

7/8/2024
COMPLETED ON

Female	50	65 in. (165 cm)	150 lbs. (68.0 kg)	1844	1377	25	Sedentary
GENDER	AGE	HEIGHT	WEIGHT	EER ¹	BMR ²	BMI ³	ACTIVITY LEVEL

EER¹ Estimated Energy Requirement (EER) is the number of calories needed daily to maintain your current body weight. EER is calculated based on your age, height, weight, gender (and reproductive status if female), and activity level.

BMR² Basal metabolic rate (BMR) is the energy (kcal) required to perform basic, life-sustaining functions.

BMI³ Body mass index (BMI) is calculated from your height and weight. BMI is a reliable indicator of body fat for most people.

SECTION 1: YOUR TOP FOODS - NUTRIENTS TO LIMIT

All foods have some nutritional value. But some nutrients are not as beneficial to your health. The following table lists foods and beverages you currently consume that are the highest contributing food sources of nutrients you should try to reduce or limit.

Your Highest Contributing Food Sources of Each Nutrient Below	About this Nutrient												
<p>Total Fat – Your current daily intake of Total Fat is 174 g</p> <table><tr><td>1. Ice cream and milkshakes</td><td>15 g (9%)</td></tr><tr><td>2. Peanut butter, peanuts and other nuts and seeds</td><td>9 g (5%)</td></tr><tr><td>3. Regular potato, tortilla chips, corn chips and puffs</td><td>8 g (5%)</td></tr><tr><td>4. Cookies and cakes - regular</td><td>8 g (4%)</td></tr><tr><td>5. Butter or ghee (Fats on grains and beans)</td><td>8 g (4%)</td></tr><tr><td>Total</td><td>48 g (27%)</td></tr></table> <p>Note: Foods contributing at least 4 g of Total Fat per day are shown above.</p>	1. Ice cream and milkshakes	15 g (9%)	2. Peanut butter, peanuts and other nuts and seeds	9 g (5%)	3. Regular potato, tortilla chips, corn chips and puffs	8 g (5%)	4. Cookies and cakes - regular	8 g (4%)	5. Butter or ghee (Fats on grains and beans)	8 g (4%)	Total	48 g (27%)	<p>Your body needs fat to function properly, but too much fat may be harmful. Eating large amounts of high-fat foods adds excess calories, which can lead to weight gain and obesity.</p>
1. Ice cream and milkshakes	15 g (9%)												
2. Peanut butter, peanuts and other nuts and seeds	9 g (5%)												
3. Regular potato, tortilla chips, corn chips and puffs	8 g (5%)												
4. Cookies and cakes - regular	8 g (4%)												
5. Butter or ghee (Fats on grains and beans)	8 g (4%)												
Total	48 g (27%)												
<p>Saturated Fat – Your current daily intake of Saturated Fat is 60 g</p> <table><tr><td>1. Ice cream and milkshakes</td><td>9 g (16%)</td></tr><tr><td>2. Butter or ghee (Fats on grains and beans)</td><td>5 g (8%)</td></tr><tr><td>3. Milk, 2% (Milk as a beverage)</td><td>3 g (5%)</td></tr><tr><td>4. Cookies and cakes - regular</td><td>3 g (5%)</td></tr><tr><td>5. Tamales with meat</td><td>3 g (5%)</td></tr><tr><td>Total</td><td>23 g (38%)</td></tr></table> <p>Note: Foods contributing at least 2 g of Saturated Fat per day are shown above.</p>	1. Ice cream and milkshakes	9 g (16%)	2. Butter or ghee (Fats on grains and beans)	5 g (8%)	3. Milk, 2% (Milk as a beverage)	3 g (5%)	4. Cookies and cakes - regular	3 g (5%)	5. Tamales with meat	3 g (5%)	Total	23 g (38%)	<p>Usually solid or waxy at room temperature, saturated fat is most often found in animal products – such as red meat, poultry, butter and whole milk. Other foods high in saturated fat include coconut, palm and other tropical oils. And too much of certain types of fats – such as saturated fat or trans fat – can increase your blood cholesterol levels and your risk of heart disease.</p>
1. Ice cream and milkshakes	9 g (16%)												
2. Butter or ghee (Fats on grains and beans)	5 g (8%)												
