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Vit K White cabbage amount used for red cabbage
Tr Trace amount - 0.00001 to denote Tr
Blanks denote no information available

Note: This daily eating plan relates to the following article - Proof that government nutrition guidelines are wrong - published by ANH-Intl on 20 June 2018

alliance for natural health INTERNATIONAL

Food4Health 1 day menu analysis **Protein, Fat, Carbohydrates and Fibre**

nb: % = Percentage of total energy

Food Item Description	Portion size	Protein per 100g	Protein in portion	Protein kcal	Protein %	Fat per 100g	Fat in portion	Fat kcal	Fat %	SatFat per 100g	SatFat in portion	SatFat kcal	SatFat %	MUFA per 100g	MUFA in portion	MUFA kcal	MUFA %	PUFA per 100g	PUFA in portion	PUFA kcal	PUFA %	CHO per 100g	CHO in portion	CHO kcal	CHO %	Sugars per 100ml	Sugars in portion	Sugars kcal	Sugars %	Fibre (g) per 100g	Fibre (g) in portion	Total Energy kcal
Breakfast																																
Egg, whole, cooked, poached	142 g	12.5	17.8	71.1	36%	9.5	13.4	121.0	62%	3.1	4.4	39.8	20%	3.6	5.2	46.6	24%	1.9	2.7	24.3	12%	0.7	1.0	3.8	2%	0.4	0.5	2.0	1%	0.00	0.00	195.9
Spinach, sauteed	25 g	3.0	0.7	3.0	42%	0.3	0.1	0.6	8%	0.0	0.0	0.1	1%	0.0	0.0	0.0	0%	0.1	0.0	0.2	3%	3.8	0.9	3.5	50%	0.4	0.1	0.4	6%	2.40	0.60	7.1
Butter, salted	10 g	0.9	0.1	0.3	0%	81.1	8.1	73.0	100%	51.4	5.1	46.2	63%	21.0	2.1	18.9	26%	3.0	0.3	2.7	4%	0.1	0.0	0.0	0%	0.1	0.0	0.0	0%	0.00	0.00	73.4
Green Juice																																
Pears, raw	180 g	0.4	0.6	2.6	2%	0.1	0.3	2.3	2%	0.0	0.0	0.4	0%	0.1	0.2	1.4	1%	0.1	0.2	1.5	1%	15.2	27.4	102.8	95%	9.8	17.6	65.8	61%	0.00	0.00	107.7
Kale, raw	250 g	2.9	7.3	29.2	28%	1.5	3.7	33.5	32%	0.2	0.4	4.0	4%	0.1	0.3	2.3	2%	0.7	1.7	15.1	15%	4.4	11.1	41.4	40%	1.0	2.5	9.3	9%	0.00	0.00	104.2
Limes, raw	50 g	0.7	0.4	1.4	6%	0.2	0.1	0.9	4%	0.0	0.0	0.1	0%	0.0	0.0	0.1	0%	0.1	0.0	0.2	1%	10.5	5.3	19.8	90%	1.7	0.8	3.2	14%	0.00	0.00	22.1
Celery, raw	50 g	0.7	0.3	1.4	18%	0.2	0.1	0.8	10%	0.0	0.0	0.2	2%	0.0	0.0	0.1	2%	0.1	0.0	0.4	5%	3.0	1.5	5.6	72%	1.3	0.7	2.5	33%	0.00	0.00	7.7
Ginger root, raw	14 g	1.8	0.3	1.0	9%	0.8	0.1	0.9	8%	0.2	0.0	0.3	2%	0.2	0.0	0.2	2%	0.2	0.0	0.2	2%	17.8	2.5	9.3	83%	1.7	0.2	0.9	8%	0.00	0.00	11.3
Lunch																																
