

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



Mozaffarian 1 day menu analysis

Protein, Fat, Carbohydrates and Fibre

nb: % = Percentage of total energy

Food Item Description	Portion size	Protein				Fat				Sat Fat				MUFA				PUFA				CHO				Sugars				Fibre (g)		Total Energy kcal								
		per 100g	in portion	kcal	%	per 100g	in portion	kcal	%	per 100g	in portion	kcal	%	per 100g	in portion	kcal	%	per 100g	in portion	kcal	%	per 100g	in portion	kcal	%	per 100ml	in portion	kcal	%	per 100g	in portion									
<b>Breakfast</b>																																								
Wholegrain wheat biscuit	60 g	11.4	6.9	27.4	12%	2.9	1.7	15.4	7%	0.5	0.3	2.6	1%	0.4	0.2	1.9	1%	1.2	0.7	6.3	3%	81.5	48.9	183.4	81%	5.7	3.4	30.8	14%	11.40	6.84	226.3								
Bread, whole-wheat, commercially prepared, toasted	50 g	16.3	8.1	32.5	22%	4.1	2.0	18.3	12%	0.9	0.5	4.1	3%	2.0	1.0	8.9	6%	0.7	0.4	3.3	2%	51.2	25.6	95.9	65%	5.8	2.9	26.0	18%	7.50	3.75	146.8								
Vegetable oil-butter spread	5 g	1.0	0.1	0.2	1%	40.0	2.0	18.0	98%	7.2	0.4	3.3	18%	18.4	0.9	8.3	45%	12.6	0.6	5.7	31%	1.0	0.1	0.2	1%	0.0	0.0	0.0	0%	0.00	0.00	18.4								
Peanut butter, chunk style	10 g	24.1	2.4	9.6	15%	49.9	5.0	44.9	72%	7.6	0.8	6.8	11%	23.1	2.3	20.8	33%	13.9	1.4	12.5	20%	21.6	2.2	8.1	13%	8.4	0.8	7.6	12%	8.00	0.80	62.7								
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and D	250 g	3.4	8.4	33.7	33%	1.0	2.4	21.8	21%	0.6	1.6	14.2	14%	0.3	0.7	6.2	6%	0.0	0.1	0.8	1%	5.0	12.5	46.8	46%	5.2	13.0	117.0	114%	0.00	0.00	102.3								
Yogurt, plain, low fat	100 g	5.3	5.3	21.0	34%	1.6	1.6	14.0	23%	1.0	1.0	9.0	15%	0.4	0.4	3.8	6%	0.0	0.0	0.4	1%	7.0	7.0	26.4	43%	7.0	7.0	63.4	103%	0.00	0.00	61.4								
<b>Lunch</b>																																								
Sandwich with tuna mayonnaise	177 g	13.0	23.0	92.0	26%	7.3	13.0	116.9	33%	0.9	1.5	13.5	4%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	21.5	38.0	142.5	41%	2.3	4.0	36.0	10%	0.00	0.00	351.4								
Tomatoes, standard, raw	7 g	0.9	0.1	0.2	18%	0.2	0.0	0.1	9%	0.0	0.0	0.0	1%	0.0	0.0	0.0	1%	0.1	0.0	0.1	4%	3.9	0.3	1.0	73%	2.6	0.2	1.7	119%	1.20	0.08	1.4								
Cucumber, raw, flesh and skin	7 g	0.7	0.0	0.2	15%	0.1	0.0	0.1	6%	0.0	0.0	0.0	2%	0.0	0.0	0.0	0%	0.0	0.0	0.0	2%	3.6	0.3	1.0	79%	1.7	0.1	1.1	87%	0.50	0.04	1.2								
Organic spinach & 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								
Sunflower oil	30 g	0.0	0.0	0.0	0%	100.0	30.0	270.0	100%	10.3	3.1	27.8	10%	19.5	5.9	52.7	20%	65.7	19.7	177.4	66%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.00	0.00	270.0								
