

# healthy's Food Details Report

Date: 07/09/13  
Your plan is based on a **2800** Calorie allowance.

Food	Amount	Grains	Whole Grains	Refined Grains	Vegetables	Dark Green	Red & Orange	Beans & Peas	Starchy	Other	Fruits	Whole Fruit	Fruit Juice	Dairy	Milk & Yogurt	Cheese	Protein Foods	Meat, Poultry & Eggs	Nuts, Seeds & Soy	Seafood	Oils	Protein	Protein (% Calories)***	Carbohydrate (g)***	Carbohydrate (% Calories)***	Dietary Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Linoleic Acid (g)***	Linoleic Acid (% Calories)***	α-Linolenic Acid (g)***	α-Linolenic Acid (% Calories)***	Omega 3 - EPA	Omega 3 - DHA	Cholesterol	Calcium	Potassium	Sodium**	Copper	Iron	Magnesium	Phosphorus	Selenium	Zinc	Vitamin A	Vitamin B6	Vitamin B12	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Folate	Thiamin	Riboflavin	Niacin	Choline
Avocado, raw	2 California avocado (black skin)	0 oz.	0 oz.	0 oz.	1 1/4 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	1 1/4 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz. per week	0 tsp.	5 g	2% Calories	23 g	7% Calories	18 g	29% Calories	4% Calories	19% Calories	4% Calories	5 g	3% Calories	0.3 g	0.2% Calories	0 mg	0 mg	0 mg	33 mg	1319 mg	19 mg	517 µg	1 mg	79 mg	141 mg	1 µg	2 mg	19 µg RAE	0.7 mg	0.0 µg	27 mg	0 µg	6 mg AT	57 µg	220 µg DFE	0.2 mg	0.4 mg	5 mg	39 mg
Carrot, raw	2 large carrot (7-1/4" to 8-1/2" long)	0 oz.	0 oz.	0 oz.	1 cup(s) per week	0 cup(s) per week	1 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz. per week	0 tsp.	1 g	0% Calories	14 g	4% Calories	4 g	0% Calories	0% Calories	0% Calories	0% Calories	0 g	0% Calories	0.0 g	0.0% Calories	0 mg	0 mg	0 mg	48 mg	461 mg	99 mg	65 µg	0 mg	17 mg	50 mg	0 µg	0 mg	1202 µg RAE	0.2 mg	0.0 µg	8 mg	0 µg	1 mg AT	19 µg	27 µg DFE	0.1 mg	0.1 mg	1 mg	13 mg
Ensure Nutrition Shake	2 can (11 fl oz)	0 oz.	0 oz.	0 oz.	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	2 1/2 cup(s) per week	2 1/2 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz.	0 oz. per week	2 tsp.	24 g	8% Calories	74 g	24% Calories	0 g	7% Calories	1% Calories	2% Calories	4% Calories	5 g	4% Calories	0.1 g	0.0% Calories	0 mg	0 mg	14 mg	546 mg	1241 mg	1159 mg	1091 µg	10 mg	218 mg	546 mg	14 µg	8 mg	818 µg RAE	1.1 mg	3.3 µg	33 mg	8 µg	11 mg AT	205 µg	218 µg DFE	0.8 mg	1.0 mg	11 mg	109 mg
Multigrain chips (Sunchips)	1 single serving bag (1 oz)	1 1/2 oz.	0 oz.	1 1/2 oz.	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz.	0 oz. per week	2 tsp.	2 g	1% Calories	18 g	6% Calories	1 g	5% Calories	0% Calories	3% Calories	2% Calories	1 g	1% Calories	0.6 g	0.5% Calories	0 mg	0 mg	0 mg	1 mg	36 mg	118 mg	21 µg	0 mg	9 mg	26 mg	3 µg	0 mg	2 µg RAE	0.0 mg	0.0 µg	0 mg	0 µg	1 mg AT	5 µg	4 µg DFE	0.0 mg	0.0 mg	0 mg	2 mg
Tomato, raw	1 large whole (3" across)	0 oz.	0 oz.	0 oz.	1 cup(s) per week	0 cup(s) per week	1 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz.	0 oz. per week	0 tsp.	2 g	1% Calories	7 g	2% Calories	2 g	0% Calories	0% Calories	0% Calories	0% Calories	0 g	0% Calories	0.0 g	0.0% Calories	0 mg	0 mg	0 mg	18 mg	431 mg	9 mg	107 µg	0 mg	20 mg	44 mg	0 µg	0 mg	76 µg RAE	0.1 mg	0.0 µg	23 mg	0 µg	1 mg AT	14 µg	27 µg DFE	0.1 mg	0.0 mg	1 mg	12 mg