Fish, salmon, coho, wild, cooked, moist heat	140 g	27.4	38.3	153.2	62%	7.5	10.5	94.5	38%	1.6	2.2	20.1	8%	2.7	3.8	34.0	14%	2.5	3.5	31.8	13%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.00	0.00	247.7
Organic spinch & spring mix leaves	7 g	2.0	0.1	0.6	42%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	3.0	0.2	0.8	58%	0.0	0.0	0.0	0%	1.00	0.07	1.3
Raw slaw																																
Cabbage, red, raw	50 g	1.4	0.7	2.9	16%	0.2	0.1	0.7	4%	0.0	0.0	0.1	1%	0.0	0.0	0.1	0%	0.1	0.0	0.4	2%	7.4	3.7	13.8	79%	3.8	1.9	7.2	41%	2.10	1.05	17.4
Carrots, raw	20 g	0.9	0.2	0.7	9%	0.2	0.0	0.4	5%	0.0	0.0	0.1	1%	0.0	0.0	0.0	0%	0.1	0.0	0.2	2%	9.6	1.9	7.2	86%	4.7	0.9	3.6	43%	2.80	0.56	8.4
Fennel, bulb, raw	10 g	1.2	0.1	0.5	15%	0.2	0.0	0.2	5%	0.1	0.0	0.1	2%	0.1	0.0	0.1	2%	0.2	0.0	0.2	4%	7.3	0.7	2.7	80%	3.9	0.4	1.5	43%	3.10	0.31	3.4
Radishes, raw	5 g	0.7	0.0	0.1	17%	0.1	0.0	0.0	5%	0.0	0.0	0.0	2%	0.0	0.0	0.0	1%	0.0	0.0	0.0	3%	3.4	0.2	0.6	78%	1.9	0.1	0.3	43%	1.60	0.08	0.8
Seeds, sesame butter, tahini, from roasted and toa	10 g	17.0	1.7	6.8	11%	53.8	5.4	48.4	77%	7.5	0.8	6.8	11%	20.3	2.0	18.3	29%	23.6	2.4	21.2	34%	21.2	2.1	7.9	13%	0.5	0.0	0.2	0%	9.30	0.93	63.1
Olive oil	20 g	0.0	0.0	0.0	0%	100.0	20.0	180.0	100%	13.8	2.8	24.9	14%	73.0	14.6	131.3	73%	10.5	2.1	18.9	11%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.00	0.00	180.0
Lemon juice, raw	30 g	0.4	0.1	0.4	5%	0.2	0.1	0.6	7%	0.0	0.0	0.1	1%	0.0	0.0	0.0	0%	0.0	0.0	0.1	1%	6.9	2.1	7.8	88%	2.5	0.8	2.8	32%	0.30	0.09	8.8
Maple syrup	5 g	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	67.4	3.4	12.6	100%	59.9	3.0	11.2	89%	0.20	0.01	12.6
Apples, eating, raw, with skin	140 g	0.3	0.4	1.5	2%	0.2	0.2	2.1	3%	0.0	0.0	0.4	0%	0.0	0.0	0.1	0%	0.1	0.1	0.6	1%	13.8	19.3	72.5	95%	10.4	14.5	54.5	72%	2.40	3.36	76.1
Walnuts, kernel only	20 g	15.2	3.0	12.2	9%	65.2	13.0	117.4	84%	6.1	1.2	11.0	8%	8.9	1.8	16.1	11%	47.2	9.4	84.9	61%	13.7	2.7	10.3	7%	2.6	0.5	2.0	1%	6.70	1.34	139.8
Brazilnuts, dried, unblanched	15 g	14.3	2.1	8.6	8%	67.1	10.1	90.6	86%	16.1	2.4	21.8	21%	23.9	3.6	32.2	30%	24.4	3.7	32.9	31%	11.7	1.8	6.6	6%	2.3	0.3	1.3	1%	7.50	1.13	105.8
Nuts, hazelnuts or filberts	15 g	15.0	2.2	9.0	9%	60.8	9.1	82.0	82%	4.5	0.7	6.0	6%	45.7	6.8	61.6	61%	7.9	1.2	10.7	11%	16.7	2.5	9.4	9%	4.3	0.7	2.4	2%	9.70	1.46	100.4
