

Spreadsheet based on the NRC Nutrient Requirements for Dogs - 2006

First: Determine your dogs weight in kilograms. Convert from lbs to kgs here.

Enter your dog's weight in pounds and press Enter. The corresponding weight in kilos and the metabolic body weight will automatically appear.

Wgt in lbs	Wgt in kg	Metabolic BW
85	38.636	15.496984

Now determine your dogs activity level from the chart below. This affects caloric requirements

Inactive pet dog	95				
Older/senior pet dog	105				
Adult dog moderate activity	130				
Adult dog active	140				
Adult dog active small breed (terrier)	180				
Adult dog active lrg/gnt breed (Great Dane)	200				

Activity level			
Enter your dogs activity level. Press Enter	130		

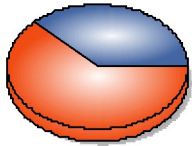
Your dog's daily requirements will appear in the bright yellow column below. Known minimal requirements in the light yellow boxes and the known safe

NUTRIENT INFORMATION	UNIT	REQUIREMENTS BASED ON METABOLIC BODY WEIGHT			
----------------------	------	---	--	--	--

		Daily Requirement	Min.Requirement	Safe Upper Limit	IU's
CALORIES	kcal	2014.6			
VITAMINS					
A	RE	774.85		32528.16934	2580.24783 IU's
D	mcg	6.9736		40.29215831	278.9457114 IU's
E	mg	15.497			23.12982681 IU's
K	mg	0.8368			
Thiamin (B1)	mg	1.1468			
Riboflavin (B2)	mg	2.65	2.138583787		
Niacin (B3)	mg	8.8333			
Pantothenic Acid (B5)	mg	7.5935			
Pyridoxine (B6)	mg	0.7594			
Cobalamin (B12)	mcg	17.822			
Folic Acid	mcg	137.92			
Choline	mg	867.83			
MINERALS					
Calcium	mg	2014.6	0.914322054		
Phosphorus	mg	1549.7			
Potassium	mg	2169.6			
Sodium	mg	406.02	152.6452921		
Chloride	mg	619.88			
Magnesium	mg	305.29	91.58717523		
Iron	mg	15.497			
Copper	mg	3.0994			
Manganese	mg	2.4795			
Zinc	mg	30.994			
Iodine	mcg	458.71	365.7288216		
Selenium	mcg	183.95			
MINERAL RATIOS					
Calcium : Phosphorus		1.3			
Zinc : Copper		10			
Potassium : Sodium		5.3435			
Calcium : Magnesium		6.599			
PROTEIN					
Crude Protein	grams	50.83	40.60209799		
Amino Acids					
Arginine	gr	1.7047	1.425722525		
Histadine	gr	0.9608	0.74385523		
Isoleucine	gr	1.8596	1.518704429		
Methionine	gr	1.7047	1.317243637		
Leucine	gr	3.4093	2.789457114		
Lysine	gr	1.7047	1.425722525		
Phenylalanine	gr	2.3245	1.859638076		
Threonine	gr	2.1696	1.704668236		
Trypophan	gr	0.7129	0.557891423		
Valine	gr	2.4795	2.014607915		
Phenylalanine and Tyrosine	gr	3.7193	2.944426953		
Methionine and Cystine	gr	3.2544	2.634487274		
FAT					
Total Fat	gr	27.895		167.3674268	
FATTY ACIDS					
Linoleic Acid (Omega-6)	gr	5.5789			
Alpha-Linolenic Acid (Omega-3)	gr	0.217			
EPA/DHA (anti-inflammatory Omega-3)	gr	0.4649		5.733884067	

Mackerel

Meal grams: 453.6g/16.0oz



Protein: 37%
Carbohydrates: 0%
Fat: 63%

MEAL ITEMS
ATLANTIC MACKEREL, RAW 1 lb

<i>Nutrition Facts</i>		
Serving Size: 1 serving (453.6g)		
Servings: 1		
Amount Per Serving		
Calories	930	Calories from Fat 570
% Daily Value*		
Total Fat	63g	97%
Saturated Fat	15g	74%
Trans Fat	0g	
Cholesterol	320mg	106%
Sodium	410mg	17%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	84g	
Vitamin A	15%	● Vitamin C 4%
Calcium	6%	● Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

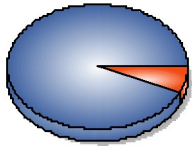
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	930		Lycopene (mcg)	0	
Food Energy (kj)	3892		Lutein+zeaxanthin (mcg)	0	
Protein (g)	84	169%	Vit-A IU	758	15%
Calories from Protein	347		Vit-B1 Thiamine (mg)	1	53%
% Calories from Protein	37		Vit-B2 Riboflavin (mg)	1	83%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	41	206%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	4	39%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	2	90%
Glucose (g)	0		Choline, total (mg)	295	
Fructose (g)	0		Total Folate (mcg)	5	1%
Galactose (g)	0		Folate, Food (mcg)	5	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	5	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	40	659%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	2	3%
% Calories from Carbohydrates	0		Vit-D (IU)	2917	729%
Fat (g)	63	97%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	15	74%	Vit-D3 cholecalciferol (mcg)	73	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	73	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	7	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	25		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	15		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	11		Vit-E (IU)	10	34%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	583		Vit-K1 Phylloquinone(mcg)	23	28%
% Calories from Fat	63		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	318	106%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	54	5%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	6		Magnesium (mg)	345	86%
Water (g)	288		Phosphorus (mg)	984	98%
Caffeine (mg)	0		Potassium (mg)	1424	
Theobromine (mg)	0		Sodium (mg)	408	17%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	17%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	227		Iron (mg)	7	41%
Retinol (mcg)	227		Manganese (mg)	0	3%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	200	286%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	3	19%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Tuna

Meal grams: 85.0g/3.0oz



Protein: 93%
Carbohydrates: 0%
Fat: 7%

MEAL ITEMS

TUNA, IN WATER, canned, drained solids 3 oz

<i>Nutrition Facts</i>		
Serving Size: 1 serving (85.0g)		
Servings: 1		
Amount Per Serving		
Calories	100	Calories from Fat 5
% Daily Value*		
Total Fat	0.5g	1%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	25mg	9%
Sodium	290mg	12%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	22g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

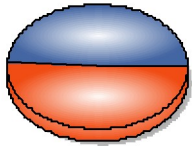
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	99		Lycopene (mcg)	0	
Food Energy (kj)	414		Lutein+zeaxanthin (mcg)	0	
Protein (g)	22	43%	Vit-A IU	48	1%
Calories from Protein	92		Vit-B1 Thiamine (mg)	0	2%
% Calories from Protein	93		Vit-B2 Riboflavin (mg)	0	4%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	11	56%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	0	2%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	0	15%
Glucose (g)	0		Choline, total (mg)	25	
Fructose (g)	0		Total Folate (mcg)	3	1%
Galactose (g)	0		Folate, Food (mcg)	3	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	3	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	3	42%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	154	38%
Fat (g)	1	1%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	1%	Vit-D3 cholecalciferol (mcg)	4	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	4	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	7		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	7		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	26	9%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	2	
Calories From Alcohol	0		Calcium (mg)	9	1%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	23	6%
Water (g)	63		Phosphorus (mg)	139	14%
Caffeine (mg)	0		Potassium (mg)	201	
Theobromine (mg)	0		Sodium (mg)	287	12%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	2%
Campesterol (mg)	0*		Fluoride (mcg)	16	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	14		Iron (mg)	1	7%
Retinol (mcg)	14		Manganese (mg)	0	0%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	68	98%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	1	4%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Sardine

Meal grams: 85.0g/3.0oz



Protein: 49%
 Carbohydrates: 0%
 Fat: 51%

MEAL ITEMS

SARDINE, ATLANTIC, IN OIL, canned, drained solids w/bone 3 oz

<i>Nutrition Facts</i>		
Serving Size: 1 serving (85.0g)		
Servings: 1		
Amount Per Serving		
Calories	180	Calories from Fat 90
% Daily Value*		
Total Fat	10g	15%
Saturated Fat	1.5g	6%
Trans Fat	0g	
Cholesterol	120mg	40%
Sodium	430mg	18%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	21g	
Vitamin A	2%	● Vitamin C 0%
Calcium	30%	● Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.		