Apples, eating, raw, flesh and 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	130.9	172%	2.40	3.36	76.1								
Almonds kernel only	15 g	21.2	3.2	12.7	14%	49.9	7.5	67.4	73%	3.8	0.6	5.1	6%	31.6	4.7	42.6	46%	12.3	1.8	16.6	18%	21.6	3.2	12.1	13%	4.4	0.7	5.9	6%	12.50	1.88	92.2								
<b>Dinner (pasta with beef mince)</b>																																								
Beef mince	80 g	27.7	22.2	88.7	45%	15.3	12.2	110.2	55%	5.8	4.6	41.8	21%	6.6	5.3	47.3	24%	0.5	0.4	3.4	2%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.00	0.00	198.9								
Canola oil	15 g	0.0	0.0	0.0	0%	100.0	15.0	135.0	100%	7.4	1.1	9.9	7%	63.3	9.5	85.4	63%	28.1	4.2	38.0	28%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.00	0.00	135.0								
Grated cheddar	30 g	22.9	6.9	27.4	23%	33.3	10.0	89.9	74%	18.9	5.7	50.9	42%	12.4	3.7	33.5	28%	0.9	0.3	2.5	2%	3.4	1.0	3.8	3%	0.5	0.1	1.3	1%	0.00	0.00	121.2								
Pasta (wholegrain)	70 g	5.7	4.0	15.9	15%	1.5	1.0	9.3	9%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	30.9	21.6	81.0	76%	0.7	0.5	4.1	4%	4.50	3.15	106.2								
Kidney beans	100 g	5.2	5.2	20.9	26%	0.4	0.4	3.2	4%	0.1	0.1	1.1	1%	0.1	0.1	1.3	2%	0.2	0.2	1.6	2%	14.8	14.8	55.6	70%	1.9	1.9	16.7	21%	4.30	4.30	79.7								
Tinned tomatoes	100 g	0.8	0.8	3.2	17%	0.3	0.3	2.3	12%	0.0	0.0	0.3	2%	0.0	0.0	0.4	2%	0.1	0.1	0.9	5%	3.5	3.5	13.0	71%	2.6	2.6	23.0	125%	1.90	1.90	18.4								
Onion, sauteed	20 g	1.0	0.2	0.8	3%	10.8	2.2	19.4	74%	1.5	0.3	2.7	10%	2.2	0.4	3.9	15%	5.5	1.1	9.8	38%	7.9	1.6	5.9	23%	0.0	0.0	0.0	0%	1.70	0.34	26.1								
Peas	40 g	3.3	1.3	5.2	31%	0.2	0.1	0.8	5%	0.0	0.0	0.2	1%	0.0	0.0	0.1	0%	0.1	0.0	0.4	2%	7.1	2.8	10.6	64%	4.0	1.6	14.4	86%	2.80	1.12	16.6								
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	3.3	18%	2.80	1.68	19.0								
Tinned Peaches in juice	100 g	0.6	0.6	2.5	5%	0.0	0.0	0.3	1%	0.0	0.0	0.0	0%	0.0	0.0	0.1	0%	0.0	0.0	0.1	0%	11.6	11.6	43.4	94%	10.3	10.3	92.4	200%	1.30	1.30	46.2								
Yogurt, plain, low fat	100 g	5.3	5.3	21.0	34%	1.6	1.6	14.0	23%	1.0	1.0	9.0	15%	0.4	0.4	3.8	6%	0.0	0.0	0.4	1%	7.0	7.0	26.4	43%	7.0	7.0	63.4	103%	0.00	0.00	61.4								
<b>Total</b>				<b>106.6</b>	<b>426.4</b>	<b>19%</b>			<b>108.5</b>	<b>976.4</b>	<b>44%</b>			<b>22.6</b>	<b>203.4</b>	<b>9%</b>			<b>35.7</b>	<b>321.4</b>	<b>14%</b>			<b>31.4</b>	<b>282.2</b>	<b>13%</b>			<b>223.3</b>	<b>837.4</b>	<b>37%</b>			<b>71.0</b>	<b>638.7</b>	<b>29%</b>			<b>30.6</b>	<b>2240.1</b>