3. Milk, 2% (Milk as a beverage)	3 g (5%)												
4. Cookies and cakes - regular	3 g (5%)												
5. Tamales with meat	3 g (5%)												
Total	23 g (38%)												
<p>Added Sugars – Your current daily intake of Added Sugars is 193 g</p> <table><tr><td>1. Regular soft drinks (not diet)</td><td>34 g (17%)</td></tr><tr><td>2. Ice cream and milkshakes</td><td>29 g (15%)</td></tr><tr><td>3. Energy drinks such as Monster and Red Bull energy drinks</td><td>21 g (11%)</td></tr><tr><td>4. Cookies and cakes - regular</td><td>20 g (10%)</td></tr><tr><td>5. Sweet tea and bottled sweetened tea drinks</td><td>16 g (9%)</td></tr><tr><td>Total</td><td>120 g (62%)</td></tr></table> <p>Note: Foods contributing at least 2 g of Added Sugars per day are shown above.</p>	1. Regular soft drinks (not diet)	34 g (17%)	2. Ice cream and milkshakes	29 g (15%)	3. Energy drinks such as Monster and Red Bull energy drinks	21 g (11%)	4. Cookies and cakes - regular	20 g (10%)	5. Sweet tea and bottled sweetened tea drinks	16 g (9%)	Total	120 g (62%)	<p>Added sugars may contribute to excess caloric intake because they are typically found in foods and beverages consumed in addition to foods needed to meet energy and nutrient requirements. For example, added sugars may come in the form of desserts, sweet treats or sweet beverages which contribute unnecessary added calories. Food sources of added sugars may also unfavorably replace the consumption of nutrient-rich foods such as plain yogurt, nut butters or fruit.</p>
1. Regular soft drinks (not diet)	34 g (17%)												
2. Ice cream and milkshakes	29 g (15%)												
3. Energy drinks such as Monster and Red Bull energy drinks	21 g (11%)												
4. Cookies and cakes - regular	20 g (10%)												
5. Sweet tea and bottled sweetened tea drinks	16 g (9%)												
Total	120 g (62%)												
<p>Sodium – Your current daily intake of Sodium is 5828 mg</p> <table><tr><td>1. Regular whole grain crackers</td><td>271 mg (5%)</td></tr><tr><td>2. Fried chicken, including chicken nuggets and tenders</td><td>226 mg (4%)</td></tr><tr><td>3. Pizza</td><td>202 mg (3%)</td></tr><tr><td>4. Lunch meats such as ham, turkey and lowfat bologna</td><td>195 mg (3%)</td></tr><tr><td>5. Cookies and cakes - regular</td><td>188 mg (3%)</td></tr><tr><td>Total</td><td>1081 mg (19%)</td></tr></table> <p>Note: Foods contributing at least 140 mg of Sodium per day are shown above. Sodium can be difficult to accurately measure with this tool.</p>	1. Regular whole grain crackers	271 mg (5%)	2. Fried chicken, including chicken nuggets and tenders	226 mg (4%)	3. Pizza	202 mg (3%)	4. Lunch meats such as ham, turkey and lowfat bologna	195 mg (3%)	5. Cookies and cakes - regular	188 mg (3%)	Total	1081 mg (19%)	<p>The body needs sodium to hold water in blood vessels and regulate water balance in the body. However, too much sodium can result in high blood pressure. When high blood pressure is not controlled, it can lead to a heart attack, stroke, or kidney disease. Foods that are high in sodium are usually processed and should be limited in the diet. Sodium is also found in foods that contribute to a healthy, balanced diet, including bread and tomato sauce. Look for lower sodium options of these and other foods by reading the nutrition label to find out how much sodium each serving contains.</p>
1. Regular whole grain crackers	271 mg (5%)												
2. Fried chicken, including chicken nuggets and tenders	226 mg (4%)												
3. Pizza	202 mg (3%)												
4. Lunch meats such as ham, turkey and lowfat bologna	195 mg (3%)												
5. Cookies and cakes - regular	188 mg (3%)												
Total	1081 mg (19%)												