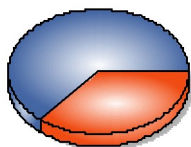
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	177		Lycopene (mcg)	0	
Food Energy (kj)	740		Lutein+zeaxanthin (mcg)	0	
Protein (g)	21	42%	Vit-A IU	92	2%
Calories from Protein	86		Vit-B1 Thiamine (mg)	0	5%
% Calories from Protein	49		Vit-B2 Riboflavin (mg)	0	11%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	4	22%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	5%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	0	7%
Glucose (g)	0		Choline, total (mg)	64	
Fructose (g)	0		Total Folate (mcg)	9	2%
Galactose (g)	0		Folate, Food (mcg)	9	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	9	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	8	127%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	164	41%
Fat (g)	10	15%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	1	6%	Vit-D3 cholecalciferol (mcg)	4	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	4	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	2	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	3		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	4		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	1		Vit-E (IU)	3	9%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	90		Vit-K1 Phylloquinone(mcg)	2	3%
% Calories from Fat	51		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	121	40%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	325	32%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	3		Magnesium (mg)	33	8%
Water (g)	51		Phosphorus (mg)	417	42%
Caffeine (mg)	0		Potassium (mg)	338	
Theobromine (mg)	0		Sodium (mg)	429	18%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	8%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	27		Iron (mg)	2	14%
Retinol (mcg)	27		Manganese (mg)	0	5%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	45	64%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	1	7%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Salmon

Meal grams: 85.0g/3.0oz



Protein: 64%
 Carbohydrates: 0%
 Fat: 36%

MEAL ITEMS

SALMON, PINK, canned, solids w/bone & liquid 3 oz

<i>Nutrition Facts</i>	
Serving Size: 1 serving (85.0g)	
Servings: 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 340mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

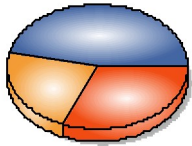
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	110		Lycopene (mcg)	0	
Food Energy (kj)	458		Lutein+zeaxanthin (mcg)	0	
Protein (g)	17	33%	Vit-A IU	48	1%
Calories from Protein	70		Vit-B1 Thiamine (mg)	0	1%
% Calories from Protein	64		Vit-B2 Riboflavin (mg)	0	9%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	6	28%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	0	5%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	0	13%
Glucose (g)	0		Choline, total (mg)	75	
Fructose (g)	0		Total Folate (mcg)	13	3%
Galactose (g)	0		Folate, Food (mcg)	13	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	13	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	4	62%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	465	116%
Fat (g)	4	6%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	1	4%	Vit-D3 cholecalciferol (mcg)	12	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	12	
Trans-Monoenoic Fat (g)	0		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	1		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0	
Omega-3 (g)	1		Vit-E (IU)	1	3%
Omega-6 (g)	0		Vit-E, added (mg)	0	
Calories from Fat	40		Vit-K1 Phylloquinone(mcg)	0	1%
% Calories from Fat	36		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	47	16%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	183	18%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	26	6%
Water (g)	63		Phosphorus (mg)	286	29%
Caffeine (mg)	0		Potassium (mg)	292	
Theobromine (mg)	0		Sodium (mg)	343	14%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	3%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	14		Iron (mg)	1	3%
Retinol (mcg)	14		Manganese (mg)	0	1%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	28	40%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	1	4%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Oyster

Meal grams: 85.0g/3.0oz



Protein: 47%
Carbohydrates: 22%
Fat: 31%

MEAL ITEMS

OYSTER, EASTERN, WILD, COOKED, dry heat 3 oz

<i>Nutrition Facts</i>	
Serving Size: 1 serving (85.0g)	
Servings: 1	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 110mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 35%

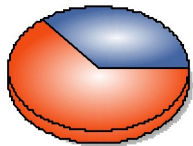
*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	67		Lycopene (mcg)	0	
Food Energy (kj)	281		Lutein+zeaxanthin (mcg)	0	
Protein (g)	8	15%	Vit-A IU	49	1%
Calories from Protein	31		Vit-B1 Thiamine (mg)	0	1%
% Calories from Protein	47		Vit-B2 Riboflavin (mg)	0	6%
Carbohydrates (g)	4	1%	Vit-B3 Niacin (mg)	1	6%
Starch (g)	1		Vit-B5 Pantothenic Acid (mg)	0	3%
Sugars (g)	1		Vit-B6 Pyridoxine (mg)	0	2%
Glucose (g)	1		Choline, total (mg)	86	
Fructose (g)	0		Total Folate (mcg)	9	2%
Galactose (g)	0		Folate, Food (mcg)	9	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	9	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	11	183%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	4		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	15		Vit-C (mg)	0	0%
% Calories from Carbohydrates	22		Vit-D (IU)	1	0%
Fat (g)	2	3%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	1	3%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	2	6%
Omega-6 (g)	0		Vit-E, added (mg)	0	
Calories from Fat	21		Vit-K1 Phylloquinone(mcg)	1	2%
% Calories from Fat	31		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	53	18%	Vit-K2 MK4 Menaquinone-4 (mcg)	3	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	78	8%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	24	6%
Water (g)	71		Phosphorus (mg)	128	13%
Caffeine (mg)	0		Potassium (mg)	206	
Theobromine (mg)	0		Sodium (mg)	112	5%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	4	189%
Campesterol (mg)	0*		Fluoride (mcg)	54	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	17		Iron (mg)	6	34%
Retinol (mcg)	17		Manganese (mg)	0	20%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	26	37%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	52	346%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Beef Ground
Meal grams: 136.1g/4.8oz



Protein: 36%
Carbohydrates: 0%
Fat: 64%

MEAL ITEMS
GROUND BEEF, RAW, 85% LEAN, hamburger, 15% fat .3 lb

<i>Nutrition Facts</i>	
Serving Size: 1 serving (136.1g)	
Servings: 1	
Amount Per Serving	
Calories 290	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 8g	40%
Trans Fat 1.5g	
Cholesterol 95mg	31%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

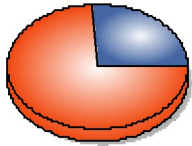
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	293		Lycopene (mcg)	0	
Food Energy (kj)	1222		Lutein+zeaxanthin (mcg)	0	
Protein (g)	25	51%	Vit-A IU	0	0%
Calories from Protein	104		Vit-B1 Thiamine (mg)	0	4%
% Calories from Protein	36		Vit-B2 Riboflavin (mg)	0	12%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	6	32%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	7%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	0	24%
Glucose (g)	0		Choline, total (mg)	83	
Fructose (g)	0		Total Folate (mcg)	8	2%
Galactose (g)	0		Folate, Food (mcg)	8	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	8	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	3	49%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	5	1%
Fat (g)	20	31%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	8	40%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	1		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	9		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	1	2%
Omega-6 (g)	0		Vit-E, added (mg)	0	
Calories from Fat	189		Vit-K1 Phylloquinone(mcg)	2	2%
% Calories from Fat	64		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	93	31%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	10	
Calories From Alcohol	0		Calcium (mg)	20	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	24	6%
Water (g)	89		Phosphorus (mg)	233	23%
Caffeine (mg)	0		Potassium (mg)	401	
Theobromine (mg)	0		Sodium (mg)	90	4%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	5%
Campesterol (mg)	0*		Fluoride (mcg)	30	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	3	16%
Retinol (mcg)	0		Manganese (mg)	0	1%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	22	31%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	6	41%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

roast

Meal grams: 226.8g/8.0oz



Protein: 26%
 Carbohydrates: 0%
 Fat: 74%

MEAL ITEMS

BEEF CHUCK, BLADE ROAST, RAW (TOP BLADE) .5 lb

<i>Nutrition Facts</i>		
Serving Size: 1 serving (226.8g)		
Servings: 1		
Amount Per Serving		
Calories	600	Calories from Fat 430
% Daily Value*		
Total Fat	48g	74%
Saturated Fat	19g	97%
Trans Fat	0g	
Cholesterol	165mg	54%
Sodium	150mg	6%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	39g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

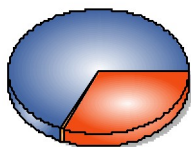
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	601		Lycopene (mcg)	0	
Food Energy (kj)	2515		Lutein+zeaxanthin (mcg)	0	
Protein (g)	39	77%	Vit-A IU	0	0%
Calories from Protein	157		Vit-B1 Thiamine (mg)	0	14%
% Calories from Protein	26		Vit-B2 Riboflavin (mg)	0	23%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	5	25%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	7%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	1	40%
Glucose (g)	0		Choline, total (mg)	161	
Fructose (g)	0		Total Folate (mcg)	11	3%
Galactose (g)	0		Folate, Food (mcg)	11	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	11	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	8	127%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	0*	0%
Fat (g)	48	74%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	19	97%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0*	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	21		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	2		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0*		Vit-E (IU)	0*	0%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	444		Vit-K1 Phylloquinone(mcg)	0*	0%
% Calories from Fat	74		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	163	54%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	24	
Calories From Alcohol	0		Calcium (mg)	23	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	39	10%
Water (g)	136		Phosphorus (mg)	363	36%
Caffeine (mg)	0		Potassium (mg)	606	
Theobromine (mg)	0		Sodium (mg)	152	6%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	8%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	5	25%
Retinol (mcg)	0*		Manganese (mg)	0	1%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	37	52%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	11	74%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Beef Cubes

