

Food Details Report (Nutrients)

Date: 06/10/13

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

Food	Amount	Calcium	Potassium	Iron	Vitamin D	Folate
1% milk	1½ cup	458 mg	549 mg	0 mg	4 µg	18 µg DFE
Banana, raw	1 medium (7" to 7-7/8" long)	6 mg	422 mg	0 mg	0 µg	24 µg DFE
Beef and broccoli stir fry	1½ cup	72 mg	671 mg	3 mg	0 µg	104 µg DFE
French fries, frozen, deep fried (fast food fries)	1 small fast food order	11 mg	470 mg	1 mg	0 µg	26 µg DFE
Fruit flavored drink, high vitamin C (Fruit Punch, Tropicana Twister Lemonade, Minute Maid Orange Drink)	2 cup	20 mg	25 mg	0 mg	0 µg	0 µg DFE
Grilled chicken sandwich, with lettuce, tomato, and non-mayonnaise type spread (Wendy's)	1 Wendy's sandwich	122 mg	392 mg	4 mg	0 µg	133 µg DFE
Hamburger bun, wheat or cracked wheat	1 medium roll (2-1/2" across)	63 mg	41 mg	1 mg	0 µg	33 µg DFE
Life Cereal (plain or cinnamon)	1½ cup	225 mg	184 mg	18 mg	0 µg	911 µg DFE
Milk shake, fast food or carry-out, chocolate	1 medium shake (20 fl oz)	537 mg	950 mg	1 mg	0 µg	24 µg DFE
Salad dressing, Creamy (ranch), reduced calorie	1 tablespoon	1 mg	5 mg	0 mg	0 µg	0 µg DFE
Salad, garden, lettuce, tomato, carrots, no dressing	1 cup	13 mg	145 mg	0 mg	0 µg	18 µg DFE
Your Menu Total		1527 mg	3854 mg	30 mg	4 µg	1290 µg DFE
Target or Limit		1000 mg	4700 mg	18 mg	15 µg	400 µg DFE