	0.24	0.00	--	69.12	160.56	0
 Morning Snack	2.16	0.52	36.10	0.07	--	232.34	515.78	8.40
 apple, fresh, medium, 3"	--	0.22	9.10	0.06	--	20.02	194.74	0
 cheese, cheddar, sharp, sliced	--	0.04	7.56	0.01	--	128.80	21.28	7.92
 coffee, with low calorie sweetener	--	0.19	19.20	--	--	14.40	139.20	0.48
 powdered creamer	2.16	0.06	0.24	0.00	--	69.12	160.56	0
 Lunch	--	9.47	172.76	2.91	--	453.72	1243.56	105.01
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	--	3.53	96.30	2.21	--	235.40	164.78	73.19
 marinara sauce	--	1.93	47.52	0.34	--	89.76	844.80	3.70
 hamburger, regular patty	--	3.25	24.95	0.37	--	124.74	223.39	28.01
 lettuce, romaine, fresh, salad, chopped	--	0.72	--	--	--	--	--	--
 dressing, mayonnaise type	--	0.04	0.59	0.00	--	3.82	10.58	0.12
 water, tap	--	0	3.40	0	--	0	0	0
 Afternoon Snack	--	1.79	51.76	0.56	--	115.79	272.40	0
 peanuts, salted	--	1.62	44.95	0.56	--	112.39	224.77	--

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)
 iced tea, with low calorie sweetener	--	0.17	6.80	--	--	3.40	47.63	0
 Dinner	--	9.87	35.24	0.00	--	97.56	1496.69	9.21
 beef strips, kickin' carne asada, Steakhouse	--	6.56	--	--	--	--	971.98	--
 marinade, chimichurri	--	0	--	--	--	--	--	--
 gnocchi, potato	--	1.32	20.68	--	--	75.20	251.92	9.02
 lettuce, iceberg, fresh	--	0.29	4.90	--	--	14.00	98.70	0.07
 tomato sauce	--	1.44	--	--	--	--	100.00	--
 dressing, mayonnaise type	--	0.04	0.59	0.00	--	3.82	10.58	0.12
 iced tea, with low calorie sweetener	--	0.23	9.07	--	--	4.54	63.50	0
 Evening Snack	--	0	--	--	--	--	--	--
 ice cream, vanilla chocolate strawberry, no sugar added	--	0	--	--	--	--	--	--
% Recommendation	2.88	330.74	86.24	156.13		180.89	94.76	242.81
Item Name	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	Chln (mg)	
 Day 1 (11/28/2022)	7478.63	8.89	1.54	12.41	0	336.92	169.50	
 Breakfast	921.79	1.77	0.08	0.94	0	124.80	52.93	
 oatmeal, instant, quick, prepared	102.91	0.51	0.01	0.30	0	0	5.53	
 syrup, sugar free	63.00	0	0	0	0	0	0	
 milk, 2%	115.62	1.18	0.02	0.15	0	0	40.34	

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	Chln (mg)	
 butter, salted	91.31	0.01	0.04	0.39	0	0	2.67	
 sausage link, vegetarian, original brat, Beyond Sausage	500.00	--	--	--	0	0	--	
 coffee, with low calorie sweetener	19.20	0.05	0	0.00	0	124.80	3.84	
 powdered creamer	29.76	0.02	0.01	0.09	0	0	0.55	
 Morning Snack	231.10	1.18	0.06	0.52	0	124.80	15.20	
 apple, fresh, medium, 3"	1.82	0.07	0.02	0.08	0	0	6.19	
 cheese, cheddar, sharp, sliced	180.32	1.05	0.04	0.34	0	0	4.62	
 coffee, with low calorie sweetener	19.20	0.05	0	0.00	0	124.80	3.84	
 powdered creamer	29.76	0.02	0.01	0.09	0	0	0.55	
 Lunch	1944.36	5.28	0.88	7.27	0	0	74.25	
 pasta, rotini, cooked, 51% whole wheat & unenriched semolina, whole grain	12.84	2.40	0.08	1.17	--	--	--	
 marinara sauce	1153.68	0.53	0.22	1.56	0	0	36.17	
 hamburger, regular patty	552.25	2.30	0.16	1.38	0	0	33.79	
 lettuce, romaine, fresh, salad, chopped	20.00	--	0	0	0	0	--	
 dressing, mayonnaise type	191.98	0.02	0.42	3.16	0	0	4.29	
 water, tap	13.61	0.03	0	0	0	0	0	
 Afternoon Snack	149.66	0.03	0	0	0	37.42	0.68	
 peanuts, salted	129.24	--	--	--	0	0	--	