Meal grams: 226.8g/8.0oz



Protein: 68%
 Carbohydrates: 0%
 Fat: 32%

MEAL ITEMS

BEEF CHUCK FOR STEW, RAW .5 lb

<i>Nutrition Facts</i>	
Serving Size: 1 serving (226.8g)	
Servings: 1	
Amount Per Serving	
Calories 290	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 4.5g	22%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 49g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

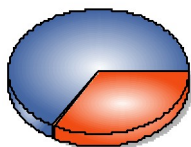
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	290		Lycopene (mcg)	0	
Food Energy (kj)	1213		Lutein+zeaxanthin (mcg)	0	
Protein (g)	49	99%	Vit-A IU	14	0%
Calories from Protein	197		Vit-B1 Thiamine (mg)	0	12%
% Calories from Protein	68		Vit-B2 Riboflavin (mg)	0	23%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	11	57%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	2	15%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	1	64%
Glucose (g)	0		Choline, total (mg)	163	
Fructose (g)	0		Total Folate (mcg)	7	2%
Galactose (g)	0		Folate, Food (mcg)	7	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	7	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	5	87%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	1		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	9	2%
Fat (g)	10	16%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	4	22%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	1		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	1		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	5		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	1	2%
Omega-6 (g)	1		Vit-E, added (mg)	0	
Calories from Fat	91		Vit-K1 Phylloquinone(mcg)	3	4%
% Calories from Fat	32		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	145	48%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	42	
Calories From Alcohol	0		Calcium (mg)	29	3%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	3		Magnesium (mg)	48	12%
Water (g)	164		Phosphorus (mg)	483	48%
Caffeine (mg)	0		Potassium (mg)	832	
Theobromine (mg)	0		Sodium (mg)	181	8%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	10%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	5		Iron (mg)	5	27%
Retinol (mcg)	5		Manganese (mg)	0	2%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	55	78%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	12	82%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Beef Heart

Meal grams: 226.8g/8.0oz



Protein: 66%
 Carbohydrates: 1%
 Fat: 33%

MEAL ITEMS

BEEF HEART, RAW, variety meats & by-products .5 lb

<i>Nutrition Facts</i>		
Serving Size: 1 serving (226.8g)		
Servings: 1		
Amount Per Serving		
Calories	250	Calories from Fat 80
% Daily Value*		
Total Fat	9g	14%
Saturated Fat	3g	16%
Trans Fat	0g	
Cholesterol	280mg	94%
Sodium	220mg	9%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	40g	
Vitamin A	0%	Vitamin C 8%
Calcium	2%	Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet.

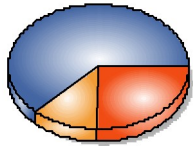
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	254		Lycopene (mcg)	39	
Food Energy (kj)	1059		Lutein+zeaxanthin (mcg)	0	
Protein (g)	40	80%	Vit-A IU	0	0%
Calories from Protein	168		Vit-B1 Thiamine (mg)	1	36%
% Calories from Protein	66		Vit-B2 Riboflavin (mg)	2	121%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	17	85%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	4	41%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	1	32%
Glucose (g)	0		Choline, total (mg)	0*	
Fructose (g)	0		Total Folate (mcg)	7	2%
Galactose (g)	0		Folate, Food (mcg)	7	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	7	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	19	323%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	1		Vit-C (mg)	5	8%
% Calories from Carbohydrates	1		Vit-D (IU)	0*	0%
Fat (g)	9	14%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	3	16%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	3		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	1	2%
Omega-6 (g)	0		Vit-E, added (mg)	0*	
Calories from Fat	84		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	33		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	281	94%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	16	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	48	12%
Water (g)	175		Phosphorus (mg)	481	48%
Caffeine (mg)	0		Potassium (mg)	651	
Theobromine (mg)	0		Sodium (mg)	222	9%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	1	45%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	10	54%
Retinol (mcg)	0		Manganese (mg)	0	4%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	49	71%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	4	26%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Beef Liver

Meal grams: 226.8g/8.0oz



Protein: 63%
Carbohydrates: 12%
Fat: 25%

MEAL ITEMS

BEEF LIVER, RAW, variety meats & by-products .5 lb

<i>Nutrition Facts</i>	
Serving Size: 1 serving (226.8g)	
Servings: 1	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 624mg	208%
Sodium 160mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 46g	
Vitamin A 770%	● Vitamin C 4%
Calcium 2%	● Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet.

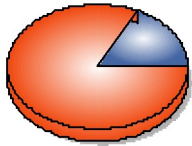
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	306		Lycopene (mcg)	0	
Food Energy (kj)	1279		Lutein+zeaxanthin (mcg)	0	
Protein (g)	46	92%	Vit-A IU	38325	766%
Calories from Protein	192		Vit-B1 Thiamine (mg)	0	29%
% Calories from Protein	63		Vit-B2 Riboflavin (mg)	6	368%
Carbohydrates (g)	9	3%	Vit-B3 Niacin (mg)	30	149%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	16	163%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	2	123%
Glucose (g)	0		Choline, total (mg)	756	
Fructose (g)	0		Total Folate (mcg)	658	164%
Galactose (g)	0		Folate, Food (mcg)	658	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	658	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	134	2242%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	9		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	37		Vit-C (mg)	3	5%
% Calories from Carbohydrates	12		Vit-D (IU)	111	28%
Fat (g)	8	13%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	3	14%	Vit-D3 cholecalciferol (mcg)	3	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	3	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	1		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	1	4%
Omega-6 (g)	1		Vit-E, added (mg)	0	
Calories from Fat	77		Vit-K1 Phylloquinone(mcg)	7	9%
% Calories from Fat	25		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	624	208%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	10	
Calories From Alcohol	0		Calcium (mg)	11	1%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	3		Magnesium (mg)	41	10%
Water (g)	161		Phosphorus (mg)	878	88%
Caffeine (mg)	0		Potassium (mg)	710	
Theobromine (mg)	0		Sodium (mg)	156	7%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	22	1106%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	11267		Iron (mg)	11	62%
Retinol (mcg)	11222		Manganese (mg)	1	35%
Carotene, beta (mcg)	526		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	25		Selenium (mcg)	90	129%
Cryptoxanthin, beta (mcg)	29		Zinc (mg)	9	60%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Chicken Bone

Meal grams: 340.2g/12.0oz



Protein: 18%
 Carbohydrates: 0%
 Fat: 82%

MEAL ITEMS

CHICKEN BACK, RAW W/SKIN, broiler/fryer .75 lb

<i>Nutrition Facts</i>	
Serving Size: 1 serving (340.2g)	
Servings: 1	
Amount Per Serving	
Calories 1090	Calories from Fat 880
% Daily Value*	
Total Fat 98g	150%
Saturated Fat 28g	142%
Trans Fat 0g	
Cholesterol 270mg	90%
Sodium 220mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 48g	
Vitamin A 15%	● Vitamin C 10%
Calcium 4%	● Iron 20%

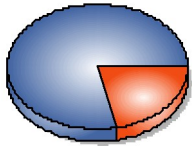
*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	1085		Lycopene (mcg)	0	
Food Energy (kj)	4542		Lutein+zeaxanthin (mcg)	0	
Protein (g)	48	96%	Vit-A IU	854	17%
Calories from Protein	194		Vit-B1 Thiamine (mg)	0	11%
% Calories from Protein	18		Vit-B2 Riboflavin (mg)	0	23%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	16	82%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	3	28%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	1	32%
Glucose (g)	0		Choline, total (mg)	0*	
Fructose (g)	0		Total Folate (mcg)	20	5%
Galactose (g)	0		Folate, Food (mcg)	20	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	20	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	1	14%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	5	9%
% Calories from Carbohydrates	0		Vit-D (IU)	0*	0%
Fat (g)	98	150%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	28	142%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	42		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	21		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	2	6%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	892		Vit-K1 Phylloquinone(mcg)	8	10%
% Calories from Fat	82		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	269	90%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	44	4%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	51	13%
Water (g)	198		Phosphorus (mg)	384	38%
Caffeine (mg)	0		Potassium (mg)	490	
Theobromine (mg)	0		Sodium (mg)	218	9%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	8%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	255		Iron (mg)	3	18%
Retinol (mcg)	255		Manganese (mg)	0	3%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	41	59%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	4	29%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Chicken Breast
Meal grams: 472.0g/16.6oz



