

Spreadsheet: JCS HDM 7 Day Week 2 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)
JCS HDM 7 Day Week 2 Jan - June 2020											
Monday			674.01	40.74	20.89	8.13	1047.42	61.59	0.66	2.33	529.75
Spanish Omelet (Gold Kosher)			240.45	19.58	14.76	0.71	297.74	3.42	0.30	1.34	101.19
Egg, whole, raw, lrg			214.50	18.84	14.27	0	241.12	0	0.26	1.34	84.00
Sauce, pasta, marinara, low sodium			18.14	0.45	0.45	0.45	18.14	2.18	--	--	9.07
Garlic, cloves, fresh			4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13
Onion, pearl, ckd, drnd, chpd			1.93	0.06	0.01	0.06	0.01	0.23	0.01	0	0.96
Spice, pepper, black, ground			0.72	0.03	0.01	0.07	0.16	0	0.00	0	1.27
Carrot, fresh, grated, USDA			0.94	0.02	0.01	0.06	38.28	0.14	0.00	0	0.76
Hash Browns, fzn			80.05	2.67	0	1.33	0	6.40	--	--	0
Mixed Vegetables (Z, C, S) (Gold Kosher)			27.84	1.23	0.23	1.88	678.15	8.71	0.08	0	28.17
Squash, zucchini, w/skin, ckd, drnd, slices			5.67	0.43	0.14	0.38	42.22	4.88	0.03	0	6.80
Carrot, fresh,			15.50	0.35	0.09	1.06	631.48	2.23	0.05	0	12.47

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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)
Squash, yellow, smooth slices, fzn, FS	1.33333	Ounce-w...	6.67	0.44	0	0.44	4.45	1.60	--	--	8.89
Ketchup, pkt	1	Each	8.73	0.16	0.03	0.03	8.40	1.36	0.01	0	1.62
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	2	Slice	138.32	7.25	1.88	3.81	0.17	0	0.12	0	59.92
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"/> Tuesday			637.75	28.13	17.78	8.13	119.44	60.50	0.87	1.95	422.15
<input type="checkbox"/> Beef Meatballs with Marinara Sauce (Gold Kosher)	1	Serving	155.11	9.64	7.28	1.03	33.46	5.56	0.21	0.95	35.75
Beef, ground, hamburger, raw, 15% fat	0.09091	Pound	88.66	7.67	6.19	0	0	0	0.14	0.89	6.19
Onion, yellow, fresh, med, whole, 2 1/2"	0.09091	Each	4.00	0.11	0.01	0.17	0.02	0.74	0.01	0	2.30
Garlic, cloves, fresh	0.27273	Each	1.22	0.05	0.00	0.02	0.01	0.26	0.01	0	1.48
Egg, whole, raw, lrg	0.09091	Each	6.50	0.57	0.43	0	7.31	0	0.01	0.04	2.55

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)
Bread Crumbs, plain, grated, dry	0.04545	Cup	19.39	0.66	0.26	0.22	0	0	0.01	0.02	8.98
Salt, Kosher, coarse	0.04545	Teaspoon	0	0	0	0	--	--	--	--	--
Spice, pepper, black, ground	0.02273	Teaspoon	0.13	0.01	0.00	0.01	0.03	0	0.00	0	0.23
Herb, parsley, fresh, chpd	0.02273	Cup	0.49	0.04	0.01	0.05	11.49	1.81	0.00	0	1.88
Onion, yellow, fresh, med, whole, 2 1/2"	0.09091	Each	4.00	0.11	0.01	0.17	0.02	0.74	0.01	0	2.30
Honey, strained/extracted	0.09091	Tablespoon	5.80	0.01	0	0.00	0	0.01	0.00	0	0.11
Wine, red	0.04545	Cup	9.09	0.01	0	0	0.02	0	0.01	0	0.86
Garlic, cloves, fresh	0.27273	Each	1.22	0.05	0.00	0.02	0.01	0.26	0.01	0	1.48
Spice, pepper, black, ground	0.01136	Teaspoon	0.07	0.00	0.00	0.01	0.01	0	0.00	0	0.12
Seasoning, Italian Essence, dry mix	0.09091	Teaspoon	0	0	0	0	0	0	--	--	0
Salt, Kosher, coarse	0.01136	Teaspoon	0	0	0	0	--	--	--	--	--
Sauce, pasta, marinara, low sodium	1.45455	Fluid ounce	14.55	0.36	0.36	0.36	14.55	1.75	--	--	7.27