Dinner																																
Lamb Stew																																
Lamb	150 g	24.8	37.1	148.5	36%	19.7	29.5	265.3	64%	8.1	12.2	109.6	26%	8.3	12.5	112.3	27%	1.4	2.1	18.9	5%	0.0	0.0	0.2	0%	0.0	0.0	0.0	0%	0.00	0.00	413.9
Onion, raw	15 g	1.0	0.1	0.6	3%	10.8	1.6	14.6	74%	1.5	0.2	2.0	10%	2.2	0.3	2.9	15%	5.5	0.8	7.4	38%	7.9	1.2	4.4	23%		0.0	0.0	0%	1.70	0.26	19.6
Garlic, raw	2 g	6.4	0.1	0.5	17%	0.5	0.0	0.1	3%	0.1	0.0	0.0	1%	0.0	0.0	0.0	0%	0.2	0.0	0.0	1%	33.1	0.7	2.5	81%	1.0	0.0	0.1	2%	2.10	0.04	3.1
Olive oil	20 g	0.0	0.0	0.0	0%	100.0	20.0	180.0	100%	13.8	2.8	24.9	14%	73.0	14.6	131.3	73%	10.5	2.1	18.9	11%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.00	0.00	180.0
Peppers, sweet, red, cooked, boiled, drained, witho	21 g	0.9	0.2	0.8	12%	0.2	0.0	0.4	6%	0.0	0.0	0.1	1%	0.0	0.0	0.0	0%	0.1	0.0	0.2	3%	6.7	1.4	5.3	82%	4.4	0.9	3.5	54%	1.20	0.25	6.4
Broccoli	60 g	3.8	2.3	9.2	48%	0.5	0.3	2.8	15%	0.1	0.1	0.5	3%	0.0	0.0	0.2	1%	0.2	0.1	1.3	7%	3.1	1.9	7.0	37%	0.6	0.4	1.4	7%	2.80	1.68	19.0
Green beans	30 g	1.9	0.6	2.3	19%	0.3	0.1	0.8	6%	0.1	0.0	0.2	1%	0.0	0.0	0.0	0%	0.1	0.0	0.4	3%	7.9	2.4	8.9	75%	3.6	1.1	4.1	34%	3.20	0.96	11.9
Butter, salted	10 g	0.9	0.1	0.3	0%	81.1	8.1	73.0	100%	51.4	5.1	46.2	63%	21.0	2.1	18.9	26%	3.0	0.3	2.7	4%	0.1	0.0	0.0	0%	0.1	0.0	0.0	0%	0.00	0.00	73.4
Nuts, coconut milk, canned (liquid expressed from	7 g	2.0	0.1	0.6	4%	21.3	1.5	13.4	91%	18.9	1.3	11.9	81%	0.9	0.1	0.6	4%	0.2	0.0	0.1	1%	2.8	0.2	0.7	5%		0.0	0.0	0%	0.00	0.00	14.7
Cauliflower, cooked, boiled, drained, without salt	20 g	1.8	0.4	1.5	27%	0.5	0.1	0.8	15%	0.1	0.0	0.1	2%	0.0	0.0	0.1	1%	0.2	0.0	0.4	7%	4.1	0.8	3.1	57%	2.1	0.4	1.6	29%	2.30	0.46	5.4
Cabbage, savoy, cooked, boiled, drained, without s	21 g	1.8	0.4	1.5	25%	0.1	0.0	0.2	3%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.1	1%	5.4	1.1	4.3	72%		0.0	0.0	0%	2.80	0.59	5.9
Leeks, (bulb and lower leaf-portion), cooked, boiled	14 g	0.8	0.1	0.5	10%	0.2	0.0	0.3	5%	0.0	0.0	0.0	1%	0.0	0.0	0.0	0%	0.1	0.0	0.1	3%	7.6	1.1	4.0	85%	2.1	0.3	1.1	24%	1.00	0.14	4.7
Squash, summer, zucchini, includes skin, cooked,	15 g	1.1	0.2	0.7	25%	0.4	0.1	0.5	18%	0.1	0.0	0.1	4%	0.0	0.0	0.0	1%	0.2	0.0	0.2	8%	2.7	0.4	1.5	56%	1.7	0.3	1.0	36%	1.00	0.15	2.7