Protein: 78%
Carbohydrates: 0%
Fat: 22%

MEAL ITEMS
CHICKEN BREAST, BONELESS, RAW, broiler/fryer, meat only 2 breast

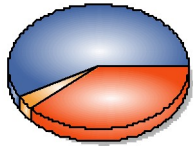
<i>Nutrition Facts</i>	
Serving Size: 1 serving (472.0g)	
Servings: 1	
Amount Per Serving	
Calories 540	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 300mg	101%
Sodium 550mg	23%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 100g	
Vitamin A 2%	● Vitamin C 10%
Calcium 2%	● Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	538		Lycopene (mcg)	0	
Food Energy (kj)	2251		Lutein+zeaxanthin (mcg)	0	
Protein (g)	100	200%	Vit-A IU	142	3%
Calories from Protein	422		Vit-B1 Thiamine (mg)	0	20%
% Calories from Protein	78		Vit-B2 Riboflavin (mg)	0	28%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	49	246%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	7	67%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	4	177%
Glucose (g)	0		Choline, total (mg)	346	
Fructose (g)	0		Total Folate (mcg)	19	5%
Galactose (g)	0		Folate, Food (mcg)	19	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	19	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	1	16%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	6	9%
% Calories from Carbohydrates	0		Vit-D (IU)	24	6%
Fat (g)	12	19%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	3	13%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	4		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	2		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	1	4%
Omega-6 (g)	1		Vit-E, added (mg)	0	
Calories from Fat	116		Vit-K1 Phylloquinone(mcg)	1	1%
% Calories from Fat	22		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	302	101%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	45	
Calories From Alcohol	0		Calcium (mg)	24	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	5		Magnesium (mg)	123	31%
Water (g)	358		Phosphorus (mg)	991	99%
Caffeine (mg)	0		Potassium (mg)	1746	
Theobromine (mg)	0		Sodium (mg)	548	23%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	6%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	42		Iron (mg)	2	10%
Retinol (mcg)	42		Manganese (mg)	0	4%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	151	216%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	3	18%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Chicken Giblet, Heart
Meal grams: 595.5g/21.0oz



Protein: 58%
Carbohydrates: 4%
Fat: 38%

MEAL ITEMS

CHICKEN GIBLETS, RAW, roasting 5 giblets
CHICKEN HEART, RAW, all classes 5 heart

<i>Nutrition Facts</i>		
Serving Size: 1 serving (595.5g)		
Servings: 1		
Amount Per Serving		
Calories	760	Calories from Fat 280
% Daily Value*		
Total Fat	31g	48%
Saturated Fat	10g	48%
Trans Fat	0g	
Cholesterol	1375mg	458%
Sodium	460mg	19%
Total Carbohydrate	7g	2%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	107g	
Vitamin A	1080%	Vitamin C 120%
Calcium	6%	Iron 180%

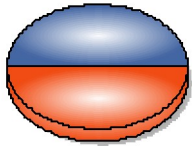
*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	764		Lycopene (mcg)	0*	
Food Energy (kj)	3195		Lutein+zeaxanthin (mcg)	0*	
Protein (g)	107	214%	Vit-A IU	54204	1084%
Calories from Protein	445		Vit-B1 Thiamine (mg)	0	33%
% Calories from Protein	58		Vit-B2 Riboflavin (mg)	5	285%
Carbohydrates (g)	7	2%	Vit-B3 Niacin (mg)	37	183%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	16	160%
Sugars (g)	0*		Vit-B6 Pyridoxine (mg)	2	107%
Glucose (g)	0*		Choline, total (mg)	0*	
Fructose (g)	0*		Total Folate (mcg)	1581	395%
Galactose (g)	0*		Folate, Food (mcg)	1581	
Sucrose (g)	0*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	1581	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	55	922%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	7		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	28		Vit-C (mg)	75	125%
% Calories from Carbohydrates	4		Vit-D (IU)	0*	0%
Fat (g)	31	48%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	10	48%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0*	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	8		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	8		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	0*	0%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	292		Vit-K1 Phylloquinone(mcg)	0*	0%
% Calories from Fat	38		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	1375	458%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0*		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	60	6%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	6		Magnesium (mg)	101	25%
Water (g)	445		Phosphorus (mg)	1094	109%
Caffeine (mg)	0*		Potassium (mg)	1336	
Theobromine (mg)	0*		Sodium (mg)	458	19%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	1	67%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	16275		Iron (mg)	32	180%
Retinol (mcg)	16275		Manganese (mg)	1	38%
Carotene, beta (mcg)	0*		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0*		Selenium (mcg)	307	439%
Cryptoxanthin, beta (mcg)	0*		Zinc (mg)	21	141%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Ground Turkey
Meal grams: 181.4g/6.4oz



Protein: 50%
Carbohydrates: 0%
Fat: 50%

MEAL ITEMS
GROUND TURKEY, 93% LEAN, 7% FAT, RAW, .4 lb

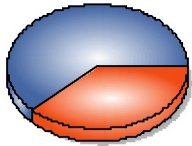
<i>Nutrition Facts</i>		
Serving Size: 1 serving (181.4g)		
Servings: 1		
Amount Per Serving		
Calories	270	Calories from Fat 140
% Daily Value*		
Total Fat	15g	23%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	135mg	45%
Sodium	125mg	5%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	34g	
Vitamin A	2%	● Vitamin C 0%
Calcium	4%	● Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.		

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	272		Lycopene (mcg)	0	
Food Energy (kj)	1139		Lutein+zeaxanthin (mcg)	0	
Protein (g)	34	68%	Vit-A IU	132	3%
Calories from Protein	136		Vit-B1 Thiamine (mg)	0	8%
% Calories from Protein	50		Vit-B2 Riboflavin (mg)	0	20%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	10	49%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	2	18%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	1	32%
Glucose (g)	0		Choline, total (mg)	96	
Fructose (g)	0		Total Folate (mcg)	13	3%
Galactose (g)	0		Folate, Food (mcg)	13	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	13	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	2	36%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	25	6%
Fat (g)	15	23%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	4	20%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	1	
Trans-Monoenoic Fat (g)	0		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	5		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	5		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	4		Vit-E, added (mg)	0	
Calories from Fat	136		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	50		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	134	45%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	13	
Calories From Alcohol	0		Calcium (mg)	38	4%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	38	10%
Water (g)	132		Phosphorus (mg)	350	35%
Caffeine (mg)	0		Potassium (mg)	386	
Theobromine (mg)	0		Sodium (mg)	125	5%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	10%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	40		Iron (mg)	2	12%
Retinol (mcg)	40		Manganese (mg)	0	1%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	34	49%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	5	31%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Turkey Neck
Meal grams: 180.0g/6.3oz



Protein: 62%
Carbohydrates: 0%
Fat: 38%

MEAL ITEMS
TURKEY NECK, RAW, all classes, meat only 1 neck

<i>Nutrition Facts</i>	
Serving Size: 1 serving (180.0g)	
Servings: 1	
Amount Per Serving	
Calories 240	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 170mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 36g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

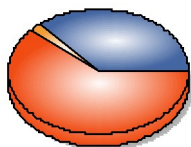
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	243		Lycopene (mcg)	0*	
Food Energy (kj)	1017		Lutein+zeaxanthin (mcg)	0*	
Protein (g)	36	73%	Vit-A IU	0	0%
Calories from Protein	151		Vit-B1 Thiamine (mg)	0	11%
% Calories from Protein	62		Vit-B2 Riboflavin (mg)	0	25%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	6	29%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	2	19%
Sugars (g)	0*		Vit-B6 Pyridoxine (mg)	1	33%
Glucose (g)	0*		Choline, total (mg)	0*	
Fructose (g)	0*		Total Folate (mcg)	20	5%
Galactose (g)	0*		Folate, Food (mcg)	20	
Sucrose (g)	0*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	20	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	1	12%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	0		Vit-C (mg)	0	0%
% Calories from Carbohydrates	0		Vit-D (IU)	0*	0%
Fat (g)	10	15%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	3	16%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0*	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	2		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	3		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	0*	0%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	92		Vit-K1 Phylloquinone(mcg)	0*	0%
% Calories from Fat	38		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	142	47%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0*		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	61	6%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	34	9%
Water (g)	131		Phosphorus (mg)	335	33%
Caffeine (mg)	0*		Potassium (mg)	544	
Theobromine (mg)	0*		Sodium (mg)	167	7%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	13%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	4	20%
Retinol (mcg)	0		Manganese (mg)	0	2%
Carotene, beta (mcg)	0*		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0*		Selenium (mcg)	51	74%
Cryptoxanthin, beta (mcg)	0*		Zinc (mg)	9	61%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Raw Egg