SECTION 2: TOP FOODS REPORT - WITH KEY NUTRIENTS

The following table lists the top sources of foods and beverages you currently consume which contain key nutrients that promote good health. Keep in mind, however, that some foods and beverages listed below may also be food sources of nutrients listed in Section 1, and therefore, these particular foods may need to be consumed more sparingly.

Your Highest Contributing Food Sources of Each Nutrient Below	Top Food Sources with this Nutrient *												
Vitamin A (RAE) – Your current daily intake of Vitamin A (RAE) is 1131 mcg <table> <tr> <td>1. Ice cream and milkshakes</td><td>180 mcg (16%)</td></tr> <tr> <td>2. Milk, 2% (Milk as a beverage)</td><td>135 mcg (12%)</td></tr> <tr> <td>3. Carrots - raw</td><td>73 mcg (6%)</td></tr> <tr> <td>4. Butter or ghee (Fats on grains and beans)</td><td>65 mcg (6%)</td></tr> <tr> <td>5. Carrots - cooked</td><td>51 mcg (5%)</td></tr> <tr> <td>Total</td><td>504 mcg (45%)</td></tr> </table>	1. Ice cream and milkshakes	180 mcg (16%)	2. Milk, 2% (Milk as a beverage)	135 mcg (12%)	3. Carrots - raw	73 mcg (6%)	4. Butter or ghee (Fats on grains and beans)	65 mcg (6%)	5. Carrots - cooked	51 mcg (5%)	Total	504 mcg (45%)	1. Pumpkin, butternut squash 2. Carrots, sweet potatoes 3. Spinach, Swiss chard, collard (cooked) 4. Goat cheese 5. Eggs 6. Herring, Atlantic mackarel
1. Ice cream and milkshakes	180 mcg (16%)												
2. Milk, 2% (Milk as a beverage)	135 mcg (12%)												
3. Carrots - raw	73 mcg (6%)												
4. Butter or ghee (Fats on grains and beans)	65 mcg (6%)												
5. Carrots - cooked	51 mcg (5%)												
Total	504 mcg (45%)												
Vitamin B-12 (cobalamin) – Your current daily intake of Vitamin B-12 (cobalamin) is 15.1 mcg <table> <tr> <td>1. Energy drinks such as Monster and Red Bull energy drinks</td><td>4.6 mcg (30%)</td></tr> <tr> <td>2. Milk, 2% (Milk as a beverage)</td><td>1.3 mcg (9%)</td></tr> <tr> <td>3. Shellfish, not fried (shrimp, lobster, crab and oysters)</td><td>1.0 mcg (6%)</td></tr> <tr> <td>4. Ice cream and milkshakes</td><td>0.9 mcg (6%)</td></tr> <tr> <td>5. Dark fish (broiled or baked) such as salmon, mackerel and bluefish</td><td>0.7 mcg (5%)</td></tr> <tr> <td>Total</td><td>8.5 mcg (56%)</td></tr> </table>	1. Energy drinks such as Monster and Red Bull energy drinks	4.6 mcg (30%)	2. Milk, 2% (Milk as a beverage)	1.3 mcg (9%)	3. Shellfish, not fried (shrimp, lobster, crab and oysters)	1.0 mcg (6%)	4. Ice cream and milkshakes	0.9 mcg (6%)	5. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	0.7 mcg (5%)	Total	8.5 mcg (56%)	1. Clams, oysters, mussels, herring, sardines 2. Lean ground beef 3. Fortified plant-based burger 4. Milk, Swiss cheese, cottage cheese 5. Nutritional yeast 6. Fortified soy beverage
1. Energy drinks such as Monster and Red Bull energy drinks	4.6 mcg (30%)												
2. Milk, 2% (Milk as a beverage)	1.3 mcg (9%)												
3. Shellfish, not fried (shrimp, lobster, crab and oysters)	1.0 mcg (6%)												
4. Ice cream and milkshakes	0.9 mcg (6%)												
5. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	0.7 mcg (5%)												
Total	8.5 mcg (56%)												
Vitamin C – Your current daily intake of Vitamin C is 81 mg <table> <tr> <td>1. Smoothie fruit and/or vegetable</td><td>11 mg (14%)</td></tr> <tr> <td>2. Berries such as strawberries and blueberries</td><td>9 mg (12%)</td></tr> <tr> <td>3. Avocado and guacamole</td><td>5 mg (7%)</td></tr> <tr> <td>4. Sweetened cold cereals</td><td>5 mg (6%)</td></tr> <tr> <td>5. French fries, fried potatoes and hash browns</td><td>5 mg (6%)</td></tr> <tr> <td>Total</td><td>35 mg (45%)</td></tr> </table>	1. Smoothie fruit and/or vegetable	11 mg (14%)	2. Berries such as strawberries and blueberries	9 mg (12%)	3. Avocado and guacamole	5 mg (7%)	4. Sweetened cold cereals	5 mg (6%)	5. French fries, fried potatoes and hash browns	5 mg (6%)	Total	35 mg (45%)	1. Red and green pepper 2. Kiwi, pineapple, mango 3. Orange, grapefruit 4. Strawberries, raspberries, blueberries, blackberries 5. Broccoli, Brussels sprouts (cooked) 6. Cabbage, cauliflower (raw)
1. Smoothie fruit and/or vegetable	11 mg (14%)												
2. Berries such as strawberries and blueberries	9 mg (12%)												