Spreadsheet: JB's 24-Hour Recall

Spreadsheet cont.

Item Name	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	Chln (mg)	
 iced tea, with low calorie sweetener	20.41	0.03	0	0	0	37.42	0.68	
 Dinner	4141.72	0.62	0.51	3.68	0	49.90	26.43	
 beef strips, kickin' carne asada, Steakhouse	2612.21	--	--	--	0	0	--	
 marinade, chimichurri	360.00	--	0	0	0	0	--	
 gnocchi, potato	543.32	0.45	0.06	0.50	0	0	16.54	
 lettuce, iceberg, fresh	7.00	0.11	0.04	0.01	0	0	4.69	
 tomato sauce	400.00	--	0	0	0	0	--	
 dressing, mayonnaise type	191.98	0.02	0.42	3.16	0	0	4.29	
 iced tea, with low calorie sweetener	27.22	0.05	0	0	0	49.90	0.91	
 Evening Snack	90.00	--	--	--	0	--	--	
 ice cream, vanilla chocolate strawberry, no sugar added	90.00	--	--	--	0	--	--	
% Recommendation	325.16	80.83	54.22	49.13			30.82	

Spreadsheet: JB's Modified Diet

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
Day 1 (11/28/2022)			2304.16	2437.01	994.61	198.12	101.88	285.99
Breakfast			495.96	575.94	230.52	34.77	24.48	67.08
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	1 Ounce-w...		28.35	66.70	3.75	0	3.34	12.51
avocado, fresh, sliced	1 Cup		146.00	233.60	192.63	27.94	2.92	12.45
sausage, chicken, lower sodium	3 Ounce-w...		85.05	155.64	34.14	6.84	18.23	12.12
juice, apple, fresh pressed	1 Cup		236.56	120.00	0	0	0	30.00
Morning Snack			173.20	431.39	335.91	32.61	9.15	22.18
smoothie, strawberry banana	0.5 Cup		116.50	60.58	3.15	1.35	0.51	14.41
walnuts, roasted, unsalted	2 Ounce-w...		56.70	370.81	332.76	31.26	8.64	7.77
Lunch			541.48	227.36	69.49	16.86	21.97	18.88
rice cake, brown, salt free, organic	1 Each		18.50	60.00	4.50	0	1.00	14.00
marinara sauce, tuscano, lowfat	2 Teaspoon		10.42	6.67	1.13	0	0.17	0.83
chicken breast, ground, raw, lean, 98% fat free, organic	2 Ounce-w...		56.70	60.00	6.75	0	13.00	0
salad, spinach, without dressing	1.5 Cup		111.00	89.91	49.05	15.47	7.79	3.30
mayonnaise, low calorie, low sodium	1 Teaspoon		4.67	10.78	8.06	1.39	0.01	0.75
water, tap	12 Ounce-w...		340.19	0	0	0	0	0
Afternoon Snack			346.70	249.14	92.41	31.61	15.91	27.27

