

Spreadsheet: JCS HDM 7 Day Week 1 Jan - June 2020 | All Days

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
<input type="checkbox"/> JCS HDM 7 Day Week 1 Jan - June 2020											
<input type="checkbox"/> Monday			637.30	30.18	18.31	12.05	164.82	57.06	0.77	1.13	491.27
<input type="checkbox"/>	Chicken, patty, fzn	1 Each	175.20	8.60	12.02	0.72	6.60	0	0.09	0.14	12.00
<input type="checkbox"/>	Potatoes, peeled, ckd, diced	4 Ounce-w...	97.52	1.94	0.11	2.04	0.34	8.39	0.31	0	9.07
<input type="checkbox"/>	Snap Beans, green, ckd f/fzn, drnd	6 Ounce-w...	47.63	2.53	0.29	5.10	94.74	6.97	0.10	0	71.44
<input type="checkbox"/>	Juice, Fruit, Comp	4 Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
<input type="checkbox"/>	Bread, whole wheat, slice	2 Slice	138.32	7.25	1.88	3.81	0.17	0	0.12	0	59.92
<input type="checkbox"/>	Margarine, 80% fat, unsalted	1 Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
<input type="checkbox"/>	Milk, nonfat/skim, dry	1 Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
<input type="checkbox"/> Tuesday			643.47	33.88	12.64	11.64	813.29	56.87	0.54	1.28	678.74
<input type="checkbox"/>	<input type="checkbox"/> Eggplant Parmesan (Gold Kosher)	1 Serving	188.68	12.59	6.41	5.44	72.10	6.47	0.19	0.29	273.83
<input type="checkbox"/>	Eggplant, fresh, cubes	4 Ounce-w...	27.22	1.15	0.22	3.82	3.06	2.49	0.10	0	10.21
<input type="checkbox"/>	Bread Crumbs, plain	0.125 Cup	55.00	2.00	0.75	0.50	0	0	--	--	20.00
<input type="checkbox"/>	Herb, oregano, ground	0.125 Teaspoon	0.60	0.02	0.01	0.10	0.38	0.01	0.00	0	3.59

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Herb, basil, dried, ground	0.125	Teaspoon	0.41	0.04	0.01	0.07	0.13	0.00	0.00	0	3.92
Spice, garlic, pwd	0.125	Teaspoon	1.28	0.06	0.00	0.03	0	0.00	0.01	0	0.31
Spice, pepper, black, ground	0.125	Teaspoon	0.72	0.03	0.01	0.07	0.16	0	0.00	0	1.27
Cheese, mozzarella, low sod, shred	0.275	Cup	87.01	8.55	5.31	0	43.82	0	0.02	0.29	227.16
Tomato Sauce, unsalted	2	Ounce-w...	16.44	0.75	0.10	0.85	24.55	3.97	0.05	0	7.37
Pasta, spaghetti, enrich, ckd	4	Ounce-w...	179.17	6.58	1.05	2.04	0	0	0.06	0	7.94
Mixed Vegetables (Z, C, S) (Gold Kosher)	4	Ounce-w...	27.84	1.23	0.23	1.88	678.15	8.71	0.08	0	28.17
Squash, zucchini, w/skin, ckd, drnd, slices	1.33333	Ounce-w...	5.67	0.43	0.14	0.38	42.22	4.88	0.03	0	6.80
Carrot, fresh,	1.33333	Ounce-w...	15.50	0.35	0.09	1.06	631.48	2.23	0.05	0	12.47
Squash, yellow, smooth slices, fzn, FS	1.33333	Ounce-w...	6.67	0.44	0	0.44	4.45	1.60	--	--	8.89
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Wednesday			653.52	38.07	12.67	11.22	2480.48	71.21	0.65	3.12	495.99
Salisbury Steak (Gold Kosher)	1	Serving	209.48	20.28	4.88	1.28	0	0	0.03	2.12	51.88
Bread Crumbs, plain, grated, dry	1	Ounce-w...	111.98	3.78	1.50	1.28	0	0	0.03	0.10	51.88
Beef, ground, extra lean, raw	3	Ounce-w...	97.50	16.50	3.37	0	0	0	--	2.02	0
Gravy, mushroom, cnd	1	Ounce-w...	14.17	0.36	0.77	0.11	0	0	0.01	0	1.98
Mashed Potatoes (Golds)	4	Ounce-w...	120.84	2.62	1.30	2.06	0.35	25.27	0.24	0	12.09
Oil, vegetable, low saturated fat, USDA	0.2576	Teaspoon	10.32	0	1.17	0	0	0	0	0	0
Garlic, cloves, fresh	0.2576	Teaspoon	1.09	0.05	0.00	0.02	0.01	0.23	0.01	0	1.32
Mashed Potatoes, flakes, w/o milk, dry	0.5152	Cup	109.43	2.58	0.13	2.04	0.34	25.04	0.23	0	8.35
Water, tap	0.34003	Cup	0	0	0	0	0	0	0	0	2.42
Carrot, fzn, slices	6	Ounce-w...	61.23	1.33	0.78	5.50	2417.08	4.25	0.16	0	61.23
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Thursday			615.76	42.70	10.96	6.51	168.21	138.09	0.95	3.12	462.66
Picadillo (Gold Kosher)	1	Serving	194.47	24.73	5.63	1.62	96.09	53.87	0.51	2.13	28.09
Beef, ground, hamburger, bkd, 5% fat	3	Ounce-w...	147.98	23.23	5.42	0	0	0	0.30	2.13	6.80
Potatoes, peeled, ckd, diced	0.5	Ounce-w...	12.19	0.24	0.01	0.26	0.04	1.05	0.04	0	1.13
Onion, pearl, ckd, drnd, chpd	1	Ounce-w...	12.47	0.39	0.05	0.40	0.06	1.47	0.04	0	6.24
Peppers, sweet, bell, red, ckd, drnd, chpd	1	Ounce-w...	7.94	0.26	0.06	0.34	83.38	48.48	0.07	0	2.55
Tomato Sauce, unsalted	1	Ounce-w...	8.22	0.37	0.05	0.43	12.28	1.98	0.03	0	3.69
Spice, pepper, black, ground	0.25	Teaspoon	1.44	0.06	0.02	0.15	0.31	0	0.00	0	2.55
Garlic, cloves, fresh	1	Teaspoon	4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13
Rice, white, long grain, ckd	4	Ounce-w...	147.42	3.05	0.32	0.45	0	0	0.11	0	11.34