3. Avocado and guacamole	5 mg (7%)												
4. Sweetened cold cereals	5 mg (6%)												
5. French fries, fried potatoes and hash browns	5 mg (6%)												
Total	35 mg (45%)												
Vitamin D – Your current daily intake of Vitamin D is 535 IU <table> <tr> <td>1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish</td><td>141 IU (26%)</td></tr> <tr> <td>2. Milk, 2% (Milk as a beverage)</td><td>120 IU (22%)</td></tr> <tr> <td>3. White fish (broiled or baked) such as sole, halibut, snapper and cod</td><td>42 IU (8%)</td></tr> <tr> <td>4. Milk, 2% (Milk on cold cereal)</td><td>34 IU (6%)</td></tr> <tr> <td>5. Ice cream and milkshakes</td><td>32 IU (6%)</td></tr> <tr> <td>Total</td><td>369 IU (68%)</td></tr> </table>	1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	141 IU (26%)	2. Milk, 2% (Milk as a beverage)	120 IU (22%)	3. White fish (broiled or baked) such as sole, halibut, snapper and cod	42 IU (8%)	4. Milk, 2% (Milk on cold cereal)	34 IU (6%)	5. Ice cream and milkshakes	32 IU (6%)	Total	369 IU (68%)	1. Fish oil, fatty fish (salmon, herring, trout) 2. Fortified milk and dairy products 3. Fortified soy beverage 4. Egg yolks 5. Fortified orange juice 6. Fortified cereals
1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	141 IU (26%)												
2. Milk, 2% (Milk as a beverage)	120 IU (22%)												
3. White fish (broiled or baked) such as sole, halibut, snapper and cod	42 IU (8%)												
4. Milk, 2% (Milk on cold cereal)	34 IU (6%)												
5. Ice cream and milkshakes	32 IU (6%)												
Total	369 IU (68%)												
Vitamin E – Your current daily intake of Vitamin E is 19.9 mg <table> <tr> <td>1. Regular potato, tortilla chips, corn chips and puffs</td><td>2.1 mg (11%)</td></tr> <tr> <td>2. Peanut butter, peanuts and other nuts and seeds</td><td>1.8 mg (9%)</td></tr> <tr> <td>3. Regular whole grain crackers</td><td>1.3 mg (7%)</td></tr> <tr> <td>4. Regular crackers, such as Ritz and Wheat Thins</td><td>1.0 mg (5%)</td></tr> <tr> <td>5. Cookies and cakes - regular</td><td>1.0 mg (5%)</td></tr> <tr> <td>Total</td><td>7.2 mg (37%)</td></tr> </table> <p>Note: Vitamin E is generally found in plant-based foods</p>	1. Regular potato, tortilla chips, corn chips and puffs	2.1 mg (11%)	2. Peanut butter, peanuts and other nuts and seeds	1.8 mg (9%)	3. Regular whole grain crackers	1.3 mg (7%)	4. Regular crackers, such as Ritz and Wheat Thins	1.0 mg (5%)	5. Cookies and cakes - regular	1.0 mg (5%)	Total	7.2 mg (37%)	1. Almonds, sunflower seeds (roasted) 2. Peanut butter 3. Spinach, Swiss chard (cooked) 4. Eggs 5. Avocado 6. Grapeseed oil
1. Regular potato, tortilla chips, corn chips and puffs	2.1 mg (11%)												
2. Peanut butter, peanuts and other nuts and seeds	1.8 mg (9%)												
3. Regular whole grain crackers	1.3 mg (7%)												
4. Regular crackers, such as Ritz and Wheat Thins	1.0 mg (5%)												
5. Cookies and cakes - regular	1.0 mg (5%)												
Total	7.2 mg (37%)												
Total Folate – Your current daily intake of Total Folate is 512 mcg <table> <tr> <td>1. Complete or primarily whole grain cold cereal</td><td>58 mcg (11%)</td></tr> <tr> <td>2. Pizza</td><td>20 mcg (4%)</td></tr> <tr> <td>3. Cookies and cakes - regular</td><td>20 mcg (4%)</td></tr> <tr> <td>4. Regular crackers, such as Ritz and Wheat Thins</td><td>17 mcg (3%)</td></tr> <tr> <td>5. Regular whole grain crackers</td><td>17 mcg (3%)</td></tr> <tr> <td>Total</td><td>132 mcg (25%)</td></tr> </table>	1. Complete or primarily whole grain cold cereal	58 mcg (11%)	2. Pizza	20 mcg (4%)	3. Cookies and cakes - regular	20 mcg (4%)	4. Regular crackers, such as Ritz and Wheat Thins	17 mcg (3%)	5. Regular whole grain crackers	17 mcg (3%)	Total	132 mcg (25%)	1. Edamame 2. Lentils, peas (chickpeas, black-eyed), beans 3. Broccoli, spinach, asparagus, artichoke (cooked) 4. Lettuce (romaine, mesclun), endive, escarole (raw) 5. Avocado 6. Papaya
1. Complete or primarily whole grain cold cereal	58 mcg (11%)												
2. Pizza	20 mcg (4%)												
3. Cookies and cakes - regular	20 mcg (4%)												
4. Regular crackers, such as Ritz and Wheat Thins	17 mcg (3%)												
5. Regular whole grain crackers	17 mcg (3%)												
Total	132 mcg (25%)												