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
 protein bar, dark chocolate coconut sea salt	1	Each	50.00	200.00	72.00	18.00	11.00	25.00
 iced tea, unsweetened	1	Cup	240.00	0	0	0	0	0
 yogurt, greek, plain, whole milk	2	Ounce-w...	56.70	49.14	20.41	13.61	4.91	2.27
 Dinner			430.13	709.20	185.85	39.05	19.80	118.90
 sausage patty, beef, lower sodium	1.5	Ounce-w...	42.52	115.24	85.54	31.52	4.00	3.46
 salad dressing, olive oil & vinegar	2	Teaspoon	10.00	50.00	48.00	7.50	0	0.33
 mashed potatoes, dry, 10071179032632, low sodium, food service	2	Ounce-w...	56.70	212.62	31.89	0	4.72	42.52
 salad mix, black bean quinoa, dry, lower sodium	2	Ounce-w...	56.70	208.89	20.14	0	8.95	38.05
 juice drink, orange, frozen, fortified, special dietary	1	Cup	254.00	120.00	0	0	2.00	34.00
 tomato sauce, unsalted	2	Teaspoon	10.21	2.45	0.28	0.04	0.12	0.54
 Evening Snack			316.70	243.98	80.43	43.22	10.56	31.67
 smoothie, fruit & vegetable	2	Ounce-w...	56.70	34.02	3.01	1.44	0.96	7.50
 popcorn, air popped, unsalted	2	Cup	16.00	61.12	6.05	0.82	1.92	12.46
 milk, whole	1	Cup	244.00	148.84	71.37	40.96	7.69	11.71
% Recommendation				85.76	125.00	77.46	140.38	73.19

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	TotFib (g)	TotSolFib (g)	Fib(16) (g)	SolFib(16) (g)	Sugar (g)	SugAdd (g)	MonSac (g)	Disacc (g)
Day 1 (11/28/2022)	45.75	8.00	14.85	0	76.08	0	10.41	2.93
Breakfast	12.28	0	12.28	0	28.65	0	0.86	0.09
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	2.50	--	2.50	--	0	0	0	0
avocado, fresh, sliced	9.78	--	9.78	--	0.96	0	0.86	0.09
sausage, chicken, lower sodium	0	0	0	0	0.69	0	--	--
juice, apple, fresh pressed	0	--	0	0	27.00	--	--	--
Morning Snack	4.50	--	--	--	13.51	0	9.19	2.84
smoothie, strawberry banana	0.70	--	--	--	12.03	--	9.19	2.84
walnuts, roasted, unsalted	3.80	--	--	--	1.48	0	--	--
Lunch	3.03	0	0	0	1.30	0	0	0
rice cake, brown, salt free, organic	1.00	--	--	--	0	0	0	0
marinara sauce, tuscano, lowfat	0.25	--	--	--	0.50	--	--	--
chicken breast, ground, raw, lean, 98% fat free, organic	0	0	0	0	0	0	0	0
salad, spinach, without dressing	1.78	--	--	--	0.60	0	--	--
mayonnaise, low calorie, low sodium	0	0	0	0	0.20	--	--	--
water, tap	0	0	0	0	0	0	0	0
Afternoon Snack	7.00	0	0	0	10.51	0	0	0

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	TotFib (g)	TotSolFib (g)	Fib(16) (g)	SolFib(16) (g)	Sugar (g)	SugAdd (g)	MonSac (g)	Disacc (g)
 protein bar, dark chocolate coconut sea salt	7.00	--	--	--	9.00	--	--	--
 iced tea, unsweetened	0	0	0	0	0	0	0	0
 yogurt, greek, plain, whole milk	0	0	0	0	1.51	0	--	--
 Dinner	15.74	8.00	0.15	0	5.92	0	0.36	0.01
 sausage patty, beef, lower sodium	0	0	0	0	0	0	0	0
 salad dressing, olive oil & vinegar	0	0	0	0	0.33	--	--	--
 mashed potatoes, dry, 10071179032632, low sodium, food service	2.36	--	--	--	0	0	0	0
 salad mix, black bean quinoa, dry, lower sodium	5.22	--	--	--	5.22	--	--	--
 juice drink, orange, frozen, fortified, special dietary	8.00	8.00	--	--	--	--	--	--
 tomato sauce, unsalted	0.15	--	0.15	--	0.36	--	0.36	0.01
 Evening Snack	3.21	0	2.42	0	16.19	0	--	--
 smoothie, fruit & vegetable	0.79	--	--	--	4.48	0	--	--
 popcorn, air popped, unsalted	2.42	--	2.42	--	--	--	--	--
 milk, whole	0	0	0	0	11.71	0	--	--
% Recommendation	115.01							