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Cabbage, ckd, drnd, shredded	4	Ounce-w...	26.08	1.44	0.07	2.15	9.07	42.52	0.13	0	54.43
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Friday			654.38	44.07	13.85	11.44	290.06	63.76	0.74	0.99	428.79
Honey Glazed Fish Fillet (Gold Kosher)	1	Serving	147.82	21.27	5.68	0.00	30.37	0.01	0.00	0	20.35
Honey, strained/extracted	0.25	Teaspoon	5.32	0.01	0	0.00	0	0.01	0.00	0	0.10
Oil, canola	1	Teaspoon	41.25	0	4.67	0	0	0	0	0	0
Fish, haddock, fillet, ckd	3	Ounce-w...	101.25	21.26	1.01	0	30.37	0	--	--	20.25
Roasted Potatoes (Gold Kosher)	4	Ounce-w...	123.54	2.78	2.43	2.44	1.11	10.67	0.35	0	16.67
Potatoes, baked, med, 2 1/4" to 3 1/4"	3.91935	Ounce-w...	103.33	2.78	0.14	2.44	1.11	10.67	0.35	0	16.67
Oil, canola	0.48992	Teaspoon	20.21	0	2.29	0	0	0	0	0	0

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Peas, green, ckd f/fzn, drnd	3 Ounce-w...		66.34	4.38	0.23	4.68	178.60	8.42	0.10	0	20.41
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	3 Ounce-w...		68.89	2.17	0.57	2.04	16.92	2.98	0.08	0	2.55
Juice, Fruit, Comp	4 Fluid ounce		58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1 Slice		69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1 Teaspoon		33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1 Serving		86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
<input type="checkbox"/> Saturday			699.54	44.78	17.81	8.74	283.01	47.47	0.48	1.65	1002.26
<input type="checkbox"/> Cheese Stuffed Shells (Gold Kosher)	1 Serving		453.94	29.62	16.50	3.06	197.97	1.13	0.21	0.66	585.97
Pasta, shells, sml, enrich, ckd	4 Ounce-w...		179.17	6.58	1.05	2.04	0	0	0.06	0	7.94
Sauce, spaghetti, rts	2 Ounce-w...		27.78	0.80	0.84	1.02	36.85	1.13	0.10	0	15.31
Cheese, mozzarella, low sod, shred	0.375 Cup		118.65	11.65	7.25	0	59.75	0	0.03	0.39	309.76
Cheese, ricotta, part skim	0.375 Cup		128.34	10.59	7.36	0	101.37	0	0.02	0.27	252.96