*Nutrient intakes shown here reflect only those from food and beverage sources (not from supplement intakes)

*Foods shown in green are plant-based options

SECTION 2: TOP FOODS REPORT CONTINUED - WITH KEY NUTRIENTS

Your Highest Contributing Food Sources of Each Nutrient Below			Top Food Sources with this Nutrient *	
Choline – Your current daily intake of Choline is 646 mg				
1. Eggs	74 mg	(11%)	1. Shellfish	
2. Chicken and turkey (roasted, stewed, grilled or broiled), without skin	46 mg	(7%)	2. Eggs	
3. Ice cream and milkshakes	44 mg	(7%)	3. Soybeans, kidney beans	
4. Milk, 2% (Milk as a beverage)	40 mg	(6%)	4. Beef, pork, lamb, poultry	
5. Beef, pork, ham and lamb - with fat	30 mg	(5%)	5. Shiitake mushrooms (cooked)	
			6. Potatoes, baked, flesh and skin	
Total	234 mg	(36%)		
Calcium – Your current daily intake of Calcium is 1791 mg				
1. Milk, 2% (Milk as a beverage)	293 mg	(16%)	1. Milk	
2. Ice cream and milkshakes	254 mg	(14%)	2. Tofu	
3. American, cheddar or cream cheese, including cheese used in cooking	102 mg	(6%)	3. Yogurt, cheese (ricotta, cottage, low-fat cheddar)	
4. Greek yogurt, plain, lowfat	89 mg	(5%)	4. Sardines, Atlantic, canned in oil, with bones	
5. Milk, 2% (Milk on cold cereal)	83 mg	(5%)	5. Collards, spinach, kale (cooked)	
			6. White beans	
Total	821 mg	(46%)		
Iron – Your current daily intake of Iron is 22 mg				
1. Complete or primarily whole grain cold cereal	2.3 mg	(11%)	1. Soybeans, lentils, pumpkin seeds	
2. Regular whole grain crackers	2.2 mg	(10%)	2. Lean ground beef, lamb	
3. Sweetened cold cereals	1.0 mg	(4%)	3. Chicken, turkey	
4. Regular crackers, such as Ritz and Wheat Thins	0.8 mg	(4%)	4. Shellfish	
5. Cookies and cakes - regular	0.8 mg	(3%)	5. Spinach, Swiss chard, beet greens (cooked)	
			6. Hearts of palm, black olives	
Total	7.1 mg	(32%)		
Magnesium – Your current daily intake of Magnesium is 576 mg				
1. Regular whole grain crackers	51 mg	(9%)	1. Black-eyed peas, chickpeas, beans, lentils	
2. Peanut butter, peanuts and other nuts and seeds	29 mg	(5%)	2. Nuts (brazil nut, almond, cashew), seeds (pumpkin, sunflower, flaxseed)	
3. Ice cream and milkshakes	28 mg	(5%)	3. Quinoa, other whole grain cereals and breads	
4. Milk, 2% (Milk as a beverage)	27 mg	(5%)	4. Okra (cooked)	
5. Energy drinks such as Monster and Red Bull energy drinks	22 mg	(4%)	5. Avocado	
			6. Salmon	
Total	157 mg	(28%)		
Note: Magnesium is generally found in plant-based foods				
Zinc – Your current daily intake of Zinc is 21 mg				
1. Beef, pork, ham and lamb - with fat	1.4 mg	(6%)	1. Oysters, crab, lobster	
2. Shellfish, not fried (shrimp, lobster, crab and oysters)	1.3 mg	(6%)	2. Dried beans (chickpeas), lentils, nuts, seeds	
3. Beef, pork, ham and lamb - without fat	1.3 mg	(6%)	3. Beef, pork, lamb, poultry	
4. Ice cream and milkshakes	1.2 mg	(6%)	4. Whole grains (wheat, quinoa, wild rice and oats)	
5. Milk, 2% (Milk as a beverage)	1.2 mg	(5%)	5. Ricotta cheese, yogurt	
			6. Tahini / sesame butter	
Total	6.4 mg	(29%)		
Fiber – Your current daily intake of Fiber is 32 g				
1. Regular whole grain crackers	5.1 g	(16%)	1. Raspberries, blackberries, apples with skin, pears, bananas, oranges, strawberries	
2. Coffee (not lattes or mochas)	1.7 g	(5%)	2. Beans, peas, lentils	
3. Apples, applesauce and pears	1.6 g	(5%)	3. Avocados	
4. Regular potato, tortilla chips, corn chips and puffs	1.5 g	(5%)	4. Nuts (almonds, macadamia, pistachio), seeds (pumpkin, sunflower, flaxseed, chia)	
5. French fries, fried potatoes and hash browns	1.3 g	(4%)	5. Sweet potatoes, Brussels sprouts, carrots, beets, broccoli, collard greens, spinach	
			6. Bran cereal, whole grain bread and pasta, oats, brown rice	
Total	11.2 g	(35%)		

*Nutrient intakes shown here reflect only those from food and beverage sources (not from supplement intakes)

*Foods shown in green are plant-based options

SECTION 3: COMPLETE FOOD LIST

The tables below show the complete list of all the foods and beverages you reported consuming.

Cereals and Breads		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Butter or ghee (Cereals and Breads)	1 teaspoon (1 pat)	5.5	0.8	27	3.0	0.0	0.0
Complete or primarily whole grain cold cereal	1 cup (regular bowl)	2.0	0.3	30	0.5	1.0	5.8
Corn tortillas	2 (6" diameter)	2.0	0.3	30	0.4	0.8	6.1
Jam, jelly, honey, syrup or sugar on bread, pancakes or waffles	1 tablespoon	3.5	0.5	28	0.0	0.0	7.3
Milk, 2% (Milk on cold cereal)	1/2 cup (4 oz)	4.0	0.6	35	1.4	2.3	3.3
Pancakes, French toast, and waffles	2 waffles, 2 slices French toast, 2-3 large pancakes	1.0	0.1	28	0.8	0.8	4.2
Sweetened cold cereals	1 cup (regular bowl)	2.0	0.3	32	0.3	0.4	7.3
White flour tortillas	1 (12" diameter)	1.0	0.1	48	1.2	1.3	7.7
Whole grain pancakes, French toast or waffles	2 waffles, 2 slices French toast, 2-3 large pancakes	0.2	0.0	7	0.2	0.3	0.9