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	OCarb (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Water (g)
Day 1 (11/28/2022)	128.10	110.51	22.01	32.16	37.03	0.00	221.09	1230.11
Breakfast	26.14	25.61	3.86	15.83	3.95	0	30.62	154.55
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	10.01	0.42	0	--	--	0	0	--
avocado, fresh, sliced	1.71	21.40	3.10	14.31	2.65	0	0	106.92
sausage, chicken, lower sodium	11.43	3.79	0.76	1.53	1.30	--	30.62	47.64
juice, apple, fresh pressed	3.00	0	0	0	0	0	0	--
Morning Snack	4.17	37.32	3.62	5.12	26.88	0.00	0	103.20
smoothie, strawberry banana	1.68	0.35	0.15	0.05	0.13	0.00	0	100.89
walnuts, roasted, unsalted	2.49	36.97	3.47	5.06	26.75	--	0	2.31
Lunch	14.56	7.72	1.87	2.35	1.42	0	129.08	435.19
rice cake, brown, salt free, organic	13.00	0.50	0	--	--	0	0	--
marinara sauce, tuscano, lowfat	0.08	0.13	0	--	--	0	0	--
chicken breast, ground, raw, lean, 98% fat free, organic	0	0.75	0	--	--	--	32.50	--
salad, spinach, without dressing	0.92	5.45	1.72	2.14	0.92	--	95.46	92.41
mayonnaise, low calorie, low sodium	0.55	0.90	0.15	0.21	0.49	--	1.12	2.93
water, tap	0	0	0	0	0	0	0	339.85
Afternoon Snack	9.76	10.27	3.51	2.50	2.50	0	11.34	239.71

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	OCarb (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Water (g)
 protein bar, dark chocolate coconut sea salt	9.00	8.00	2.00	2.50	2.50	0	0	--
 iced tea, unsweetened	0	0	0	0	0	0	0	239.71
 yogurt, greek, plain, whole milk	0.76	2.27	1.51	--	--	0	11.34	--
 Dinner	71.25	20.65	4.34	4.14	1.46	0	25.09	34.35
 sausage patty, beef, lower sodium	3.46	9.50	3.50	4.13	1.45	--	25.09	25.03
 salad dressing, olive oil & vinegar	0	5.33	0.83	--	--	0	0	--
 mashed potatoes, dry, 10071179032632, low sodium, food service	40.16	3.54	0	--	--	0	0	--
 salad mix, black bean quinoa, dry, lower sodium	27.60	2.24	0	--	--	0	0	--
 juice drink, orange, frozen, fortified, special dietary	--	0	0	0	0	0	0	--
 tomato sauce, unsalted	0.03	0.03	0.00	0.00	0.01	0	0	9.32
 Evening Snack	2.22	8.94	4.80	2.22	0.83	--	24.97	263.11
 smoothie, fruit & vegetable	2.22	0.33	0.16	0.07	0.05	--	0.57	47.42
 popcorn, air popped, unsalted	--	0.67	0.09	0.18	0.30	--	0	0.66
 milk, whole	0	7.93	4.55	1.98	0.48	--	24.40	215.04
% Recommendation		125.00	77.46	101.86	130.30		73.70	33.25