Meal grams: 50.0g/1.8oz



Protein: 36%
Carbohydrates: 2%
Fat: 62%

MEAL ITEMS

EGG, CHICKEN, RAW, whole, fresh 1 large

<i>Nutrition Facts</i>		
Serving Size: 1 serving (50.0g)		
Servings: 1		
Amount Per Serving		
Calories	70	Calories from Fat 45
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	185mg	62%
Sodium	70mg	3%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	6g	
Vitamin A	6%	Vitamin C 0%
Calcium	2%	Iron 4%

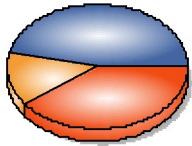
*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	72		Lycopene (mcg)	0	
Food Energy (kj)	300		Lutein+zeaxanthin (mcg)	252	
Protein (g)	6	13%	Vit-A IU	270	5%
Calories from Protein	26		Vit-B1 Thiamine (mg)	0	1%
% Calories from Protein	36		Vit-B2 Riboflavin (mg)	0	13%
Carbohydrates (g)	0	0%	Vit-B3 Niacin (mg)	0	0%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	8%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	0	4%
Glucose (g)	0		Choline, total (mg)	147	
Fructose (g)	0		Total Folate (mcg)	24	6%
Galactose (g)	0		Folate, Food (mcg)	24	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	24	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0	7%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	0		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	1		Vit-C (mg)	0	0%
% Calories from Carbohydrates	2		Vit-D (IU)	41	10%
Fat (g)	5	7%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	2	8%	Vit-D3 cholecalciferol (mcg)	1	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	1	
Trans-Monoenoic Fat (g)	0		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	2		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	1	3%
Omega-6 (g)	1		Vit-E, added (mg)	0	
Calories from Fat	44		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	62		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	186	62%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0	
Calories From Alcohol	0		Calcium (mg)	28	3%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	6	2%
Water (g)	38		Phosphorus (mg)	99	10%
Caffeine (mg)	0		Potassium (mg)	69	
Theobromine (mg)	0		Sodium (mg)	71	3%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	2%
Campesterol (mg)	0*		Fluoride (mcg)	1	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	80		Iron (mg)	1	5%
Retinol (mcg)	80		Manganese (mg)	0	1%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	15	22%
Cryptoxanthin, beta (mcg)	5		Zinc (mg)	1	4%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Cottage Cheese
Meal grams: 225.0g/7.9oz



Protein: 46%
Carbohydrates: 14%
Fat: 40%

MEAL ITEMS
COTTAGE CHEESE, CREAMED, small curd (not packed) 1 cup

<i>Nutrition Facts</i>	
Serving Size: 1 serving (225.0g)	
Servings: 1	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 820mg	34%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 25g	
Vitamin A 6%	● Vitamin C 0%
Calcium 20%	● Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

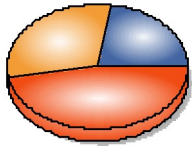
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	221		Lycopene (mcg)	0	
Food Energy (kj)	927		Lutein+zeaxanthin (mcg)	0	
Protein (g)	25	50%	Vit-A IU	315	6%
Calories from Protein	101		Vit-B1 Thiamine (mg)	0	4%
% Calories from Protein	46		Vit-B2 Riboflavin (mg)	0	22%
Carbohydrates (g)	8	3%	Vit-B3 Niacin (mg)	0	1%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	13%
Sugars (g)	6		Vit-B6 Pyridoxine (mg)	0	5%
Glucose (g)	0		Choline, total (mg)	41	
Fructose (g)	0		Total Folate (mcg)	27	7%
Galactose (g)	0		Folate, Food (mcg)	27	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	6		Folate, DFE (mcg_DFE)	27	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	1	16%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	8		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	31		Vit-C (mg)	0	0%
% Calories from Carbohydrates	14		Vit-D (IU)	7	2%
Fat (g)	10	15%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	4	19%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	2		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	88		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	40		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	38	13%	Vit-K2 MK4 Menaquinone-4 (mcg)	2	
Alcohol (g)	0		Betaine (mg)	2	
Calories From Alcohol	0		Calcium (mg)	187	19%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	3		Magnesium (mg)	18	5%
Water (g)	180		Phosphorus (mg)	358	36%
Caffeine (mg)	0		Potassium (mg)	234	
Theobromine (mg)	0		Sodium (mg)	819	34%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	3%
Campesterol (mg)	0*		Fluoride (mcg)	71	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	83		Iron (mg)	0	1%
Retinol (mcg)	81		Manganese (mg)	0	0%
Carotene, beta (mcg)	27		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	22	31%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	1	6%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Yogurt

Meal grams: 245.0g/8.6oz



Protein: 22%
Carbohydrates: 30%
Fat: 47%

MEAL ITEMS

YOGURT, WHOLE MILK, PLAIN, 8g protein/8 oz 1 cup

<i>Nutrition Facts</i>		
Serving Size: 1 serving (245.0g)		
Servings: 1		
Amount Per Serving		
Calories	150	Calories from Fat 70
% Daily Value*		
Total Fat	8g	12%
Saturated Fat	5g	26%
Trans Fat	0g	
Cholesterol	30mg	11%
Sodium	115mg	5%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	9g	
Vitamin A	4%	● Vitamin C 2%
Calcium	30%	● Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

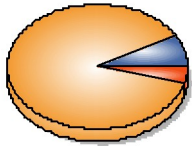
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	149		Lycopene (mcg)	0	
Food Energy (kj)	630		Lutein+zeaxanthin (mcg)	0	
Protein (g)	9	17%	Vit-A IU	243	5%
Calories from Protein	34		Vit-B1 Thiamine (mg)	0	5%
% Calories from Protein	22		Vit-B2 Riboflavin (mg)	0	20%
Carbohydrates (g)	11	4%	Vit-B3 Niacin (mg)	0	1%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	10%
Sugars (g)	11		Vit-B6 Pyridoxine (mg)	0	4%
Glucose (g)	0*		Choline, total (mg)	37	
Fructose (g)	0*		Total Folate (mcg)	17	4%
Galactose (g)	0*		Folate, Food (mcg)	17	
Sucrose (g)	0*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	17	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	1	15%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	11		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	45		Vit-C (mg)	1	2%
% Calories from Carbohydrates	30		Vit-D (IU)	5	1%
Fat (g)	8	12%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	5	26%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	2		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	71		Vit-K1 Phylloquinone(mcg)	0	1%
% Calories from Fat	47		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	32	11%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	296	30%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	29	7%
Water (g)	215		Phosphorus (mg)	233	23%
Caffeine (mg)	0		Potassium (mg)	380	
Theobromine (mg)	0		Sodium (mg)	113	5%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	1%
Campesterol (mg)	0*		Fluoride (mcg)	29	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	66		Iron (mg)	0	1%
Retinol (mcg)	66		Manganese (mg)	0	1%
Carotene, beta (mcg)	12		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	5	8%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	1	10%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Vegetables - Orange

Meal grams: 152.0g/5.4oz



Protein: 8%
Carbohydrates: 87%
Fat: 4%

MEAL ITEMS

CARROT, frozen, unprepared, sliced .5 cup
SWEET POTATO, CUBED, frozen, unprepared .5 cup

<i>Nutrition Facts</i>	
Serving Size: 1 serving (152.0g)	
Servings: 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	14%
Sugars 3g	
Protein 2g	
Vitamin A 360%	Vitamin C 20%
Calcium 6%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

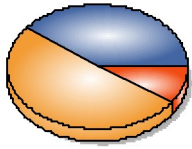
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	108		Lycopene (mcg)	1*	
Food Energy (kj)	450		Lutein+zeaxanthin (mcg)	140*	
Protein (g)	2	4%	Vit-A IU	18217	364%
Calories from Protein	9		Vit-B1 Thiamine (mg)	0	6%
% Calories from Protein	8		Vit-B2 Riboflavin (mg)	0	4%
Carbohydrates (g)	25	8%	Vit-B3 Niacin (mg)	1	4%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	6%
Sugars (g)	3*		Vit-B6 Pyridoxine (mg)	0	11%
Glucose (g)	0*		Choline, total (mg)	5*	
Fructose (g)	0*		Total Folate (mcg)	25	6%
Galactose (g)	0*		Folate, Food (mcg)	25	
Sucrose (g)	3*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	25	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	4	14%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	21		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	94		Vit-C (mg)	13	22%
% Calories from Carbohydrates	87		Vit-D (IU)	0	0%
Fat (g)	0	1%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	0%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0*	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0*		Vit-E (IU)	1*	2%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	5		Vit-K1 Phylloquinone(mcg)	11*	14%
% Calories from Fat	4		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0*		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	56	6%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	27	7%
Water (g)	124		Phosphorus (mg)	61	6%
Caffeine (mg)	0*		Potassium (mg)	472	
Theobromine (mg)	0*		Sodium (mg)	49	2%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	10%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	910		Iron (mg)	1	4%
Retinol (mcg)	0		Manganese (mg)	1	35%
Carotene, beta (mcg)	9984		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	1893*		Selenium (mcg)	1	1%
Cryptoxanthin, beta (mcg)	0*		Zinc (mg)	0	3%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Vegetables - Green