Eggs and Meats		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Bacon and breakfast sausage	3-4 strips bacon, 2 links sausage	0.5	0.1	13	1.1	0.6	0.0
Beef, pork, ham and lamb - with fat	3 slices, 2 chops, small steak (4-5 oz)	1.8	0.2	84	5.5	8.0	0.0
Beef, pork, ham and lamb - without fat	3 slices, 2 chops, small steak (4-5 oz)	1.8	0.2	59	2.4	9.2	0.0
Egg whites / substitutes	1 egg	3.5	0.5	11	0.4	1.6	0.2
Eggs	1 egg	3.5	0.5	48	3.5	3.2	0.4
Ground meat, lean	Medium hamburger, 1 slice meatloaf (3-4 oz)	1.0	0.1	36	2.2	3.4	0.4
Lunch meats such as ham, turkey and lowfat bologna	3 slices (3 oz)	2.0	0.3	27	1.1	3.5	0.6
Turkey bacon or low fat breakfast sausage	1-2 strips bacon, 1 link sausage	3.5	0.5	28	1.8	2.6	0.4

Chicken and Fish		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Canned tuna, tuna salad and tuna casserole	1 can tuna, 1 large sandwich, 1 1/2 cups casserole	0.5	0.1	22	1.5	1.7	0.7
Chicken and turkey (roasted, stewed, grilled or broiled), without skin	1 large piece, 3 slices (4-5 oz)	3.5	0.5	92	2.7	15.6	0.0
Dark fish (broiled or baked) such as salmon, mackerel and bluefish	1 medium piece (4-5 oz)	1.0	0.1	33	1.6	4.5	0.0
Fried chicken, including chicken nuggets and tenders	2 pieces, 7-8 nuggets (6-7 oz)	1.0	0.1	96	5.5	6.4	4.8
Fried fish, fish sandwich and fried shellfish (shrimp, oysters)	1 piece fish (2 oz), 2-3 jumbo shrimp (1/4 cup)	1.0	0.1	19	1.0	1.2	1.3
Shellfish, not fried (shrimp, lobster, crab and oysters)	8-9 jumbo shrimp, 3/4 cup crab meat, 9 oysters	1.0	0.1	18	0.3	3.2	0.4
White fish (broiled or baked) such as sole, halibut, snapper and cod	1 medium piece (4-5 oz)	1.0	0.1	19	0.3	3.9	0.0

Mixed Dishes and Pasta		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Pizza	2 slices of 16" pizza (1/4 pie)	1.0	0.1	80	3.4	3.5	8.9
Spaghetti and other pasta with cheese or cream sauce, including macaroni and cheese	1 1/2 cups (large bowl)	0.4	0.1	33	1.4	1.1	3.9
Spaghetti and other pasta with cheese or cream sauce, including macaroni and cheese (whole wheat)	1 1/2 cups (large bowl)	0.1	0.0	11	0.5	0.5	1.2
Spaghetti or other pastas with oil or pesto sauces (white)	1 1/2 cups (large bowl)	0.3	0.0	18	0.6	0.5	2.5
Spaghetti or other pastas with oil or pesto sauces (whole wheat)	1 1/2 cups (large bowl)	0.3	0.0	17	0.7	0.6	2.5
Spaghetti, lasagna and other pasta with meat sauce	2 cups	0.2	0.0	17	0.5	0.9	2.1
Spaghetti, lasagna and other pastas with meat sauce (whole wheat)	2 cups	0.1	0.0	5	0.2	0.3	0.7

SECTION 3: COMPLETE FOOD LIST - CONTINUED

Asian and Soy Foods		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Asian-style (stir-fried) noodles and rice, such as chow mein, fried rice and pad Thai	1 cup (medium bowl)	0.5	0.1	18	0.6	0.8	2.5
Japanese Noodles	1 cup (medium bowl)	0.2	0.0	4	0.0	0.2	0.8
Sushi such as tuna, salmon and California roll	1 roll, 8 pieces	0.5	0.1	15	0.3	1.1	1.9
Tofu	3 pieces (3 oz)	0.5	0.1	5	0.3	0.6	0.2
Vegetarian sushi such as avocado and cucumber roll	2 rolls, 12 pieces	0.5	0.1	19	0.3	0.4	3.6

Mexican and Hispanic Foods		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Burritos or fajitas with meat	1 small burrito, 1 fajita	0.2	0.0	4	0.2	0.2	0.5
Fish or shrimp tacos or tostadas	3 tacos or tostadas	0.5	0.1	28	1.1	1.9	2.6
Quesadillas with meat	1 quesadilla	0.2	0.0	17	0.9	0.7	1.5
Tamales with meat	2 tamales	0.5	0.1	95	6.9	2.6	5.8