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit A-RAE (mcg)	Caroten (mcg)	Retinol (mcg)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)
Day 1 (11/28/2022)	1571.51	686.68	144.59	192.53	5171.17	1.09	1.61	17.74
Breakfast	213.16	10.66	21.32	0	90.52	0.43	0.59	13.47
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	0	0	0	0	0	--	--	--
avocado, fresh, sliced	213.16	10.66	21.32	0	90.52	0.10	0.19	2.54
sausage, chicken, lower sodium	--	0	--	0	0	0.34	0.40	10.93
juice, apple, fresh pressed	0	0	0	0	--	--	--	--
Morning Snack	23.30	1.73	2.33	0	17.29	0.23	0.15	0.97
smoothie, strawberry banana	23.30	1.16	2.33	0	10.48	0.04	0.06	0.33
walnuts, roasted, unsalted	--	0.57	--	0	6.80	0.19	0.09	0.64
Lunch	91.67	427.80	4.17	50.53	4501.05	0.12	0.29	1.38
rice cake, brown, salt free, organic	0	0	0	0	0	--	--	--
marinara sauce, tuscano, lowfat	41.67	2.08	4.17	0	--	--	--	--
chicken breast, ground, raw, lean, 98% fat free, organic	50.00	15.01	0	15.01	0	--	--	--
salad, spinach, without dressing	--	410.70	--	35.52	4501.05	0.12	0.29	1.38
mayonnaise, low calorie, low sodium	0	0	0	0	0	0	0.00	0
water, tap	0	0	0	0	0	0	0	0
Afternoon Snack	75.60	22.70	0	22.70	0	0	0	0

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Vit A-RAE (mcg)	Caroten (mcg)	Retinol (mcg)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)
 protein bar, dark chocolate coconut sea salt	0	0	0	0	0	--	--	--
 iced tea, unsweetened	--	0	--	0	0	0	0	0
 yogurt, greek, plain, whole milk	75.60	22.70	0	22.70	0	--	--	--
 Dinner	1163.47	62.00	116.35	3.83	26.44	0.13	0.07	1.13
 sausage patty, beef, lower sodium	--	3.83	--	3.83	0	0.13	0.06	1.02
 salad dressing, olive oil & vinegar	0	0	0	0	0	--	--	--
 mashed potatoes, dry, 10071179032632, low sodium, food service	0	0	0	0	0	--	--	--
 salad mix, black bean quinoa, dry, lower sodium	1119.06	55.95	111.91	0	--	--	--	--
 juice drink, orange, frozen, fortified, special dietary	--	--	--	--	--	--	--	--
 tomato sauce, unsalted	44.41	2.22	4.44	0	26.44	0.00	0.01	0.10
 Evening Snack	4.32	161.78	0.43	115.47	535.88	0.17	0.52	0.79
 smoothie, fruit & vegetable	--	49.33	--	5.67	518.80	0.02	0.06	0.26
 popcorn, air popped, unsalted	4.32	0.22	0.43	0	--	0.03	0.05	0.31
 milk, whole	--	112.24	--	109.80	17.08	0.11	0.41	0.22
% Recommendation		76.30				90.73	123.66	110.88