Parsley, fresh	5 g	3.0	0.1	0.6	28%	0.8	0.0	0.4	17%	0.1	0.0	0.1	3%	0.3	0.0	0.1	6%	0.1	0.0	0.1	3%	6.3	0.3	1.2	56%	0.9	0.0	0.2	7%	3.30	0.17	2.1
Basil, dried, ground	5 g	23.0	1.1	4.6	30%	4.1	0.2	1.8	12%	2.2	0.1	1.0	6%	1.2	0.1	0.6	4%	0.5	0.0	0.2	1%	47.8	2.4	9.0	58%	1.7	0.1	0.3	2%	37.70	1.89	15.4
Oregano, dried, ground	5 g	9.0	0.5	1.8	11%	4.3	0.2	1.9	12%	1.6	0.1	0.7	4%	0.7	0.0	0.3	2%	1.4	0.1	0.6	4%	68.9	3.4	12.9	78%	1.4	0.1	0.3	2%	42.50	2.13	16.6
White Basmati rice	56 g	2.4	1.3	5.3	8%	0.2	0.1	1.1	2%		0.0	0.0	0%		0.0	0.0	0%		0.0	0.0	0%	28.6	16.0	60.0	90%	4.1	2.3	8.6	13%	0.00	0.00	66.4
Raspberries	100 g	1.2	1.2	4.8	9%	0.7	0.7	5.9	11%	0.0	0.0	0.2	0%	0.1	0.1	0.6	1%	0.4	0.4	3.4	6%	11.4	11.4	42.8	80%	4.4	4.4	16.6	31%	6.50	6.50	53.4
Coconut, creamed	30 g	2.0	0.6	2.4	4%	21.0	6.3	56.7	85%	20.0	6.0	54.0	81%		0.0	0.0	0%		0.0	0.0	0%	7.0	2.1	7.9	12%	2.0	0.6	2.3	3%	1.00	0.30	67.0
Total			123.2	492.8	20%		163.3	1469.8	59%		48.2	433.8	18%		70.2	631.6	26%		33.5	301.7	12%		137.1	514.1	21%		56.5	211.9	9%		26.5	2476.6

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Food4Health 1 day menu analysis **Minerals**

Food Item Description	Ca (mg) per 100g	Ca (mg) in portion	Fe (mg) per 100g	Fe (mg) in portion	Mg (mg) per 100g	Mg (mg) in portion	P (mg) per 100g	P (mg) in portion	K (mg) per 100g	K (mg) in portion	Na (mg) per 100g	Na (mg) in portion	Zn (mg) per 100g	Zn (mg) in portion
Breakfast														
Egg, whole, cooked, poached	56	79.52	1.75	2.485	12	17.04	197	279.74	138	195.96	297	421.74	1.29	1.8318
Spinach, sauteed	136	34	3.57	0.8925	87	21.75	56	14	466	116.5	70	17.5	0.76	0.19
Butter, salted	24	2.4	0.02	0.002	2	0.2	24	2.4	24	2.4	643	64.3	0.09	0.009
Green Juice														
Pears, raw	9	16.2	0.25	0.45	7	12.6	12	21.6	116	208.8	1	1.8	0.1	0.18
Kale, raw	254	635	1.6	4	33	82.5	55	137.5	348	870	53	132.5	0.39	0.975
Limes, raw	33	16.5	0.6	0.3	6	3	18	9	102	51	2	1	0.11	0.055
Celery, raw	40	20	0.2	0.1	11	5.5	24	12	260	130	80	40	0.13	0.065
Ginger root, raw	16	2.24	0.6	0.084	43	6.02	34	4.76	415	58.1	13	1.82	0.34	0.0476
Lunch														
Fish, salmon, coho, wild, cooked, moist heat	46	64.4	0.71	0.994	35	49	298	417.2	455	637	53	74.2	0.52	0.728
Organic spinch & spring mix leaves	80	5.6	1.8	0.126		0	22	1.54		0	60	4.2		0
Raw slaw														