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)
Roasted Garlic Red Potatoes (Gold Kosher)	1 Serving		143.00	2.12	4.79	2.10	0.37	9.28	0.34	0	14.20
Potatoes, peeled, ckd, diced	4 Ounce-w...		97.52	1.94	0.11	2.04	0.34	8.39	0.31	0	9.07
Garlic, cloves, fresh	1 Teaspoon		4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13
Oil, canola	1 Teaspoon		41.25	0	4.67	0	0	0	0	0	0
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	4 Ounce-w...		91.85	2.89	0.76	2.72	22.57	3.97	0.11	0	3.40
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
Wednesday			620.25	26.69	18.24	9.90	1537.03	56.57	0.76	1.13	423.80
Chicken, patty, fzn	1 Each		175.20	8.60	12.02	0.72	6.60	0	0.09	0.14	12.00
Parsley Potatoes (Gold Kosher)	4 Ounce-w...		96.90	1.95	0.12	2.06	10.75	9.94	0.30	0	10.68
Potatoes, peeled, ckd, diced	3.95639 Ounce-w...		96.46	1.92	0.11	2.02	0.34	8.30	0.30	0	8.97

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, parsley, fresh, chpd	0.9891	Teaspoon	0.45	0.04	0.01	0.04	10.42	1.64	0.00	0	1.71
Carrot, ckd f/fzn, drnd, slices	3	Ounce-w...	31.47	0.49	0.58	2.81	1439.70	1.96	0.07	0	29.77
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
Thursday			657.80	47.81	11.67	10.06	1699.51	57.87	0.42	3.69	426.22
Beef Baked Ziti w/Marinara Sauce (Gold Kosher)	1	Serving	328.37	29.08	6.01	2.51	18.15	2.40	0.06	2.70	18.29
Sauce, pasta, marinara, low sodium	2	Ounce-w...	18.14	0.45	0.45	0.45	18.14	2.18	--	--	9.07
Pasta, macaroni, enrich, ckd	4	Ounce-w...	179.17	6.58	1.05	2.04	0	0	0.06	0	7.94
Garlic, cloves, fresh	0.25	Teaspoon	1.06	0.05	0.00	0.01	0.01	0.22	0.01	0	1.28

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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)
Beef, ground, extra lean, raw	4 Ounce-w...		130.00	22.00	4.50	0	0	0	--	2.70	0
Vegetables, peas & carrots, ckd f/fzn, drnd	6 Ounce-w...		81.65	5.26	0.71	5.27	1618.30	13.78	0.15	0	39.12
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			625.89	51.68	9.57	12.36	2942.55	53.13	0.65	3.10	472.29
Pineapple Glazed Fish (Gold)	1 Serving		169.45	30.78	3.03	0.05	0.10	6.84	0.17	2.11	22.41
Fish, tilapia, bkd	4 Ounce-w...		145.15	29.65	3.01	0	0	0	0.14	2.11	15.88
Juice, pineapple, unswtnd, w/add vit C, cnd	1 Tablespoon		8.28	0.06	0.02	0.03	0.08	6.84	0.02	0	2.03
Sauce, teriyaki, rducd sod, rts	1 Tablespoon		16.02	1.07	0.00	0.02	0.02	0	0.02	0	4.50
Beans, kidney, red, mature, ckd	2 Ounce-w...		72.01	4.92	0.28	4.20	0	0.68	0.07	0	15.88
Rice, white, long grain, ckd	2 Ounce-w...		73.71	1.53	0.16	0.23	0	0	0.05	0	5.67