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)	Vit C (mg)	Vit D-IU (IU)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)
Day 1 (11/28/2022)	18.59	1.78	1.78	5.26	239.56	172.89	4.32	7.54
Breakfast	14.08	0.83	0.13	5.26	14.60	3.40	0.09	4.17
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	--	--	--	--	0	--	--	--
avocado, fresh, sliced	3.15	0.38	0	5.26	14.60	0	0	3.02
sausage, chicken, lower sodium	10.93	0.46	0.13	--	0	3.40	0.09	1.15
juice, apple, fresh pressed	--	--	--	--	0	--	--	--
Morning Snack	0.97	0.39	0	--	55.84	0	0	0.58
smoothie, strawberry banana	0.33	0.09	0	--	55.10	0	0	0.19
walnuts, roasted, unsalted	0.64	0.30	0	--	0.74	0	0	0.40
Lunch	1.38	0.22	0.35	--	23.42	22.20	0.55	2.20
rice cake, brown, salt free, organic	--	--	--	--	0	--	--	--
marinara sauce, tuscano, lowfat	--	--	--	--	1.00	--	--	--
chicken breast, ground, raw, lean, 98% fat free, organic	--	--	--	--	0	--	--	--
salad, spinach, without dressing	1.38	0.22	0.34	--	22.42	22.20	0.55	1.90
mayonnaise, low calorie, low sodium	--	0	0.00	--	0	0	0	0.30
water, tap	0	0	0	--	0	0	0	0
Afternoon Snack	0	0	0	--	0	0	0	0

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)	Vit C (mg)	Vit D-IU (IU)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)
 protein bar, dark chocolate coconut sea salt	--	--	--	--	0	--	--	--
 iced tea, unsweetened	0	0	0	--	0	0	0	0
 yogurt, greek, plain, whole milk	--	--	--	--	0	--	--	--
 Dinner	1.14	0.09	0.15	--	136.23	13.61	0.34	0.18
 sausage patty, beef, lower sodium	1.02	0.08	0.15	--	0	13.61	0.34	0.03
 salad dressing, olive oil & vinegar	--	--	--	--	0	--	--	--
 mashed potatoes, dry, 10071179032632, low sodium, food service	--	--	--	--	5.67	--	--	--
 salad mix, black bean quinoa, dry, lower sodium	--	--	--	--	9.85	--	--	--
 juice drink, orange, frozen, fortified, special dietary	--	--	--	--	120.00	--	--	--
 tomato sauce, unsalted	0.12	0.01	0	--	0.71	0	0	0.15
 Evening Snack	1.02	0.24	1.15	--	9.47	133.68	3.34	0.41
 smoothie, fruit & vegetable	0.26	0.11	0.06	--	9.47	6.80	0.17	0.24
 popcorn, air popped, unsalted	0.54	0.04	0	--	0	--	--	--
 milk, whole	0.22	0.09	1.10	--	0	126.88	3.17	0.17
% Recommendation	116.19	136.78	74.26	17.52	266.18		28.82	50.25

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Folate (mcg)	Fol_DFE (mcg DFE)	Vit K (mcg)	Panto (mg)	Calc (mg)	Chrom (mcg)	Copp (mg)	Fluor (mg)
Day 1 (11/28/2022)	470.72	470.72	496.05	2.23	1245.14	--	1.96	0.26
Breakfast	178.64	178.64	60.26	2.03	17.52	--	0.66	0.01
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	--	--	--	--	0	--	--	--
avocado, fresh, sliced	118.26	118.26	30.66	2.03	17.52	--	0.28	0.01
sausage, chicken, lower sodium	60.38	60.38	29.60	--	0	--	0.38	--
juice, apple, fresh pressed	--	--	--	--	0	--	--	--
Morning Snack	83.53	83.53	3.39	0.11	68.38	--	0.94	--
smoothie, strawberry banana	27.96	27.96	1.86	0.11	12.81	--	0.04	--
walnuts, roasted, unsalted	55.57	55.57	1.53	--	55.57	--	0.90	--
Lunch	165.39	165.39	387.32	0	102.34	--	0.15	0.24
rice cake, brown, salt free, organic	--	--	--	--	0	--	--	--
marinara sauce, tuscano, lowfat	--	--	--	--	0	--	--	--
chicken breast, ground, raw, lean, 98% fat free, organic	--	--	--	--	0	--	--	--
salad, spinach, without dressing	165.39	165.39	386.17	--	92.13	--	0.12	--
mayonnaise, low calorie, low sodium	0	0	1.15	--	0	--	0	--
water, tap	0	0	0	0	10.21	--	0.03	0.24
Afternoon Snack	0	0	0	--	209.10	--	0.01	--

