

Food Details Report (Food Groups)

Date: 06/10/13

Your plan is based on a default **2,000 Calorie** allowance.

Food	Amount	Whole Grains	Vegetables	Whole Fruit	Milk & Yogurt	Protein Foods
1% milk	1½ cup	0 oz.	0 cup(s)	0 cup(s)	1½ cup(s)	0 oz.
Banana, raw	1 medium (7" to 7-7/8" long)	0 oz.	0 cup(s)	¾ cup(s)	0 cup(s)	0 oz.
Beef and broccoli stir fry	1½ cup	0 oz.	1 cup(s)	0 cup(s)	0 cup(s)	2½ oz.
French fries, frozen, deep fried (fast food fries)	1 small fast food order	0 oz.	½ cup(s)	0 cup(s)	0 cup(s)	0 oz.
Fruit flavored drink, high vitamin C (Fruit Punch, Tropicana Twister Lemonade, Minute Maid Orange Drink)	2 cup	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Grilled chicken sandwich, with lettuce, tomato, and non-mayonnaise type spread (Wendy's)	1 Wendy's sandwich	0 oz.	¼ cup(s)	0 cup(s)	0 cup(s)	3 oz.
Hamburger bun, wheat or cracked wheat	1 medium roll (2-1/2" across)	½ oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Life Cereal (plain or cinnamon)	1½ cup	1 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Milk shake, fast food or carry-out, chocolate	1 medium shake (20 fl oz)	0 oz.	0 cup(s)	0 cup(s)	1¾ cup(s)	0 oz.
Salad dressing, Creamy (ranch), reduced calorie	1 tablespoon	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Salad, garden, lettuce, tomato, carrots, no dressing	1 cup	0 oz.	½ cup(s)	0 cup(s)	0 cup(s)	0 oz.
Your Menu Total		1½ oz.	2½ cup(s)	¾ cup(s)	3¼ cup(s)	6 oz.
Target or Limit		≥ 3 oz.	2½ cup(s)	No specific target	No specific target	5½ oz.