Soups		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Asian-style noodle soup	2 cups, 1 package ramen noodles	0.5	0.1	29	1.1	0.8	4.0
Chicken noodle soup	1 cup (medium bowl)	0.5	0.1	7	0.2	0.4	0.9
Cream soups such as chowders, potato and cheese	1 cup (medium bowl)	0.2	0.0	5	0.2	0.2	0.6
Miso soup	1 cup (medium bowl)	0.2	0.0	3	0.1	0.2	0.2
Vegetable, minestrone and tomato soup	1 cup (medium bowl)	0.2	0.0	3	0.0	0.1	0.6

Dairy and Non-Dairy Alternative Products		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
American, cheddar or cream cheese, including cheese used in cooking	1 slice (1 oz), 1/4 cup shredded, 2 tablespoons cream cheese	3.5	0.5	53	4.6	2.5	0.6
Greek yogurt, plain, lowfat	1 standard container, (5.3 oz, about 3/4 cup)	3.5	0.5	62	1.6	8.5	3.1
Greek yogurt, sweetened or with fruit, lowfat	1 standard container, (5.3 oz, about 3/4 cup)	3.5	0.5	72	1.4	6.1	9.3
Low fat cheese and low fat cream cheese, including cheese used in cooking	2 slices (2 oz), 1/2 cup shredded	0.5	0.1	12	0.8	0.9	0.2
Lowfat cottage cheese and ricotta cheese	1/2 cup	0.5	0.1	8	0.3	0.9	0.4
Nonfat cheese and nonfat cream cheese, including cheese used in cooking	2 slices (2 oz), 1/2 cup shredded	0.5	0.1	6	0.0	0.9	0.5
Yogurt, plain, lowfat	3/4 (6 oz) (regular container)	0.5	0.1	8	0.2	0.7	0.9
Yogurt, sweetened or with fruit, lowfat	3/4 (6 oz) (regular container)	0.5	0.1	13	0.1	0.6	2.5

Salads and Salad Vegetables		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Avocado and guacamole	1/4 avocado, 1/4 cup	3.5	0.5	28	2.4	0.4	1.9
Carrots - raw	1/2 carrot, 4 baby carrots, 1/4 cup	2.0	0.3	4	0.0	0.1	0.8
Coleslaw	1 cup	0.5	0.1	14	0.9	0.1	1.5
Fresh tomatoes	2 slices, 1/2 medium tomato	2.0	0.3	3	0.0	0.2	0.7
Green salad (Lettuce or spinach)	1 cup (medium bowl)	2.0	0.3	2	0.0	0.2	0.5
Potato, macaroni and pasta salads made with mayonnaise or oil	3/4 cup	0.5	0.1	18	0.9	0.3	2.1
Red peppers and red chilies, raw	1/2 pepper, 1/2 cup	0.2	0.0	1	0.0	0.0	0.1
Salad dressing - dairy based	2-3 tablespoons, 1/8 cup	2.0	0.3	47	4.9	0.1	0.6

SECTION 3: COMPLETE FOOD LIST - CONTINUED

Garden Vegetables		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Broccoli	1/2 cup	0.5	0.1	2	0.0	0.2	0.3
Carrots - cooked	1 carrot, 8 baby carrots, 1/2 cup	0.5	0.1	2	0.0	0.0	0.5
Cooked greens, such as kale, mustard greens and collards	1/2 cup	0.2	0.0	1	0.0	0.1	0.1
Corn and hominy	1/2 cup, 1 small ear	1.0	0.1	9	0.1	0.3	2.0
Green or string beans	1/2 cup	0.5	0.1	1	0.0	0.1	0.3
Oil, olive (Fats used on vegetables)	2 teaspoons	0.5	0.1	6	0.6	0.0	0.0

Squash, Potatoes and Root Vegetables		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
French fries, fried potatoes and hash browns	1 cup, medium size fast food	2.0	0.3	91	4.3	1.1	12.4
Oil, olive (Fats on potatoes and squash)	2 teaspoons	3.5	0.5	40	4.5	0.0	0.0
Potatoes (boiled, baked or mashed)	1 cup, 1 medium baked potato	0.5	0.1	17	0.3	0.4	3.3
Summer squash and zucchini	1/2 cup	0.5	0.1	1	0.0	0.1	0.2

Grains and Beans		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Butter or ghee (Fats on grains and beans)	2 teaspoons	7.0	1.0	68	7.7	0.1	0.0
Hummus	1/4 cup	1.0	0.1	15	0.7	0.6	1.7
White Rice	1 cup	2.0	0.3	59	0.1	1.2	12.7

Oil or Fat Used in Cooking		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Oil, olive (Fat used in cooking)	2 teaspoons	1.5	0.2	17	1.9	0.0	0.0

Sauces, Seasonings and Condiments		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Ketchup	1 tablespoon	3.5	0.5	8	0.0	0.1	2.0
Mayonnaise, regular	1 tablespoon	1.0	0.1	13	1.5	0.0	0.0
Salsa (as dip or on foods)	4 tablespoons, 1/4 cup	0.5	0.1	1	0.0	0.1	0.3
Soy sauce, tamari, teriyaki sauce or Szechwan sauce	2 teaspoons	0.5	0.1	1	0.0	0.1	0.1