Cabbage, red, raw	45	22.5	0.8	0.4	16	8	30	15	243	121.5	27	13.5	0.22	0.11
Carrots, raw	33	6.6	0.3	0.06	12	2.4	35	7	320	64	69	13.8	0.24	0.048
Fennel, bulb, raw	49	4.9	0.73	0.073	17	1.7	50	5	414	41.4	52	5.2	0.2	0.02
Radishes, raw	25	1.25	0.34	0.017	10	0.5	20	1	233	11.65	39	1.95	0.28	0.014
Seeds, sesame butter, tahini, from roasted and toa	428	42.8	8.95	0.895	95	9.5	732	73.2	414	41.4	115	11.5	4.62	0.462
Olive oil	1	0.2	0.56	0.112	0	0	0	0	1	0.2	2	0.4	0	0
Lemon juice, raw	6	1.8	0.08	0.024	6	1.8	8	2.4	103	30.9	1	0.3	0.05	0.015
Maple syrup	109	5.45	0.11	0.0055	21	1.05		0	225	11.25	9	0.45	0.7	0.035
Apples, eating, raw, with skin	6	8.4	0.12	0.168	5	7	11	15.4	107	149.8	1	1.4	0.04	0.056
Walnuts, kernel only	98	19.6	2.91	0.582	158	31.6	346	69.2	441	88.2	2	0.4	3.09	0.618
Brazilnuts, dried, unblanched	160	24	2.43	0.3645	376	56.4	725	108.75	659	98.85	3	0.45	4.06	0.609
Nuts, hazelnuts or filberts	114	17.1	4.7	0.705	163	24.45	290	43.5	680	102	0	0	2.45	0.3675
Dinner														
Lamb Stew														
Lamb	22	33	1.79	2.685	24	36	201	301.5	339	508.5	81	121.5	4.67	7.005
Onion, raw	20	3	0.27	0.0405	9	1.35	33	4.95	133	19.95	12	1.8	0.21	0.0315
Garlic, raw	181	3.62	1.7	0.034	25	0.5	153	3.06	401	8.02	17	0.34	1.16	0.0232
Olive oil	1	0.2	0.56	0.112	0	0	0	0	1	0.2	2	0.4	0	0
Peppers, sweet, red, cooked, boiled, drained, witho	9	1.89	0.46	0.0966	10	2.1	18	3.78	166	34.86	2	0.42	0.12	0.0252
Broccoli	118	70.8	1.27	0.762	27	16.2	82	49.2	343	205.8	56	33.6	0.54	0.324
Green beans	44	13.2	0.65	0.195	18	5.4	29	8.7	146	43.8	1	0.3	0.25	0.075
Butter, salted	24	2.4	0.02	0.002	2	0.2	24	2.4	24	2.4	643	64.3	0.09	0.009
Nuts, coconut milk, canned (liquid expressed from	18	1.26	3.3	0.231	46	3.22	96	6.72	220	15.4	13	0.91	0.56	0.0392
Cauliflower, cooked, boiled, drained, without salt	16	3.2	0.32	0.064	9	1.8	32	6.4	142	28.4	15	3	0.17	0.034
Cabbage, savoy, cooked, boiled, drained, without s	30	6.3	0.38	0.0798	24	5.04	33	6.93	184	38.64	24	5.04	0.23	0.0483
Leeks, (bulb and lower leaf-portion), cooked, boiled	30	4.2	1.1	0.154	14	1.96	17	2.38	87	12.18	10	1.4	0.06	0.0084
Squash, summer, zucchini, includes skin, cooked,	18	2.7	0.37	0.0555	19	2.85	37	5.55	264	39.6	3	0.45	0.33	0.0495
Parsley, fresh	138	6.9	6.2	0.31	50	2.5	58	2.9	554	27.7	56	2.8	1.07	0.0535