Meal grams: 217.4g/7.7oz



Protein: 39%
Carbohydrates: 51%
Fat: 10%

MEAL ITEMS

BROCCOLI, CHOPPED, frozen, unprepared	.5 cup
CUCUMBER W/PEEL, RAW, sliced	.25 cup
ZUCCHINI W/SKIN, unprepared, Summer, frozen	.25 lb

<i>Nutrition Facts</i>	
Serving Size: 1 serving (217.4g)	
Servings: 1	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	
Vitamin A 20%	● Vitamin C 80%
Calcium 6%	● Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

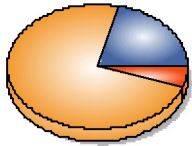
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	43		Lycopene (mcg)	0	
Food Energy (kj)	183		Lutein+zeaxanthin (mcg)	3263	
Protein (g)	4	7%	Vit-A IU	1058	21%
Calories from Protein	17		Vit-B1 Thiamine (mg)	0	7%
% Calories from Protein	39		Vit-B2 Riboflavin (mg)	0	8%
Carbohydrates (g)	9	3%	Vit-B3 Niacin (mg)	1	4%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	6%
Sugars (g)	3		Vit-B6 Pyridoxine (mg)	0	8%
Glucose (g)	1*		Choline, total (mg)	13*	
Fructose (g)	1*		Total Folate (mcg)	65	16%
Galactose (g)	0*		Folate, Food (mcg)	65	
Sucrose (g)	0*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	65	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	4	16%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	5		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	22		Vit-C (mg)	51	85%
% Calories from Carbohydrates	51		Vit-D (IU)	0	0%
Fat (g)	0	1%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	0%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	1	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	2	5%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	4		Vit-K1 Phylloquinone(mcg)	72	90%
% Calories from Fat	10		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	68	7%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	32	8%
Water (g)	203		Phosphorus (mg)	77	8%
Caffeine (mg)	0*		Potassium (mg)	451	
Theobromine (mg)	0*		Sodium (mg)	22	1%
Phytosterols (mg)	4*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	5%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	53		Iron (mg)	1	7%
Retinol (mcg)	0		Manganese (mg)	1	26%
Carotene, beta (mcg)	622		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	18		Selenium (mcg)	2	4%
Cryptoxanthin, beta (mcg)	8		Zinc (mg)	1	4%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Tomato Paste

Meal grams: 49.1g/1.7oz



Protein: 21%
Carbohydrates: 73%
Fat: 5%

MEAL ITEMS

TOMATO PASTE, NO SALT, canned 3 tbsp

<i>Nutrition Facts</i>	
Serving Size: 1 serving (49.1g)	
Servings: 1	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 15%	● Vitamin C 20%
Calcium 2%	● Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

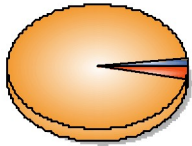
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	40		Lycopene (mcg)	14130	
Food Energy (kj)	168		Lutein+zeaxanthin (mcg)	0	
Protein (g)	2	4%	Vit-A IU	749	15%
Calories from Protein	9		Vit-B1 Thiamine (mg)	0	2%
% Calories from Protein	21		Vit-B2 Riboflavin (mg)	0	4%
Carbohydrates (g)	9	3%	Vit-B3 Niacin (mg)	2	8%
Starch (g)	0		Vit-B5 Pantothenic Acid (mg)	0	1%
Sugars (g)	6		Vit-B6 Pyridoxine (mg)	0	5%
Glucose (g)	3		Choline, total (mg)	19	
Fructose (g)	3		Total Folate (mcg)	6	1%
Galactose (g)	0		Folate, Food (mcg)	6	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	6	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	2	8%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	7		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	30		Vit-C (mg)	11	18%
% Calories from Carbohydrates	73		Vit-D (IU)	0	0%
Fat (g)	0	0%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	0%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	2	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	3	10%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	2		Vit-K1 Phylloquinone(mcg)	6	7%
% Calories from Fat	5		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0	
Calories From Alcohol	0		Calcium (mg)	18	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	21	5%
Water (g)	36		Phosphorus (mg)	41	4%
Caffeine (mg)	0		Potassium (mg)	498	
Theobromine (mg)	0		Sodium (mg)	29	1%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	9%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	37		Iron (mg)	1	8%
Retinol (mcg)	0		Manganese (mg)	0	7%
Carotene, beta (mcg)	443		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	14		Selenium (mcg)	3	4%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	0	2%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Apple

Meal grams: 182.0g/6.4oz



Protein: 2%
 Carbohydrates: 95%
 Fat: 3%

MEAL ITEMS

APPLE W/SKIN, RAW, 3" diameter 1 medium

<i>Nutrition Facts</i>	
Serving Size: 1 serving (182.0g)	
Servings: 1	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	17%
Sugars 19g	
Protein 0g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

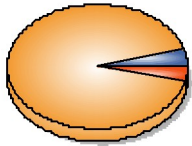
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	95		Lycopene (mcg)	0	
Food Energy (kj)	397		Lutein+zeaxanthin (mcg)	53	
Protein (g)	0	1%	Vit-A IU	98	2%
Calories from Protein	2		Vit-B1 Thiamine (mg)	0	2%
% Calories from Protein	2		Vit-B2 Riboflavin (mg)	0	3%
Carbohydrates (g)	25	8%	Vit-B3 Niacin (mg)	0	1%
Starch (g)	0		Vit-B5 Pantothenic Acid (mg)	0	1%
Sugars (g)	19		Vit-B6 Pyridoxine (mg)	0	4%
Glucose (g)	4		Choline, total (mg)	6	
Fructose (g)	11		Total Folate (mcg)	5	1%
Galactose (g)	0		Folate, Food (mcg)	5	
Sucrose (g)	4		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	5	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	4	17%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	21		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	90		Vit-C (mg)	8	14%
% Calories from Carbohydrates	95		Vit-D (IU)	0	0%
Fat (g)	0	0%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	0%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	0	2%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	3		Vit-K1 Phylloquinone(mcg)	4	5%
% Calories from Fat	3		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0	
Calories From Alcohol	0		Calcium (mg)	11	1%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	0		Magnesium (mg)	9	2%
Water (g)	156		Phosphorus (mg)	20	2%
Caffeine (mg)	0		Potassium (mg)	195	
Theobromine (mg)	0		Sodium (mg)	2	0%
Phytosterols (mg)	22		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	2%
Campesterol (mg)	0*		Fluoride (mcg)	6	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	5		Iron (mg)	0	1%
Retinol (mcg)	0		Manganese (mg)	0	3%
Carotene, beta (mcg)	49		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	0	0%
Cryptoxanthin, beta (mcg)	20		Zinc (mg)	0	0%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Banana

Meal grams: 118.0g/4.2oz



Protein: 5%
 Carbohydrates: 92%
 Fat: 3%

MEAL ITEMS

BANANA, RAW, 7 - 7 7/8" long 1 medium

<i>Nutrition Facts</i>	
Serving Size: 1 serving (118.0g)	
Servings: 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	• Vitamin C 15%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

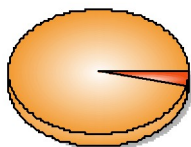
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	105		Lycopene (mcg)	0	
Food Energy (kj)	438		Lutein+zeaxanthin (mcg)	26	
Protein (g)	1	3%	Vit-A IU	76	2%
Calories from Protein	5		Vit-B1 Thiamine (mg)	0	2%
% Calories from Protein	5		Vit-B2 Riboflavin (mg)	0	5%
Carbohydrates (g)	27	9%	Vit-B3 Niacin (mg)	1	4%
Starch (g)	6		Vit-B5 Pantothenic Acid (mg)	0	4%
Sugars (g)	14		Vit-B6 Pyridoxine (mg)	0	22%
Glucose (g)	6		Choline, total (mg)	12	
Fructose (g)	6		Total Folate (mcg)	24	6%
Galactose (g)	0		Folate, Food (mcg)	24	
Sucrose (g)	3		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	24	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	3	12%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	24		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	96		Vit-C (mg)	10	17%
% Calories from Carbohydrates	92		Vit-D (IU)	0	0%
Fat (g)	0	1%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	1%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	4		Vit-K1 Phylloquinone(mcg)	1	1%
% Calories from Fat	3		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0	
Calories From Alcohol	0		Calcium (mg)	6	1%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	32	8%
Water (g)	88		Phosphorus (mg)	26	3%
Caffeine (mg)	0		Potassium (mg)	422	
Theobromine (mg)	0		Sodium (mg)	1	0%
Phytosterols (mg)	19		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	5%
Campesterol (mg)	0*		Fluoride (mcg)	3	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	4		Iron (mg)	0	2%
Retinol (mcg)	0		Manganese (mg)	0	16%
Carotene, beta (mcg)	31		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	30		Selenium (mcg)	1	2%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	0	1%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Blueberries