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Folate (mcg)	Fol_DFE (mcg DFE)	Vit K (mcg)	Panto (mg)	Calc (mg)	Chrom (mcg)	Copp (mg)	Fluor (mg)
 protein bar, dark chocolate coconut sea salt	--	--	--	--	150.00	--	--	--
 iced tea, unsweetened	0	0	0	--	2.40	--	0.01	--
 yogurt, greek, plain, whole milk	--	--	--	--	56.70	--	--	--
 Dinner	1.77	1.77	0.29	0.03	538.73	--	0.03	0.00
 sausage patty, beef, lower sodium	0.85	0.85	0	--	0	--	0.02	--
 salad dressing, olive oil & vinegar	--	--	--	--	0	--	--	--
 mashed potatoes, dry, 10071179032632, low sodium, food service	--	--	--	--	0	--	--	--
 salad mix, black bean quinoa, dry, lower sodium	--	--	--	--	37.30	--	--	--
 juice drink, orange, frozen, fortified, special dietary	--	--	--	--	500.00	--	--	--
 tomato sauce, unsalted	0.92	0.92	0.29	0.03	1.43	--	0.01	0.00
 Evening Snack	41.39	41.39	44.79	0.07	309.07	--	0.16	--
 smoothie, fruit & vegetable	25.51	25.51	44.06	--	31.75	--	0.04	--
 popcorn, air popped, unsalted	3.68	3.68	--	0.07	1.60	--	0.07	--
 milk, whole	12.20	12.20	0.73	--	275.72	--	0.06	--
% Recommendation	117.68	117.68	413.37	44.68	124.51		217.83	6.40

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)
Day 1 (11/28/2022)	2.92	15.93	362.20	0.60	--	1030.90	4191.43	60.30
Breakfast	2.92	2.50	78.91	0.21	--	319.16	1953.85	27.20
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	--	0.60	--	--	--	--	62.54	--
avocado, fresh, sliced	2.92	0.80	42.34	0.21	--	75.92	708.10	0.58
sausage, chicken, lower sodium	--	1.10	36.57	--	--	243.24	903.22	26.62
juice, apple, fresh pressed	--	0	--	--	--	--	280.00	--
Morning Snack	--	2.02	104.73	0.23	--	214.82	464.40	3.24
smoothie, strawberry banana	--	0.37	15.14	0.23	--	18.64	214.36	0.47
walnuts, roasted, unsalted	--	1.65	89.58	--	--	196.18	250.04	2.78
Lunch	--	3.30	71.11	0	--	108.78	513.29	11.95
rice cake, brown, salt free, organic	--	0.36	--	--	--	--	--	--
marinara sauce, tuscano, lowfat	--	0.06	--	--	--	--	--	--
chicken breast, ground, raw, lean, 98% fat free, organic	--	0.36	--	--	--	--	--	--
salad, spinach, without dressing	--	2.52	67.71	--	--	108.78	512.82	11.88
mayonnaise, low calorie, low sodium	--	0	0	0	--	0	0.47	0.07
water, tap	--	0	3.40	0	--	0	0	0
Afternoon Snack	--	3.60	40.00	--	--	62.40	121.20	0