Basil, dried, ground	2240	112	89.8	4.49	711	35.55	274	13.7	2630	131.5	76	3.8	7.1	0.355
Oregano, dried, ground	1597	79.85	36.8	1.84	270	13.5	148	7.4	1260	63	25	1.25	2.69	0.1345
White Basmati rice	3	1.68	0.2	0.112	13	7.28	37	20.72	29	16.24	0	0	0.42	0.2352
Raspberries	25	25	0.69	0.69	22	22	29	29	151	151	1	1	0.42	0.42
Coconut, creamed	0	0	0	0							19	5.7		
Total		1401.66		24.7929		499.46		1715.48		4378.1		1056.42		15.3064

USDA (https://ndb.nal.usda.gov/ndb/search/list)

Food4Health 1 day menu analysis **Vitamins**

Food Item Description	Vit C (mg) per 100g	in portion	B1 (mg) per 100g	Thiamin in portion	B2 (mg) per 100g	Riboflavin in portion	B3 (mg) per 100g	Niacin in portion	B6 (mg) per 100g	in portion	Folate (µg) per 100g	in portion	B12 (µg) per 100g	in portion	Vitamin A, RAE per 100g	in portion	Vitamin A, IU per 100g	in portion	Vit E (mg) per 100g	in portion	Vit D (D2+D3) (µg) per 100g	in portion	Vit D (µg) per 100g	in portion	Vit K (mg) per 100g	in portion
Breakfast																										
Egg, whole, cooked, poached	0	0	0.032	0.04544	0.387	0.54954	0.063	0.08946	0.144	0.20448	35	49.7	0.71	1.0082	160	227.2	538	763.96	1.04	1.4768	2	2.84	82	116.44	0.3	0.426
Spinach, sauteed	9.8	2.45	0.095	0.02375	0.236	0.059	0	0.1225	0.242	0.0605	146	36.5	0	0	524	131	10481	2620.25	2.08	0.52	0	0	0	0	493.6	123.4
Butter, salted	0	0	0.005	0.0005	0.034	0.0034	0.042	0.0042	0.003	0.0003	3	0.3	0.17	0.017	684	68.4	2499	249.9	2.32	0.232	0	0	0	0	7	0.7
Green Juice																										
Pears, raw	4.3	7.74	0.012	0.0216	0.026	0.0468	0.161	0.2898	0.029	0.0522	7	12.6	0	0	1	1.8	25	45	0.12	0.216	0	0	0	0	4.4	7.92
Kale, raw	93.4	233.5	0.113	0.2825	0.347	0.8675	1.18	2.95	0.147	0.3675	62	155	0	0	241	602.5	4812	12030	0.66	1.65	0	0	0	0	389.6	974
Limes, raw	29.1	14.55	0.03	0.015	0.02	0.01	0.2	0.1	0.043	0.0215	8	4	0	0	2	1	50	25	0.22	0.11	0	0	0	0	0.6	0.3
Celery, raw	3.1	1.55	0.021	0.0105	0.057	0.0285	0.32	0.16	0.074	0.037	36	18	0	0	22	11	449	224.5	0.27	0.135	0	0	0	0	29.3	14.65
Ginger root, raw	5	0.7	0.025	0.0035	0.034	0.00476	0.75	0.105	0.16	0.0224	11	1.54	0	0	0	0	0	0	0.26	0.0364	0	0	0	0	0.1	0.014
Lunch																										
Fish, salmon, coho, wild, cooked, moist heat	1	1.4	0.115	0.161	0.159	0.2226	7.779	10.8906	0.556	0.7784	9	12.6	4.48	6.272	32	44.8	108	151.2		0		0		0		0