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)
Carrot, ckd f/fzn, drnd, slices	6	Ounce-w...	62.94	0.99	1.16	5.61	2879.40	3.91	0.14	0	59.53
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
Saturday			686.44	51.43	8.33	14.47	92.80	65.33	1.13	3.17	427.63
Beef Chili (Gold Kosher)	1	Serving	275.27	32.23	6.30	6.97	47.23	8.79	0.46	2.18	38.56
Beef, ground, hamburger, bkd, 5% fat	3	Ounce-w...	147.98	23.23	5.42	0	0	0	0.30	2.13	6.80
Tomatoes, red, fresh, year round avg, chpd/sliced	2	Ounce-w...	10.21	0.50	0.11	0.68	47.23	7.77	0.05	0	5.67
Beans, kidney, red, mature, ckd	3	Ounce-w...	108.01	7.37	0.43	6.29	0	1.02	0.10	0	23.81
Broth, chicken, low sod, cnd	2	Ounce-w...	9.07	1.13	0.34	0	0	0	0.01	0.06	2.27
Potatoes, baked, med, 2 1/4" to 3 1/4"	4	Ounce-w...	105.46	2.83	0.15	2.49	1.13	10.89	0.35	0	17.01

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)
Corn, yellow, sweet, kernels, ckd f/fzn, dmd	4	Ounce-w...	91.85	2.89	0.76	2.72	22.57	3.97	0.11	0	3.40
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			628.95	40.81	17.55	10.19	227.56	60.18	0.79	1.81	486.74
<input type="checkbox"/> Fish Creole (Gold Kosher)	1	Serving	195.76	21.19	11.10	0.43	45.44	1.98	0.32	0.82	31.75
Fish, whitefish, mixed species, fillet, bkd/brld	3	Ounce-w...	146.28	20.81	6.39	0	33.17	0	0.29	0.82	28.07
Oil, canola	1	Teaspoon	41.25	0	4.67	0	0	0	0	0	0
Seasoning, Creole	0.25	Teaspoon	0	0	0	0	--	--	--	--	--
Tomato Sauce, unsalted	1	Ounce-w...	8.22	0.37	0.05	0.43	12.28	1.98	0.03	0	3.69
Rice, brown, long grain, ckd	4	Ounce-w...	125.87	2.93	1.02	2.04	0	0	0.16	0	11.34
Snap Beans, green, ckd, dmd	6	Ounce-w...	59.53	3.21	0.48	5.44	119.07	16.50	0.10	0	74.84
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



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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, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Average			647.30	41.04	14.86	10.46	1095.19	59.31	0.76	2.46	455.51
% Recommendation			29.87	83.78	22.04	34.48		79.08	50.36	102.34	37.96
Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)							
JCS HDM 7 Day Week 2 Jan - June 2020											
Monday	4.25	1583.65	805.82	128.35							
Spanish Omelet (Gold Kosher)	1.99	236.78	260.61	19.96							
Egg, whole, raw, lrg	1.93	207.00	213.00	18.00							
Sauce, pasta, marinara, low sodium	--	--	45.36	--							
Garlic, cloves, fresh	0.03	11.36	0.48	0.71							
Onion, pearl, ckd, drnd, chpd	0.01	7.26	0.13	0.48							
Spice, pepper, black, ground	0.00	3.82	0.06	0.49							

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Carrot, fresh, grated, USDA	0.01	7.33	1.58	0.28
Hash Browns, fzn	--	320.18	13.34	--
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	--
Ketchup, pkt	0.02	34.38	100.26	1.71
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	4.64	1546.12	496.94	141.77

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Beef Meatballs with Marinara Sauce (Gold Kosher)	2.06	196.47	217.42	14.62
Beef, ground, hamburger, raw, 15% fat	1.85	121.65	27.22	7.42
Onion, yellow, fresh, med, whole, 2 1/2"	0.02	14.60	0.40	1.00
Garlic, cloves, fresh	0.01	3.28	0.14	0.20
Egg, whole, raw, lrg	0.06	6.27	6.45	0.55
Bread Crumbs, plain, grated, dry	0.07	9.62	35.93	2.11
Salt, Kosher, coarse	--	--	87.27	--
Spice, pepper, black, ground	0.00	0.69	0.01	0.09
Herb, parsley, fresh, chpd	0.01	7.55	0.76	0.68
Onion, yellow, fresh, med, whole, 2 1/2"	0.02	14.60	0.40	1.00
Honey, strained/extracted	0.00	0.99	0.08	0.04