Meal grams: 140.0g/4.9oz



Protein: 0%
 Carbohydrates: 96%
 Fat: 4%

MEAL ITEMS

BLUEBERRY, WILD, frozen 1 cup

<i>Nutrition Facts</i>	
Serving Size: 1 serving (140.0g)	
Servings: 1	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	25%
Sugars 0g	
Protein 0g	
Vitamin A 2%	● Vitamin C 4%
Calcium 2%	● Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

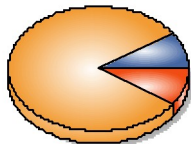
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	71		Lycopene (mcg)	0*	
Food Energy (kj)	300		Lutein+zeaxanthin (mcg)	0*	
Protein (g)	0	0%	Vit-A IU	83	2%
Calories from Protein	0		Vit-B1 Thiamine (mg)	0	3%
% Calories from Protein	0		Vit-B2 Riboflavin (mg)	0	1%
Carbohydrates (g)	19	6%	Vit-B3 Niacin (mg)	1	4%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	0*	0%
Sugars (g)	0*		Vit-B6 Pyridoxine (mg)	0	1%
Glucose (g)	5		Choline, total (mg)	0*	
Fructose (g)	5		Total Folate (mcg)	0*	0%
Galactose (g)	0*		Folate, Food (mcg)	0*	
Sucrose (g)	0		Folic Acid (mcg)	0*	
Lactose (g)	0		Folate, DFE (mcg_DFE)	0*	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0*	0%
Dietary Fiber (g)	6	25%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	13		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	69		Vit-C (mg)	2	4%
% Calories from Carbohydrates	96		Vit-D (IU)	0*	0%
Fat (g)	0	0%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	0	0%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0*		Vit-E (IU)	1	2%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	3		Vit-K1 Phylloquinone(mcg)	0*	0%
% Calories from Fat	4		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	0*	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0*		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	24	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	0		Magnesium (mg)	10	2%
Water (g)	120		Phosphorus (mg)	18	2%
Caffeine (mg)	0*		Potassium (mg)	95	
Theobromine (mg)	0*		Sodium (mg)	4	0%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0*	0%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	4		Iron (mg)	1	5%
Retinol (mcg)	0*		Manganese (mg)	4	201%
Carotene, beta (mcg)	49		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	3		Selenium (mcg)	0*	0%
Cryptoxanthin, beta (mcg)	0*		Zinc (mg)	1	6%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Strawberries

Meal grams: 144.0g/5.1oz



Protein: 10%
Carbohydrates: 81%
Fat: 10%

MEAL ITEMS
STRAWBERRY, RAW, whole 1 cup

<i>Nutrition Facts</i>	
Serving Size: 1 serving (144.0g)	
Servings: 1	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein less than 1g	
Vitamin A 0%	● Vitamin C 140%
Calcium 2%	● Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

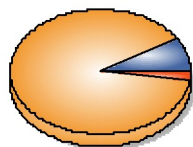
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	46		Lycopene (mcg)	0	
Food Energy (kj)	196		Lutein+zeaxanthin (mcg)	37	
Protein (g)	1	2%	Vit-A IU	17	0%
Calories from Protein	4		Vit-B1 Thiamine (mg)	0	2%
% Calories from Protein	10		Vit-B2 Riboflavin (mg)	0	2%
Carbohydrates (g)	11	4%	Vit-B3 Niacin (mg)	1	3%
Starch (g)	0		Vit-B5 Pantothenic Acid (mg)	0	2%
Sugars (g)	7		Vit-B6 Pyridoxine (mg)	0	3%
Glucose (g)	3		Choline, total (mg)	8	
Fructose (g)	4		Total Folate (mcg)	35	9%
Galactose (g)	0		Folate, Food (mcg)	35	
Sucrose (g)	1		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	35	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	3	12%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	8		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	37		Vit-C (mg)	85	141%
% Calories from Carbohydrates	81		Vit-D (IU)	0	0%
Fat (g)	0	1%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	0%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	1	2%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	4		Vit-K1 Phylloquinone(mcg)	3	4%
% Calories from Fat	10		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0	
Calories From Alcohol	0		Calcium (mg)	23	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	19	5%
Water (g)	131		Phosphorus (mg)	35	3%
Caffeine (mg)	0		Potassium (mg)	220	
Theobromine (mg)	0		Sodium (mg)	1	0%
Phytosterols (mg)	17		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	3%
Campesterol (mg)	0*		Fluoride (mcg)	6	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	1		Iron (mg)	1	3%
Retinol (mcg)	0		Manganese (mg)	1	28%
Carotene, beta (mcg)	10		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	1	1%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	0	1%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Rice

Meal grams: 316.0g/11.1oz



Protein: 9%
 Carbohydrates: 89%
 Fat: 2%

<i>Nutrition Facts</i>	
Serving Size: 1 serving (316.0g)	
Servings: 1	
Amount Per Serving	
Calories 410	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 89g	30%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 9g	
Vitamin A 0%	● Vitamin C 0%
Calcium 4%	● Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

MEAL ITEMS

WHITE RICE, LONG GRAIN, NO ADDED SALT, COOKED, regular, unenriched 2 cup

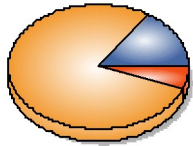
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	411		Lycopene (mcg)	0	
Food Energy (kj)	1719		Lutein+zeaxanthin (mcg)	0	
Protein (g)	9	17%	Vit-A IU	0	0%
Calories from Protein	36		Vit-B1 Thiamine (mg)	0	4%
% Calories from Protein	9		Vit-B2 Riboflavin (mg)	0	2%
Carbohydrates (g)	89	30%	Vit-B3 Niacin (mg)	1	6%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	1	12%
Sugars (g)	0		Vit-B6 Pyridoxine (mg)	0	15%
Glucose (g)	0*		Choline, total (mg)	7	
Fructose (g)	0*		Total Folate (mcg)	9	2%
Galactose (g)	0*		Folate, Food (mcg)	9	
Sucrose (g)	0*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	9	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	1	5%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	88		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	367		Vit-C (mg)	0	0%
% Calories from Carbohydrates	89		Vit-D (IU)	0	0%
Fat (g)	1	1%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	1%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	0		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	0*		Vit-E, added (mg)	0	
Calories from Fat	8		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	2		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	32	3%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	38	9%
Water (g)	216		Phosphorus (mg)	136	14%
Caffeine (mg)	0		Potassium (mg)	111	
Theobromine (mg)	0		Sodium (mg)	3	0%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	11%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	1	4%
Retinol (mcg)	0		Manganese (mg)	1	75%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	24	34%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	2	10%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Pasta

Meal grams: 280.0g/9.9oz



Protein: 16%
Carbohydrates: 79%
Fat: 6%

MEAL ITEMS

SPAGHETTI PASTA, NO ADDED SALT, unenriched, cooked 2 cup

<i>Nutrition Facts</i>	
Serving Size: 1 serving (280.0g)	
Servings: 1	
Amount Per Serving	
Calories 440	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 86g	29%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet.	