Fruits		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Apples, applesauce and pears	1 apple or pear, 1/2 cup	3.5	0.5	40	0.1	0.2	10.6
Bananas	1 banana	1.0	0.1	15	0.1	0.2	3.8
Berries such as strawberries and blueberries	1 cup	1.0	0.1	15	0.1	0.2	3.9

Sweets		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Chocolate, candy bars, and toffee	1 regular bar, 8-10 bite sized-pieces (1.5 oz)	2.0	0.3	65	3.5	0.9	7.6
Cookies and cakes - regular	2 medium cookies, 1 large cookie, 1 small piece cake	5.5	0.8	192	7.8	1.7	29.7
Doughnuts, pies and pastries	1 large doughnut, 1 medium slice pie, 1 Danish	2.0	0.3	100	4.7	1.4	13.2
Ice cream and milkshakes	2 scoops, 1 cup, 1 shake, 2 bars	5.5	0.8	319	15.1	7.1	39.5
Lifesavers, licorice and jelly beans	4 pieces hard candy, 10 Life Savers®, 12 jelly beans	0.5	0.1	5	0.0	0.0	1.4
Nondairy rice milk ice cream	1 scoop, 1/2 cup, 1 bar	0.2	0.0	5	0.2	0.0	0.9
Other soy desserts such as cheesecake	Small piece or 1/2 medium piece	0.5	0.1	13	0.4	0.3	2.1
Pudding, custard and flan	1 cup	1.0	0.1	45	1.0	1.5	7.5

SECTION 3: COMPLETE FOOD LIST - CONTINUED

Chips, Crackers and Snacks		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Buttered or regular microwave popcorn	12 handfuls, 3 cups	2.0	0.3	65	5.3	0.7	4.2
Peanut butter, peanuts and other nuts and seeds	1 tablespoon peanut butter, 1/8 cup nuts	7.0	1.0	99	8.5	3.5	3.7
Regular crackers, such as Ritz and Wheat Thins	9 medium crackers	7.0	1.0	113	5.2	2.0	15.1
Regular potato, tortilla chips, corn chips and puffs	2 handfuls, 1 small bag (1 oz)	7.0	1.0	147	8.5	1.6	16.6
Regular whole grain crackers	9 medium crackers	7.0	1.0	182	6.0	4.2	30.1

Meal Replacement Drinks, Smoothies, Sports and Other Bars		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Energy drinks such as Monster and Red Bull energy drinks	1 large can (16 oz)	3.0	0.4	93	0.0	0.5	23.1
Granola bars and cereal bars such as Nutri-Grain Bars	1 bar	2.0	0.3	33	0.8	0.5	6.1
Smoothie fruit and/or vegetable	1 cup (8 oz)	1.5	0.2	23	0.1	0.4	5.7
Smoothie, dairy/yogurt with nut/protein powder added	1 cup (8 oz)	1.5	0.2	40	0.9	2.6	5.8
Snack bars such as Lara bars, KIND bars, Luna bars	1 bar	1.0	0.1	28	1.8	0.7	2.9
Sports drinks, hydration powders or tablets such as Gatorade, Powerade, Skratch and Cytomax	1 medium bottle (20 oz), 1 1/2 scoops	3.0	0.4	55	0.0	0.0	14.0

Milk, Coffee and Tea		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Coffee (not lattes or mochas)	1 large cup (12 oz)	7.0	1.0	4	0.1	0.4	1.7
Cream, non-dairy liquid (Coffee)	1 tablespoon, 3 liquid creamer packets	7.0	1.0	17	1.1	0.0	2.0
Milk, 2% (Milk as a beverage)	1 cup (8 oz)	7.0	1.0	122	4.8	8.1	11.7
Sugar (Coffee)	1 teaspoon	7.0	1.0	18	0.0	0.0	4.7
Sweet tea and bottled sweetened tea drinks	1 large glass, 1 can (12 oz)	3.0	0.4	65	0.0	0.0	16.9

Soft Drinks, Water and Juice		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Diet soft drinks	1 large glass (12 oz), 1 can	1.0	0.1	1	0.0	0.1	0.1
Regular soft drinks (not diet)	1 large glass (12 oz), 1 can	5.5	0.8	131	0.1	0.2	33.6
Water (tap or bottled)	1 large glass (12 oz)	31.6	4.5	0	0.0	0.0	0.0

Alcoholic Beverages		Frequency		Daily Amounts			
Description	Portion Size	Per Week	Per Day	KCal	Fat(g)	Protein(g)	Carbs(g)
Beer, light	12 oz (1 can or bottle)	1.5	0.2	22	0.0	0.2	1.2
Beer, regular	12 oz (1 can or bottle)	4.5	0.6	98	0.0	1.1	8.1
Red Wine	6 oz (about 1/6th bottle)	6.0	0.9	128	0.0	0.1	3.9