

CHEMISTRY 80A - DIET ANALYSIS

6/22/09

		AMT. 1 cup or 8 oz. or 1 slice	CARB in grams (4 Cal/g)		FAT in grams (9 Cal/g)		PROT. in grams (4 Cal/g)	ALCOH in grams (7 Cal/g)	Na (mg)	Cholest (mg)	CALORIES
TIME	FOOD or DRINK			Sat.	Unsat.	Trans					
9:30 AM	CEREAL - R. BRAN	1 cup	45g	0	1.5g	0	5g	0	220	0	214
	CEREAL - CRISPER	1 cup	25g	0	0	0	2g	0	350	0	110
	NF MILK	2 cups	26g	0	0	0	20g	0	140	5	180
	O.J. ^{4oz, 0.5} _{4oz, H₂O}	4 OZ	13g	0	0	0	1g	0	0	0	55
11:30 AM	BRUNCH										
	1 egg	3	1g	4.5g	9.0	0	18g	0	195	645	210
	egg white	3	1g	0	0	0	9g	0	70	0	140
	Whole Wheat TOAST	2 slices	42g	0	0	0	10g	0	200	0	200
	CHEDDAR CHEESE	1 slice	0	4.5	2.5	0	5g	0	125	20mg	90
	SALSA	2 TSP	1g	0	0	0	0	0	210	0	10
3 PM	SNACK										
	1 LF Yogurt	6 OZ	20g	1.5g	1.0	0	7g	0	110mg	10mg	130
	Bagel	1	51g	0	2.0	0	9g	0	490	0	260
	Honey	TSP	16g	0	0	0	0g	0	0	0	60
	PITA BREAD	1	33	0	1	0	5g	0	322		165
	chicken breast	1	0	1	1	0	17g	0	41	47	86
	tomato	1	6	0	0	0	1	0	7	8	27
	ROMAINE SALAD	1 cup	0	0	0	0	0	0	0	0	1
	TAHINI SAUCE	2 TSP	6	0	12	0	4	0	18	0	137
	cran juice ^{4oz} _{H₂O 4oz}	4 OZ	34g	0	0	0	0	0	7	0	137
		TOTAL	320g	11.5	36.0g	0	113g	0	2,500mg	727mg	2,112
		X	total carb grams x 4		total fat grams x 9		total prot. grams x 4	total OH grams x 7		REQ =	2864
	Total Calories	X	1,280	103.5	270	0		452	X	X	2,106
		X	carb. Cal/ Total Cal		fat. Cal/ Total Cal		prot. Cal/ Total Cal	OH Cal/ Total Cal	X	X	X
	% of Calories from Diet	X	1280/ 2106= 61%		374/ 2106= 18%		452/ 2106= 21%		X	X	X

NOTE: For Additional Nutritional Information see: <http://www.nutritiondata.com>
 For BMR & Your Daily Caloric Requirement see: www.exrx.net/Calculators/CalRequire.html
 cal/g of CARB = , FAT = , Prot =