Tortilla, corn	2 medium tortilla (6" across)	2 oz.	0 oz.	2 oz.	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz.	0 oz. per week	0 tsp.	3 g	1% Calories	21 g	7% Calories	3 g	1% Calories	0% Calories	0% Calories	0% Calories	1 g	0% Calories	0.0 g	0.0% Calories	0 mg	0 mg	0 mg	39 mg	89 mg	22 mg	74 µg	1 mg	35 mg	151 mg	3 µg	1 mg	0 µg RAE	0.1 mg	0.0 µg	0 mg	0 µg	0 mg AT	0 µg	2 µg DFE	0.0 mg	0.0 mg	1 mg	6 mg
Water, bottled, unsweetened	2 1/2 bottle (16.9 fl oz or 500 ml)	0 oz.	0 oz.	0 oz.	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 cup(s) per week	0 oz.	0 oz.	0 oz.	0 oz.	0 oz. per week	0 tsp.	0 g	0% Calories	0 g	0% Calories	0 g	0% Calories	0% Calories	0% Calories	0% Calories	0 g	0% Calories	0.0 g	0.0% Calories	0 mg	0 mg	0 mg	125 mg	0 mg	25 mg	88 µg	0 mg	25 mg	0 mg	0 µg	0 mg	0 µg RAE	0.0 mg	0.0 µg	0 mg	0 µg	0 mg AT	0 µg	0 µg DFE	0.0 mg	0.0 mg	0 mg	0 mg
<b>Your Menu Total</b>		<b>3 1/2 oz.</b>	<b>0 oz.</b>	<b>3 1/2 oz.</b>	<b>4 cup(s) per week</b>	<b>0 cup(s) per week</b>	<b>2 1/4 cup(s) per week</b>	<b>0 cup(s) per week</b>	<b>0 cup(s) per week</b>	<b>1 1/4 cup(s) per week</b>	<b>0 cup(s) per week</b>	<b>0 cup(s) per week</b>	<b>2 1/2 cup(s) per week</b>	<b>2 1/2 cup(s) per week</b>	<b>0 cup(s) per week</b>	<b>0 oz.</b>	<b>0 oz.</b>	<b>0 oz.</b>	<b>0 oz.</b>	<b>0 oz. per week</b>	<b>3 tsp.</b>	<b>37 g</b>	<b>12% Calories</b>	<b>158 g</b>	<b>50% Calories</b>	<b>28 g</b>	<b>42% Calories</b>	<b>6% Calories</b>	<b>24% Calories</b>	<b>9% Calories</b>	<b>12 g</b>	<b>9% Calories</b>	<b>1.1 g</b>	<b>0.8% Calories</b>	<b>0 mg</b>	<b>0 mg</b>	<b>14 mg</b>	<b>809 mg</b>	<b>3577 mg</b>	<b>1452 mg</b>	<b>1962 µg</b>	<b>13 mg</b>	<b>403 mg</b>	<b>958 mg</b>	<b>22 µg</b>	<b>11 mg</b>	<b>2118 µg RAE</b>	<b>2.3 mg</b>	<b>3.3 µg</b>	<b>92 mg</b>	<b>8 µg</b>	<b>20 mg AT</b>	<b>300 µg</b>	<b>500 µg DFE</b>	<b>1.2 mg</b>	<b>1.5 mg</b>	<b>19 mg</b>	<b>181 mg</b>
<b>Target or Limit</b>		<b>10 oz.</b>	<b>≥ 5 oz.</b>	<b>≤ 5 oz.</b>	<b>3 1/2 cup(s) per week</b>	<b>2 1/2 cup(s) per week</b>	<b>7 cup(s) per week</b>	<b>2 1/2 cup(s) per week</b>	<b>7 cup(s) per week</b>	<b>5 1/2 cup(s) per week</b>	<b>2 1/2 cup(s) per week</b>	<b>No specific target</b>	<b>No specific target</b>	<b>3 cup(s) per week</b>	<b>No specific target</b>	<b>No specific target</b>	<b>7 oz.</b>	<b>No specific target</b>	<b>No specific target</b>	<b>11 oz. per week</b>	<b>8 tsp.</b>	<b>56 g</b>	<b>10% Calories</b>	<b>130 g</b>	<b>45% Calories</b>	<b>38 g</b>	<b>20% Calories</b>	<b>&lt; 10% Calories</b>	<b>No Daily Target or Limit</b>	<b>No Daily Target or Limit</b>	<b>17 g</b>	<b>5% Calories</b>	<b>1.6 g</b>	<b>0.6% Calories</b>	<b>No Daily Target or Limit</b>	<b>No Daily Target or Limit</b>	<b>&lt; 300mg</b>	<b>1000 mg</b>	<b>4700 mg</b>	<b>&lt; 2300 mg</b>	<b>900 µg</b>	<b>8 mg</b>	<b>400 mg</b>	<b>700 mg</b>	<b>55 µg</b>	<b>11 mg</b>	<b>900 µg RAE</b>	<b>1.3 mg</b>	<b>2.4 µg</b>	<b>90 mg</b>	<b>15 µg</b>	<b>15 mg AT</b>	<b>120 µg</b>	<b>400 µg DFE</b>	<b>1.2 mg</b>	<b>1.3 mg</b>	<b>16 mg</b>	<b>550 mg</b>

\*Limit your intake of Empty Calories. Empty Calories are from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

\*\*If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

\*\*\*Nutrients that appear twice (**protein**, **carbohydrate**, **linoleic acid**, and **α-linolenic acid**) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range. You may see different messages in the status column for these 2 different recommendations.

**Note:** If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.