Mozaffarian 1 day menu analysis

Minerals

Food Item Description	Ca (mg)		Fe (mg)		Mg (mg)		P (mg)		K (mg)		Na (mg)		Zn (mg)	
	per 100g	in portion	per 100g	in portion	per 100g	in portion	per 100g	in portion	per 100g	in portion	per 100g	in portion	per 100g	in portion
<b>Breakfast</b>														
Wholegrain wheat biscuit	57	34.2	12.86	7.716	92	55.2	172	103.2	429	257.4	371	222.6	1.72	1.032
Bread, whole-wheat, commercially prepared, toasted	130	65	2.96	1.48	99	49.5	303	151.5	326	163	565	282.5	2.15	1.075
Vegetable oil-butter spread	24	1.2	0.04	0.002	2	0.1	36	1.8	36	1.8	786	39.3	0.01	0.0005
Peanut butter, chunk style	45	4.5	1.9	0.19	160	16	319	31.9	745	74.5	486	48.6	2.79	0.279
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and D	125	312.5	0.03	0.075	11	27.5	95	237.5	150	375	44	110	0.42	1.05
Yogurt, plain, low fat	183	183	0.08	0.08	17	17	144	144	234	234	70	70	0.89	0.89
<b>Lunch</b>														
Sandwich with tuna mayonnaisse	34	60.18	1.53	2.7081		0		0		0	356	630.12		0
Tomatoes, standard, raw	10	0.7	0.27	0.0189	11	0.77	24	1.68	237	16.59	5	0.35	0.17	0.0119
Cucumber, raw, flesh and skin	16	1.12	0.28	0.0196	13	0.91	24	1.68	147	10.29	2	0.14	0.2	0.014
Organic spinach & spring mix leaves	80	5.6	1.8	0.126		0	22	1.54		0	60	4.2		0
Sunflower oil														
Apples, eating, raw, flesh and skin	6	8.4	0.12	0.168	5	7	11	15.4	107	149.8	1	1.4	0.04	0.056
Almonds kernel only	269	40.35	3.71	0.5565	270	40.5	481	72.15	733	109.95	1	0.15	3.12	0.468
<b>Dinner (pasta with beef mince)</b>														
Beef mince	22	17.6	2.93	2.344	25	20	238	190.4	407	325.6	89	71.2	6.62	5.296
Canola oil														
Grated cheddar	710	213	0.14	0.042	27	8.1	455	136.5	76	22.8	653	195.9	3.64	1.092
Pasta (wholegrain)	11	7.7	1.58	1.106	41	28.7	97	67.9	71	49.7	4	2.8	1.02	0.714
Kidney beans	29	29	1.25	1.25	30	30	106	106	260	260	256	256	0.62	0.62
Tinned tomatoes	33	33	0.57	0.57	10	10	17	17	191	191	115	115	0.12	0.12
Onion, sauteed	20	4	0.27	0.054	9	1.8	33	6.6	133	26.6	12	2.4	0.21	0.042
Peas	42	16.8	1.97	0.788	26	10.4	55	22	240	96	4	1.6	0.37	0.148
Broccoli	118	70.8	1.27	0.762	27	16.2	82	49.2	343	205.8	56	33.6	0.54	0.324
Tinned Peaches in juice	6	6	0.27	0.27	7	7	17	17	128	128	4	4	0.11	0.11
Yogurt, plain, low fat	183	183	0.08	0.08	17	17	144	144	234	234	70	70	0.89	0.89
<b>Total</b>	<b>1297.65</b>		<b>20.41</b>		<b>363.68</b>		<b>1318.95</b>		<b>2931.83</b>		<b>2161.86</b>		<b>14.23</b>	