Organic spinch & spring mix leaves	18	1.26		0		0		0		0		0		0		0	6000	420		0		0		0		0
Raw slaw																										
Cabbage, red, raw	57	28.5	0.064	0.032	0.069	0.0345	0.418	0.209	0.209	0.1045	18	9	0	0	56	28	1116	558	0.11	0.055	0	0	0	0	38.2	19.1
Carrots, raw	5.9	1.18	0.066	0.0132	0.058	0.0116	0.983	0.1966	0.138	0.0276	19	3.8	0	0	835	167	16706	3341.2	0.66	0.132	0	0	0	0	13.2	2.64
Fennel, bulb, raw	12	1.2	0.01	0.001	0.032	0.0032	0.64	0.064	0.047	0.0047	27	2.7	0	0	48	4.8	963	96.3	0.58	0.058	0	0	0	0	62.8	6.28
Radishes, raw	14.8	0.74	0.012	0.0006	0.039	0.00195	0.254	0.0127	0.071	0.00355	25	1.25	0	0	0	0	7	0.35	0	0	0	0	0	0	1.3	0.065
Seeds, sesame butter, tahini, from roasted and toa	0	0	1.22	0.122	0.473	0.0473	5.45	0.545	0.149	0.0149	98	9.8	0	0	3	0.3	67	6.7	0.25	0.025	0	0	0	0	0	0
Olive oil	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	14.35	2.87	0	0	0	0	60.2	12.04
Lemon juice, raw	38.7	11.61	0.024	0.0072	0.015	0.0045	0.091	0.0273	0.046	0.0138	20	6	0	0	0	0	6	1.8	0.15	0.045	0	0	0	0	0	0
Maple syrup	0	0	0.066	0.0033	1.27	0.0635	0.081	0.00405		0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apples, eating, raw, with skin	4.6	6.44	0.017	0.0238	0.026	0.0364	0.091	0.1274	0.041	0.0574	3	4.2	0	0	3	4.2	54	75.6	0.18	0.252	0	0	0	0	2.2	3.08
Walnuts, kernel only	1.3	0.26	0.341	0.0682	0.15	0.03	1.125	0.225	0.537	0.1074	98	19.6	0	0	1	0.2	20	4	0.7	0.14	0	0	0	0	2.7	0.54
Brazilnuts, dried, unblanched	0.7	0.105	0.617	0.09255	0.035	0.00525	0.295	0.04425	0.101	0.01515	22	3.3	0	0	0	0	0	0	5.65	0.8475	0	0	0	0	0	0
Nuts, hazelnuts or filberts	6.3	0.945	0.643	0.09645	0.113	0.01695	1.8	0.27	0.563	0.08445	113	16.95	0	0	1	0.15	20	3	15.03	2.2545	0	0	0	0	14.2	2.13
Dinner																										
Lamb Stew																										
Lamb	0	0	0.1	0.15	0.25	0.375	6.7	10.05	0.14	0.21	19	28.5	2.61	3.915	0	0	0	0	0.14	0.21	0.1	0.15	2	3	5.3	7.95
Onion, raw	1.8	0.27	0.049	0.00735	0.041	0.00615	0.037	0.00555	0.207	0.03105	0.68	0.102		0		0		0	0.68	0.102	0	0	0	0	21.6	3.24
Garlic, raw	31.2	0.624	0.2	0.004	0.11	0.0022	0.7	0.014	1.235	0.0247	3	0.06	0	0	0	0	9	0.18	0.08	0.0016	0	0	0	0	1.7	0.034
Olive oil	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	14.35	2.87	0	0	0	0	60.2	12.04