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Snap Beans, green, ckd f/fzn, drnd	4	Ounce-w...	31.75	1.69	0.19	3.40	63.16	4.65	0.07	0	47.63
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
<input type="checkbox"/> Sunday			677.41	37.73	11.84	6.73	110.36	79.94	0.55	3.07	446.36
<input type="checkbox"/> Beef Meatballs with Sweet and Sour Sauce (Gold Kosher)	1	Serving	193.75	17.95	5.96	0.34	23.58	3.38	0.05	2.07	22.85
Bread Crumbs, plain, grated, dry	0.28116	Tablespoon	7.50	0.25	0.10	0.09	0	0	0.00	0.01	3.47
Herb, oregano, ground	0.09372	Teaspoon	0.45	0.02	0.01	0.07	0.29	0.00	0.00	0	2.69
Egg, whole, raw, lrg	0.09372	Each	6.70	0.59	0.45	0	7.53	0	0.01	0.04	2.62
Garlic, cloves, fresh	0.09372	Each	0.42	0.02	0.00	0.01	0.00	0.09	0.00	0	0.51
Oil, vegetable, Pure, soybean	0.14058	Tablespoon	16.87	0	1.97	0	0	0	--	--	0
Onion, yellow, fresh, chpd	0.04686	Cup	3.00	0.08	0.01	0.13	0.01	0.55	0.01	0	1.72
Sugar, brown, packed	0.04686	Cup	39.32	0.01	0	0	0	0	0.00	0	8.59
Vinegar, distilled	0.18744	Tablespoon	0.50	0	0	0	0	0	0	0	0.17

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Juice, lemon, fresh	0.09372	Teaspoon	0.10	0.00	0.00	0.00	0.00	0.18	0.00	0	0.03
Ketchup, low sod	0.07029	Cup	16.36	0.29	0.05	0.05	15.74	2.55	0.03	0	3.04
Sauce, soy, less sodium	0.18744	Tablespoon	1.87	0.19	0	0	0	0	--	--	0
Beef, ground, extra lean, raw	0.18744	Pound	97.47	16.49	3.37	0	0	0	--	2.02	0
Sauce, Worcestershire, Angostura	0.18744	Tablespoon	3.19	0	0	0	0	0	0	0	0
Rice, white, long grain, ckd	4	Ounce-w...	147.42	3.05	0.32	0.45	0	0	0.11	0	11.34
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	3	Ounce-w...	68.89	2.17	0.57	2.04	16.92	2.98	0.08	0	2.55
Cabbage, ckd, drnd, shredded	3	Ounce-w...	19.56	1.08	0.05	1.62	6.80	31.89	0.10	0	40.82
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Average			654.48	38.77	14.01	9.76	615.75	73.48	0.67	2.05	572.29
% Recommendation			30.20	79.15	20.78	32.17		97.98	44.53	85.51	47.69

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Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
JCS HDM 7 Day Week 1 Jan - June 2020				
Monday	3.30	1562.76	722.57	164.96
Chicken, patty, fzn	0.56	148.80	310.80	15.00
Potatoes, peeled, ckd, diced	0.31	371.95	5.67	22.68
Snap Beans, green, ckd f/fzn, drnd	0.41	270.45	1.70	32.32
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	1.01	138.88	264.32	45.92
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Tuesday	3.62	1466.66	424.54	139.80
Eggplant Parmesan (Gold Kosher)	1.30	493.89	123.96	35.67
Eggplant, fresh, cubes	0.18	260.82	2.27	15.88
Bread Crumbs, plain	--	--	110.00	--
Herb, oregano, ground	0.01	2.84	0.06	0.61

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Herb, basil, dried, ground	0.01	4.60	0.13	1.24
Spice, garlic, pwd	0.01	4.62	0.23	0.30
Spice, pepper, black, ground	0.00	3.82	0.06	0.49
Cheese, mozzarella, low sod, shred	0.97	29.52	4.97	8.08
Tomato Sauce, unsalted	0.11	187.67	6.24	9.07
Pasta, spaghetti, enrich, ckd	0.58	49.90	1.13	20.41
Mixed Vegetables (Z, C, S) (Gold Kosher)	0.22	220.75	27.22	11.72
Squash, zucchini, w/skin, ckd, drnd, slices	0.12	99.79	1.13	7.18
Carrot, fresh,	0.09	120.96	26.08	4.54
Squash, yellow, smooth slices, fzn, FS	--	--	0	--
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
└ Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
└ Wednesday	6.30	1529.81	841.26	126.56
└ └ Salisbury Steak (Gold Kosher)	3.79	55.57	256.27	12.19
└ └ └ Bread Crumbs, plain, grated, dry	0.41	55.57	207.52	12.19
└ └ └ Beef, ground, extra lean, raw	3.37	--	48.75	--
└ └ └ Gravy, mushroom, cnd	0.20	30.05	161.59	0.57
└ └ └ Mashed Potatoes (Golds)	0.23	342.34	35.50	21.39
└ └ └ Oil, vegetable, low saturated fat, USDA	0	0	0	0
└ └ └ Garlic, cloves, fresh	0.01	2.93	0.12	0.18
└ └ └ Mashed Potatoes, flakes, w/o milk, dry	0.22	339.42	32.15	20.40
└ └ └ Water, tap	0.01	0	3.22	0.81
└ Carrot, fzn, slices	0.56	399.73	115.67	20.41
└ Juice, Fruit, Comp	0.05	229.08	4.98	12.45
└ Bread, whole wheat, slice	0.50	69.44	132.16	22.96



Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Thursday	8.37	1485.43	337.61	136.35
Picadillo (Gold Kosher)	6.06	521.36	55.17	33.73
Beef, ground, hamburger, bkd, 5% fat	5.83	267.90	49.33	18.71
Potatoes, peeled, ckd, diced	0.04	46.49	0.71	2.83
Onion, pearl, ckd, drnd, chpd	0.06	47.06	0.85	3.12
Peppers, sweet, bell, red, ckd, drnd, chpd	0.03	47.06	0.57	2.83
Tomato Sauce, unsalted	0.06	93.84	3.12	4.54
Spice, pepper, black, ground	0.01	7.64	0.11	0.98
Garlic, cloves, fresh	0.03	11.36	0.48	0.71
Rice, white, long grain, ckd	0.56	39.69	1.13	13.61

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Cabbage, ckd, drnd, shredded	0.23	222.26	9.07	17.01
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Friday	3.03	1933.44	431.56	145.67
Honey Glazed Fish Fillet (Gold Kosher)	0.00	345.15	86.13	0.03
Honey, strained/extracted	0.00	0.91	0.07	0.03
Oil, canola	0	0	0	0
Fish, haddock, fillet, ckd	--	344.24	86.06	--
Roasted Potatoes (Gold Kosher)	0.40	594.45	11.11	31.11
Potatoes, baked, med, 2 1/4" to 3 1/4"	0.40	594.45	11.11	31.11
Oil, canola	0	0	0	0

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Peas, green, ckd f/fzn, drnd	0.57	93.55	61.23	18.71
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	0.54	198.16	0.85	23.81
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
 Saturday	5.06	1268.84	635.01	148.99
 Cheese Stuffed Shells (Gold Kosher)	3.26	387.27	361.73	55.58
Pasta, shells, sml, enrich, ckd	0.58	49.90	1.13	20.41
Sauce, spaghetti, rts	0.11	180.87	237.57	10.21
Cheese, mozzarella, low sod, shred	1.33	40.26	6.78	11.02
Cheese, ricotta, part skim	1.25	116.25	116.25	13.95

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Snap Beans, green, ckd f/fzn, drnd	0.27	180.30	1.13	21.55
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
<input type="checkbox"/> Sunday	6.31	1218.03	477.55	129.03
<input type="checkbox"/> Beef Meatballs with Sweet and Sour Sauce (Gold Kosher)	3.53	111.36	196.53	6.85
Bread Crumbs, plain, grated, dry	0.03	3.72	13.89	0.82
Herb, oregano, ground	0.00	2.13	0.04	0.46
Egg, whole, raw, lrg	0.06	6.47	6.65	0.56
Garlic, cloves, fresh	0.00	1.13	0.05	0.07
Oil, vegetable, Pure, soybean	--	--	0	--
Onion, yellow, fresh, chpd	0.01	10.95	0.30	0.75
Sugar, brown, packed	0.00	13.76	2.90	0.93
Vinegar, distilled	0.00	0.06	0.06	0.03

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Juice, lemon, fresh	0.00	0.49	0.00	0.03
Ketchup, low sod	0.04	64.44	3.37	3.21
Sauce, soy, less sodium	--	--	107.78	--
Beef, ground, extra lean, raw	3.37	--	48.73	--
Sauce, Worcestershire, Angostura	--	8.22	12.75	--
Rice, white, long grain, ckd	0.56	39.69	1.13	13.61
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	0.54	198.16	0.85	23.81
Cabbage, ckd, drnd, shredded	0.17	166.70	6.80	12.76
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Average	5.14	1495.00	552.87	141.62
% Recommendation	64.26	31.81	42.53	44.26