

Fat should account for 20-35% of daily calories, and should be primarily composed of healthy, unsaturated fats.

## Friday, February 25, 2011

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**Tip:** Additional information is displayed when you place your mouse over the number in each cell.

■ Very Healthy   
 ■ Healthy   
 ■ Unhealthy   
 ■ Very Unhealthy

Breakfast														
Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Vegan Fruit Smoothie 2xDole/flax/ban/xSP 1/2 recipe	221	7.0	1	0	0	0	43.0	6.0	24.0	2.0	350	46.5	30	1.5
Clif ~ Clif Bar ~ Chocolate Chip 1 bar	240	5.0	1.5	0	0	140	44.0	5.0	22.0	10.0	1500	60.0	250	4.5
<b>Totals</b>	<b>461</b>	<b>12.0</b>	<b>2.5</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>87.0</b>	<b>11.0</b>	<b>46.0</b>	<b>12.0</b>	<b>1850</b>	<b>106.5</b>	<b>280</b>	<b>6.0</b>
Percentage of Calories <sup>†</sup>		21%	4%	0%			69%	9%	37%	10%				
Snack #1														
Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Healthy Home Market ~ Raw vegetable juice: Green Geenie 12 ounces	50	0.0	0	0	0	90	10.0	-	-	2.0	-	-	-	-
<b>Totals</b>	<b>50</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>90</b>	<b>10.0</b>	<b>-</b>	<b>-</b>	<b>2.0</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
Percentage of Calories <sup>†</sup>				0%			83%	0%	0%	17%	0%	0%	0%	0%
Lunch														
Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Trader Joe's ~ Bruschetta ~ Mixed Grilled Vegetables 1 tbsp	30	3.0	0	0	0	75	1.0	0.0	0.5	0.0	200	6.0	0	0.0
Food for Life ~ Ezekiel 4:9 ~ Bread ~ Sprouted Grain ~ Cinnamon Raisin Organic 2 slices	160	0.0	0	0	0	130	36.0	4.0	10.0	6.0	0	0.0	0	1.4
Dole ~ Lettuce ~ Romaine	15	0.0	0	0	0	5	3.0	2.0	1.0	1.0	5000	21.0	20	0.7

3 leaves															
Lightlife ~ Seitan ~ Organic Teriyaki 3 oz	110	0.0	0	0	0	380	6.0	1.0	4.0	19.0	-	-	-	-	
Vegan Fruit Smoothie 2xDole/flax/ban/xSP 1/2 recipe	221	7.0	1	0	0	0	43.0	6.0	24.0	2.0	350	46.5	30	1.5	
<b>Totals</b>	<b>536</b>	<b>10.0</b>	<b>1.0</b>	<b>0</b>	<b>0</b>	<b>590</b>	<b>89.0</b>	<b>13.0</b>	<b>39.5</b>	<b>28.0</b>	<b>5550</b>	<b>73.5</b>	<b>50</b>	<b>3.6</b>	
Percentage of Calories <sup>†</sup>		<b>16%</b>	<b>2%</b>	<b>0%</b>			<b>64%</b>	<b>9%</b>	<b>28%</b>	<b>20%</b>					

## Snack #2

Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Blue Diamond ~ Almonds ~ Oven Roasted ~ Sea Salt 24 nuts	170	15.0	1	0	0	135	5.0	3.0	1.0	6.0	0	0.0	80	1.1
Apple w/ Skin ~ Raw 1 apple	81	0.5	0.1	0	0	0	21.0	3.7	14.0	0.3	50	7.8	10	0.2
Beans ~ White Mature Seeds ~ Canned 1/4 cup	76	0.2	0	0	0	3	14.4	3.1	-	4.8	0	0.0	48	2.0
Bread ~ Rye 1 slice	82	1.1	0.2	-	0	211	15.5	1.9	0.1	2.7	3	0.1	23	0.9
<b>Totals</b>	<b>409</b>	<b>16.8</b>	<b>1.3</b>	<b>0</b>	<b>0</b>	<b>349</b>	<b>55.9</b>	<b>11.7</b>	<b>15.1</b>	<b>13.8</b>	<b>53</b>	<b>7.9</b>	<b>161</b>	<b>4.2</b>
Percentage of Calories <sup>†</sup>		<b>35%</b>	<b>3%</b>				<b>52%</b>	<b>11%</b>		<b>13%</b>				

## Dinner

Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Uncle Ben's ~ Ready Rice ~ Whole Grain Medley ~ Brown & Wild 3/4 cup	165	2.6	0	0	0	548	31.5	2.2	0.0	4.5	0	0.9	15	0.5
Squash ~ Winter ~ Butternut Baked ~ w/ Salt 3/4 cup	62	0.1	0	0	0	369	16.1	-	-	1.4	10764	23.2	63	0.9
Tofurky ~ Tempeh Strips ~ Coconut Curry Marinated 6 slices	130	3.0	1	0	0	310	13.0	5.0	8.0	13.0	0	0.0	0	1.1
Edamame ~ Frozen ~ Organic in Pods	200	6.0	0	-	0	60	18.0	8.0	2.0	16.0	900	10.8	100	3.2

1 cup														
Wine ~ Table ~ White 8 fl oz	160	0.0	0	0	0	12	2.0	0.0	0.0	0.2	0	0.0	20	0.7
<b>Totals</b>	<b>717</b>	<b>11.7</b>	<b>1.0</b>	<b>0</b>	<b>0</b>	<b>1299</b>	<b>80.6</b>	<b>15.2</b>	<b>10.0</b>	<b>35.1</b>	<b>11664</b>	<b>34.9</b>	<b>198</b>	<b>6.4</b>
Percentage of Calories <sup>†</sup>		15%	1%	††			45%	††	††	20%				

**Daily Totals**

	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Totals</b>	<b>2,173</b>	<b>50.5</b>	<b>5.8</b>	<b>0</b>	<b>0</b>	<b>2468</b>	<b>322.5</b>	<b>50.9</b>	<b>110.6</b>	<b>90.9</b>	<b>19117</b>	<b>222.8</b>	<b>689</b>	<b>20.2</b>
Percentage of Calories <sup>†</sup>		20%	2.3%	††			57%	††	††	16%	††	††	††	††

<sup>†</sup> Typical Percentages: Fat 20-35%, Carbohydrates 45-65%, Protein 10-35%, and Saturated Fats less than 9%  
<sup>††</sup> Incomplete data