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Wine, red	0.01	13.58	0.43	1.28
Garlic, cloves, fresh	0.01	3.28	0.14	0.20
Spice, pepper, black, ground	0.00	0.35	0.01	0.04
Seasoning, Italian Essence, dry mix	--	--	0	--
Salt, Kosher, coarse	--	--	21.82	--
Sauce, pasta, marinara, low sodium	--	--	36.36	--
Roasted Garlic Red Potatoes (Gold Kosher)	0.34	383.31	6.15	23.39
Potatoes, peeled, ckd, diced	0.31	371.95	5.67	22.68
Garlic, cloves, fresh	0.03	11.36	0.48	0.71
Oil, canola	0	0	0	0
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	0.71	264.22	1.13	31.75
Juice, Fruit, Comp	0.05	229.08	4.98	12.45

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
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
Wednesday	3.23	1587.12	640.36	143.22
Chicken, patty, fzn	0.56	148.80	310.80	15.00
Parsley Potatoes (Gold Kosher)	0.32	374.74	6.30	23.05
Potatoes, peeled, ckd, diced	0.30	367.89	5.61	22.43
Herb, parsley, fresh, chpd	0.01	6.85	0.69	0.62
Carrot, ckd f/fzn, drnd, slices	0.30	163.29	50.18	9.36
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

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Thursday	7.37	1023.61	499.51	119.81
Beef Baked Ziti w/Marinara Sauce (Gold Kosher)	5.09	52.74	111.61	20.59
Sauce, pasta, marinara, low sodium	--	--	45.36	--
Pasta, macaroni, enrich, ckd	0.58	49.90	1.13	20.41
Garlic, cloves, fresh	0.01	2.84	0.12	0.18
Beef, ground, extra lean, raw	4.50	--	65.00	--
Vegetables, peas & carrots, ckd f/fzn, drnd	0.77	268.75	115.67	27.22
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	3.50	1768.78	758.15	174.44

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
☐ Pineapple Glazed Fish (Gold)	0.50	491.73	383.86	51.41
└ Fish, tilapia, bkd	0.46	430.91	63.50	38.56
└ Juice, pineapple, unswtnd, w/add vit C, cnd	0.02	20.31	0.31	1.88
└ Sauce, teriyaki, rducd sod, rts	0.02	40.50	320.04	10.98
└ Beans, kidney, red, mature, ckd	0.61	228.50	1.13	25.51
└ Rice, white, long grain, ckd	0.28	19.84	0.57	6.80
└ Carrot, ckd f/fzn, drnd, slices	0.60	326.59	100.36	18.71
└ 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	9.54	2365.95	355.49	199.15

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Beef Chili (Gold Kosher)	6.90	793.79	70.87	63.79
Beef, ground, hamburger, bkd, 5% fat	5.83	267.90	49.33	18.71
Tomatoes, red, fresh, year round avg, chpd/sliced	0.10	134.38	2.83	6.24
Beans, kidney, red, mature, ckd	0.91	342.75	1.70	38.27
Broth, chicken, low sod, cnd	0.06	48.76	17.01	0.57
Potatoes, baked, med, 2 1/4" to 3 1/4"	0.41	606.68	11.34	31.75
Corn, yellow, sweet, kernels, ckd f/fzn, drnd	0.71	264.22	1.13	31.75
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
Sunday	3.80	1438.36	488.01	191.64
Fish Creole (Gold Kosher)	1.14	439.13	208.40	40.26



Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Fish, whitefish, mixed species, fillet, bkd/brld	1.08	345.30	55.28	35.72
Oil, canola	0	0	0	0
Seasoning, Creole	--	--	150.00	--
Tomato Sauce, unsalted	0.06	93.84	3.12	4.54
Rice, brown, long grain, ckd	0.71	48.76	5.67	48.76
Snap Beans, green, ckd, dmd	0.43	248.34	1.70	30.62
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Average	5.19	1616.23	577.75	156.91
% Recommendation	64.89	34.39	44.44	49.03