Peppers, sweet, red, cooked, boiled, drained, witho	171	35.91	0.059	0.01239	0.03	0.0063	0.477	0.10017	0.233	0.04893	16	3.36	0	0	147	30.87	2941	617.61	1.65	0.3465	0	0	0	0	5.1	1.071
Broccoli	37	22.2	0.169	0.1014	0.14	0.084	2.015	1.209	0.22	0.132	71	42.6	0	0	227	136.2	4533	2719.8	2.53	1.518	0	0	0	0	256	153.6
Green beans	9.7	2.91	0.074	0.0222	0.097	0.0291	0.614	0.1842	0.056	0.0168	33	9.9	0	0	32	9.6	633	189.9	0.46	0.138	0	0	0	0	47.9	14.37
Butter, salted	0	0	0.005	0.0005	0.034	0.0034	0.042	0.0042	0.003	0.0003	3	0.3	0.17	0.017	684	68.4	2499	249.9	2.32	0.232	0	0	0	0	7	0.7
Nuts, coconut milk, canned (liquid expressed from	1	0.07	0.022	0.00154	0	0	0.637	0.04459	0.028	0.00196	14	0.98	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cauliflower, cooked, boiled, drained, without salt	44.3	8.86	0.042	0.0084	0.052	0.0104	0.41	0.082	0.173	0.0346	44	8.8	0	0	1	0.2	12	2.4	0.07	0.014	0	0	0	0	13.8	2.76
Cabbage, savoy, cooked, boiled, drained, without s	17	3.57	0.051	0.01071	0.02	0.0042	0.024	0.00504	0.152	0.03192	46	9.66	0	0	44	9.24	889	186.69	0.27	0.0567	0	0	0	0		0
Leeks, (bulb and lower leaf-portion), cooked, boiled	4.2	0.588	0.026	0.00364	0.02	0.0028	0.2	0.028	0.113	0.01582	24	3.36	0	0	41	5.74	812	113.68	0.5	0.07	0	0	0	0	25.4	3.556
Squash, summer, zucchini, includes skin, cooked,	12.9	1.935	0.035	0.00525	0.024	0.0036	0.51	0.0765	0.08	0.012	28	4.2	0	0	56	8.4	1117	167.55	0.12	0.018	0	0	0	0	4.2	0.63
Parsley, fresh	133	6.65	0.086	0.0043	0.098	0.0049	1.313	0.06565	0.09	0.0045	152	7.6	0	0	421	21.05	8424	421.2	0.75	0.0375	0	0	0	0	1640	82
Basil, dried, ground	0.8	0.04	0.08	15	1.2	0.06	4.9	0.245	1.34	0.067	310	15.5	0	0	37	1.85	744	37.2	10.7	0.535	0	0	0	0	1714.5	85.725
Oregano, dried, ground	2.3	0.115	0.177	0.00885	0.528	0.0264	4.64	0.232	1.044	0.0522	237	11.85	0	0	85	4.25	1701	85.05	18.26	0.913	0	0	0	0	621.7	31.085
White Basmati rice	0	0	0.02	0.0112	0.016	0.00896	0.4	0.224	0.05	0.028	2	1.12	0	0	0	0	0	0	0.08	0.0448	0	0	0	0		0
Raspberries	26.2	26.2	0.032	0.032	0.038	0.038	0.598	0.598	0.055	0.055	21	21	0	0	2	2	33	33	0.87	0.87	0	0	0	0	7.8	7.8
Coconut, creamed	0	0												0		0										0
Total		424.072		16.4078		2.71266		29.60476		2.74451		535.732		11.2292		1590.15		25440.92		19.0323		2.99		119.44		1573.846