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)
 protein bar, dark chocolate coconut sea salt	--	3.60	40.00	--	--	--	--	--
 iced tea, unsweetened	--	0	0	--	--	62.40	45.60	0
 yogurt, greek, plain, whole milk	--	0	--	--	--	--	75.60	--
 Dinner	--	3.68	6.21	0.01	--	49.53	598.36	6.61
 sausage patty, beef, lower sodium	--	0.36	4.68	--	--	46.78	68.04	6.55
 salad dressing, olive oil & vinegar	--	0	--	--	--	--	--	--
 mashed potatoes, dry, 10071179032632, low sodium, food service	--	0	--	--	--	--	--	--
 salad mix, black bean quinoa, dry, lower sodium	--	3.22	--	--	--	--	--	--
 juice drink, orange, frozen, fortified, special dietary	--	--	--	--	--	--	500.00	--
 tomato sauce, unsalted	--	0.10	1.53	0.01	--	2.76	30.32	0.06
 Evening Snack	--	0.82	61.24	0.15	--	276.21	540.34	11.29
 smoothie, fruit & vegetable	--	0.32	15.88	--	--	23.25	170.10	0.68
 popcorn, air popped, unsalted	--	0.43	20.96	0.15	--	48.00	48.16	1.58
 milk, whole	--	0.07	24.40	--	--	204.96	322.08	9.03
% Recommendation	1.95	199.09	86.24	25.90		147.27	89.18	109.64

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	Chln (mg)	
Day 1 (11/28/2022)	1700.08	37.95	7.95	28.39	0	28.80	234.01	
Breakfast	399.54	2.98	0.27	3.63	0	0	54.58	
bread, sprouted whole grain, Ezekiel 4:9, flourless, low sodium	0	--	--	--	0	0	--	
avocado, fresh, sliced	10.22	0.93	0.18	2.44	0	0	20.73	
sausage, chicken, lower sodium	379.32	2.05	0.09	1.18	0	0	33.85	
juice, apple, fresh pressed	10.00	--	0	0	0	0	--	
Morning Snack	6.96	1.83	5.18	21.64	0	0	28.40	
smoothie, strawberry banana	5.82	0.08	0.03	0.04	0	0	6.17	
walnuts, roasted, unsalted	1.13	1.75	5.15	21.60	0	0	22.23	
Lunch	312.41	0.94	0.22	1.17	0	0	91.64	
rice cake, brown, salt free, organic	0	--	--	--	0	0	--	
marinara sauce, tuscano, lowfat	37.50	--	--	--	0	0	--	
chicken breast, ground, raw, lean, 98% fat free, organic	37.50	--	--	--	0	0	--	
salad, spinach, without dressing	218.67	0.90	0.15	0.75	0	0	91.24	
mayonnaise, low calorie, low sodium	5.13	0.01	0.07	0.42	0	0	0.40	
water, tap	13.61	0.03	0	0	0	0	0	
Afternoon Snack	172.59	0.02	2.00	0	0	28.80	0	

Spreadsheet: JB's Modified Diet

Spreadsheet cont.

Item Name	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	Chln (mg)	
 protein bar, dark chocolate coconut sea salt	135.00	--	2.00	--	0	--	--	
 iced tea, unsweetened	16.80	0.02	0	0	0	28.80	0	
 yogurt, greek, plain, whole milk	20.79	--	--	--	0	0	--	
 Dinner	690.55	30.58	0.06	1.35	0	0	17.98	
 sausage patty, beef, lower sodium	125.02	0.56	0.06	1.33	0	0	16.97	
 salad dressing, olive oil & vinegar	50.00	--	--	--	0	0	--	
 mashed potatoes, dry, 10071179032632, low sodium, food service	248.06	--	--	--	0	0	--	
 salad mix, black bean quinoa, dry, lower sodium	216.35	--	--	--	0	0	--	
 juice drink, orange, frozen, fortified, special dietary	50.00	30.00	0	0	0	0	--	
 tomato sauce, unsalted	1.12	0.02	0.00	0.01	0	0	1.01	
 Evening Snack	118.03	1.59	0.22	0.61	0	0	41.41	
 smoothie, fruit & vegetable	12.47	0.14	0.02	0.02	0	0	6.52	
 popcorn, air popped, unsalted	0.64	0.55	0.01	0.29	0	0	--	
 milk, whole	104.92	0.90	0.18	0.29	0	0	34.89	
% Recommendation	73.92	344.99	279.60	112.38			42.55	