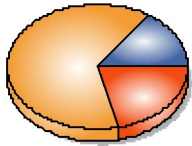
NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	442		Lycopene (mcg)	0*	
Food Energy (kj)	1848		Lutein+zeaxanthin (mcg)	0*	
Protein (g)	16	32%	Vit-A IU	0	0%
Calories from Protein	69		Vit-B1 Thiamine (mg)	0	4%
% Calories from Protein	16		Vit-B2 Riboflavin (mg)	0	3%
Carbohydrates (g)	86	29%	Vit-B3 Niacin (mg)	1	6%
Starch (g)	73		Vit-B5 Pantothenic Acid (mg)	0	3%
Sugars (g)	2		Vit-B6 Pyridoxine (mg)	0	7%
Glucose (g)	0		Choline, total (mg)	0*	
Fructose (g)	0		Total Folate (mcg)	20	5%
Galactose (g)	0		Folate, Food (mcg)	20	
Sucrose (g)	0		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	20	
Maltose (g)	1		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	5	20%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	81		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	348		Vit-C (mg)	0	0%
% Calories from Carbohydrates	79		Vit-D (IU)	0	0%
Fat (g)	3	4%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	0	2%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	0		Tocopherol, Gamma (mg)	1	
Polyunsaturated Fat (g)	1		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	0	1%
Omega-6 (g)	0		Vit-E, added (mg)	0*	
Calories from Fat	25		Vit-K1 Phylloquinone(mcg)	0	0%
% Calories from Fat	6		Vit-K1 K1D Dihydrophyloquinone (mcg)	1	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	20	2%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	1		Magnesium (mg)	50	13%
Water (g)	174		Phosphorus (mg)	162	16%
Caffeine (mg)	0*		Potassium (mg)	123	
Theobromine (mg)	0*		Sodium (mg)	3	0%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	14%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	4	20%
Retinol (mcg)	0		Manganese (mg)	1	45%
Carotene, beta (mcg)	0*		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0*		Selenium (mcg)	74	106%
Cryptoxanthin, beta (mcg)	0*		Zinc (mg)	1	10%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Oatmeal

Meal grams: 468.0g/16.5oz



Protein: 16%
Carbohydrates: 63%
Fat: 21%

MEAL ITEMS
OATMEAL 2 cup

<i>Nutrition Facts</i>	
Serving Size: 1 serving (468.0g)	
Servings: 1	
Amount Per Serving	
Calories 330	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 56g	19%
Dietary Fiber 8g	32%
Sugars 1g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 25%

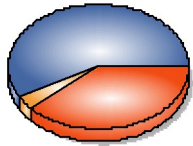
*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	332		Lycopene (mcg)	0	
Food Energy (kj)	1390		Lutein+zeaxanthin (mcg)	842	
Protein (g)	12	24%	Vit-A IU	0	0%
Calories from Protein	52		Vit-B1 Thiamine (mg)	0	24%
% Calories from Protein	16		Vit-B2 Riboflavin (mg)	0	4%
Carbohydrates (g)	56	19%	Vit-B3 Niacin (mg)	1	5%
Starch (g)	54		Vit-B5 Pantothenic Acid (mg)	1	15%
Sugars (g)	1		Vit-B6 Pyridoxine (mg)	0	1%
Glucose (g)	0		Choline, total (mg)	35	
Fructose (g)	0		Total Folate (mcg)	28	7%
Galactose (g)	0		Folate, Food (mcg)	28	
Sucrose (g)	1		Folic Acid (mcg)	0	
Lactose (g)	0		Folate, DFE (mcg_DFE)	28	
Maltose (g)	0		Vit-B12 Cyanocobalamin (mcg)	0	0%
Dietary Fiber (g)	8	32%	Vit-B12, added (mcg)	0	
Est. Net Carbs (g)	48		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	210		Vit-C (mg)	0	0%
% Calories from Carbohydrates	63		Vit-D (IU)	0	0%
Fat (g)	7	11%	Vit-D2 ergocalciferol (mcg)	0	
Saturated Fat (g)	1	7%	Vit-D3 cholecalciferol (mcg)	0	
Trans Fat (g)	0		Vit-D2+Vit-D3 (mcg)	0	
Trans-Monoenoic Fat (g)	0		Tocopherol, Alpha (mg)	0	
Trans-Polyenoic Fat (g)	0		Tocopherol, Beta (mg)	0	
Monounsaturated Fat (g)	2		Tocopherol, Gamma (mg)	0	
Polyunsaturated Fat (g)	3		Tocopherol, Delta (mg)	0	
Omega-3 (g)	0		Vit-E (IU)	1	2%
Omega-6 (g)	3		Vit-E, added (mg)	0	
Calories from Fat	70		Vit-K1 Phylloquinone(mcg)	1	2%
% Calories from Fat	21		Vit-K1 K1D Dihydrophyloquinone (mcg)	0	
Cholesterol (mg)	0	0%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0		Betaine (mg)	15	
Calories From Alcohol	0		Calcium (mg)	42	4%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	2		Magnesium (mg)	126	32%
Water (g)	391		Phosphorus (mg)	360	36%
Caffeine (mg)	0		Potassium (mg)	328	
Theobromine (mg)	0		Sodium (mg)	19	1%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	0	17%
Campesterol (mg)	0*		Fluoride (mcg)	335	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	0		Iron (mg)	4	23%
Retinol (mcg)	0		Manganese (mg)	3	136%
Carotene, beta (mcg)	0		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0		Selenium (mcg)	25	36%
Cryptoxanthin, beta (mcg)	0		Zinc (mg)	5	31%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Chicken Giblet, Heart
Meal grams: 595.5g/21.0oz



Protein: 58%
Carbohydrates: 4%
Fat: 38%

MEAL ITEMS

CHICKEN GIBLETS, RAW, roasting 5 giblets
CHICKEN HEART, RAW, all classes 5 heart

<i>Nutrition Facts</i>		
Serving Size: 1 serving (595.5g)		
Servings: 1		
Amount Per Serving		
Calories	760	Calories from Fat 280
% Daily Value*		
Total Fat	31g	48%
Saturated Fat	10g	48%
Trans Fat	0g	
Cholesterol	1375mg	458%
Sodium	460mg	19%
Total Carbohydrate	7g	2%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	107g	
Vitamin A	1080%	Vitamin C 120%
Calcium	6%	Iron 180%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	764		Lycopene (mcg)	0*	
Food Energy (kj)	3195		Lutein+zeaxanthin (mcg)	0*	
Protein (g)	107	214%	Vit-A IU	54204	1084%
Calories from Protein	445		Vit-B1 Thiamine (mg)	0	33%
% Calories from Protein	58		Vit-B2 Riboflavin (mg)	5	285%
Carbohydrates (g)	7	2%	Vit-B3 Niacin (mg)	37	183%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	16	160%
Sugars (g)	0*		Vit-B6 Pyridoxine (mg)	2	107%
Glucose (g)	0*		Choline, total (mg)	0*	
Fructose (g)	0*		Total Folate (mcg)	1581	395%
Galactose (g)	0*		Folate, Food (mcg)	1581	
Sucrose (g)	0*		Folic Acid (mcg)	0	
Lactose (g)	0*		Folate, DFE (mcg_DFE)	1581	
Maltose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	55	922%
Dietary Fiber (g)	0	0%	Vit-B12, added (mcg)	0*	
Est. Net Carbs (g)	7		Vit-H (mcg) Biotin	0*	0%
Calories from Carbohydrates	28		Vit-C (mg)	75	125%
% Calories from Carbohydrates	4		Vit-D (IU)	0*	0%
Fat (g)	31	48%	Vit-D2 ergocalciferol (mcg)	0*	
Saturated Fat (g)	10	48%	Vit-D3 cholecalciferol (mcg)	0*	
Trans Fat (g)	0*		Vit-D2+Vit-D3 (mcg)	0*	
Trans-Monoenoic Fat (g)	0*		Tocopherol, Alpha (mg)	0*	
Trans-Polyenoic Fat (g)	0*		Tocopherol, Beta (mg)	0*	
Monounsaturated Fat (g)	8		Tocopherol, Gamma (mg)	0*	
Polyunsaturated Fat (g)	8		Tocopherol, Delta (mg)	0*	
Omega-3 (g)	0		Vit-E (IU)	0*	0%
Omega-6 (g)	0*		Vit-E, added (mg)	0*	
Calories from Fat	292		Vit-K1 Phylloquinone(mcg)	0*	0%
% Calories from Fat	38		Vit-K1 K1D Dihydrophyloquinone (mcg)	0*	
Cholesterol (mg)	1375	458%	Vit-K2 MK4 Menaquinone-4 (mcg)	0*	
Alcohol (g)	0*		Betaine (mg)	0*	
Calories From Alcohol	0		Calcium (mg)	60	6%
% Calories from Alcohol	0		Chloride (mg)	0*	0%
Ash (g)	6		Magnesium (mg)	101	25%
Water (g)	445		Phosphorus (mg)	1094	109%
Caffeine (mg)	0*		Potassium (mg)	1336	
Theobromine (mg)	0*		Sodium (mg)	458	19%
Phytosterols (mg)	0*		Chromium (mcg)	0*	0%
Stigmasterol (mg)	0*		Copper (mg)	1	67%
Campesterol (mg)	0*		Fluoride (mcg)	0*	
Beta-sitosterol (mg)	0*		Iodine (mcg)	0*	0%
Vit-A (mcg_RAE)	16275		Iron (mg)	32	180%
Retinol (mcg)	16275		Manganese (mg)	1	38%
Carotene, beta (mcg)	0*		Molybdenum (mcg)	0*	0%
Carotene, alpha (mcg)	0*		Selenium (mcg)	307	439%
Cryptoxanthin, beta (mcg)	0*		Zinc (mg)	21	141%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.