



Are You Eating Right? - SAMPLE

Compare your diet to the official recommendations using the nutrient contents of 5000+ foods.

328 pages

Dimensions 10.9"x 8.4"x 0.8"

2003 Edition

Table of Contents

Table of Contents

Introduction

Dietary Recommendations 1

- Meeting Nutrient Needs 2
 - Recommended Dietary Allowances (RDAs) 2
 - Daily Values 3
 - Guide to Daily Food Choices 5
- Maintaining Good Health 6
 - Dietary Guidelines for Americans 7
 - Healthy Weight 8
 - Other Dietary Advice 9
 - Eating for Health and Pleasure 10

Assessing Your Diet 11

- The Plan 11
- Quick Diet Analysis 12
- Nutrition Facts on Food Labels 14
- Detailed Diet Analysis 18
 - Your Recommended Amounts of Nutrients 22
 - Comparing Your Diet to the Recommendations 23
 - Alcohol 24
 - Protein 25
 - Carbohydrate 26
 - Fiber 27
 - Fat 28
 - Saturated (and Trans) Fat 29
 - Cholesterol 30
 - Sodium, Potassium 31
 - Vitamins and Minerals 32
 - Dietary Supplements 33
 - Summary 34

Additional Information

- Conversion Factors and Abbreviations 35
- Recommended Intakes, Daily Values, Upper Levels 36
- Prenatal Daily Values Adjustment 37

Eating for Health and Pleasure

Eating for Health and Pleasure

- **Use the Dietary Guidelines for Americans when choosing foods in the Food Guide Pyramid.** For example, if you drink nonfat or low-fat (1-2% fat by weight; 25-35% of calories from fat) milk instead of whole milk (3-4% fat by weight; 45-55% of calories from fat), you're following the guideline to choose a diet lower in saturated fat and cholesterol. Nonfat and low-fat milk also have fewer calories, so this choice can help you lose weight if you're overweight (another guideline).
- **Make changes gradually.** It's hard to switch abruptly from whole milk to low-fat or nonfat milk. Switch gradually by combining whole milk and low-fat milk, gradually increasing the proportion of low-fat milk. Then combine low-fat and nonfat milk. Once you make the switch to nonfat, even low-fat milk may taste like cream. Low-fat milk can then substitute for cream in coffee. Start switching from white to whole wheat bread by making sandwiches with a slice of each.
- **Keep in mind that it's the overall diet, not individual foods, that are "good" or "bad."** Think in terms of being free to eat anything you want—just make a habit of eating foods like candy, hot dogs, and potato chips in smaller amounts or not as often.
- **Eating for health and eating for pleasure can be the same!** Eating is one of life's pleasures, but people often think of healthy food as bland and boring. Many cuisines show us otherwise. What could be less boring, yet so in keeping with dietary guidelines, than a soft taco or burrito topped with a hearty portion of a zesty salsa of red tomatoes, purple onions, bright green cilantro, chili peppers, lime juice, and a dash of olive oil and salt?

Analyze What You Eat

For a detailed analysis, it's crucial to use food labels, particularly if you eat a lot of packaged food. If you eat at fast-food or restaurant chains, use nutrition information on their websites [www.____.com](http://www.burgerking.com) (burgerking, tacobell, jackinthebox, mcdonalds, dominos, wendys, subway, kentuckyfriedchicken, dairyqueen, dennys, roundtable pizza, jambajuice, etc.).

Besides a huge variety of food, there can be big variations in "simple" foods. One brand of corn tortillas can have ten times the amount of calcium as another, depending mostly on whether the corn was processed traditionally with lime (calcium carbonate). Even canned tuna of the same description (e.g., canned in water) can vary a lot, depending on when and where the tuna was caught and how it was processed.

Fortified foods (foods with specific nutrients added) are easily varied. If you regularly eat the same breakfast cereal, you may be surprised to find that the vitamins and minerals added to your cereal have changed—without a change in taste or appearance—since you bought your first box. Sometimes, even, a product's website with nutrition information will say to look on the product's label for more current information.

Changes in labeling regulations can result in changes in food products. January 1, 2006 is the required-on-the-label deadline for trans fat. Foods high in trans fats (e.g., fried foods, crackers, packaged desserts) are being changed. When trans fat is listed, add it to the amount of saturated fat (both have similar health effects) in doing your diet analysis.

If you want to restrict your diet analysis to those nutrients required on the label, the abbreviated form to do this is on page 47. This abbreviated form works well for a class activity where children bring in labels from favorite foods.

Fruits & Vegetables page 1

Fruits & Vegetables

Food #	Food Description & Amount	wt gm	wt oz	calories	%cal fat	prot gm	carbo gm	fiber gm
2139	Kiwi fruit, raw [1 fruit]	76	2.7	48	8%	1	11	2.6
2140	Kumquat, cooked or canned, in syrup [4 kumquats]	56	2.0	50	1%	0	13	2.4
2141	Kumquat, raw [4 kumquats]	76	2.7	48	1%	1	12	5.0
2142	Lemon, raw [1 fruit (2" dia)]	58	2.0	17	9%	1	5	1.8
2143	Lime, raw [1 fruit (2" dia)]	67	2.4	20	6%	0	7	1.9
2144	Loganberries, cooked or canned in heavy syrup [1 cup]	256	9.0	225	1%	3	57	6.7
2145	Loganberries, frozen [1 cup]	147	5.2	81	5%	2	19	7.2
2146	Loganberries, raw [1 cup]	144	5.1	79	5%	2	19	7.1
2147	Loquats, raw [4 loquats]	64	2.3	30	4%	0	6	1.1
2148	Lychee, cooked or canned, in sugar or syrup [4 lychees with liquid]	84	3.0	76	3%	0	19	0.7
2149	Lychee, dried (Include lychee nuts) [10 nuts]	25	0.9	69	4%	1	18	1.2
2150	Lychee, raw or frozen [1 lychee]	40	1.4	26	6%	0	7	0.5
2151	Mamey, raw (Include mamea apple) [1 portion (¼ of fruit)]	212	7.5	108	9%	1	26	6.3
2152	Mango, raw [1 mango]	207	7.3	135	4%	1	35	3.7
2153	Mango, cooked [4 oz]	112	4.0	73	4%	1	19	2.0
2154	Mango, pickled [4 slices]	112	4.0	150	1%	0	39	1.4
2155	Mango, dried [10 strips (3¼"x¼"x1/8")]	50	1.8	157	2%	1	41	2.6
2156	Mulberries, raw [1 cup]	140	4.9	60	8%	2	14	2.4
2157	Nectarine, cooked in heavy syrup [1 cup]	262	9.2	250	3%	2	63	3.0
2158	Nectarine, raw [1 fruit (2½" dia)]	136	4.8	67	8%	1	16	2.2
2159	Orange, raw [1 orange (3" dia)]	184	6.5	86	2%	2	22	4.4
2160	Orange peel [2Tbs]	12	0.4	12	2%	0	3	1.3
2161	Orange, sections, canned, juice pack [1 cup]	204	7.2	92	3%	2	23	3.4
2162	Orange, mandarin, canned or frozen, drained [1 cup]	189	6.7	72	1%	2	18	2.3
2163	Orange, mandarin, canned or frozen, in light syrup [1 cup]	252	8.9	154	1%	1	41	1.8
2164	Orange, mandarin, canned or frozen, juice pack [1 cup]	249	8.8	92	1%	2	24	1.7
2165	Papaya, cooked or canned, in sugar or syrup [1 cup]	132	4.7	101	1%	1	26	1.6
2166	Papaya, raw [1 medium (5" long x 4" dia)]	288	10.2	112	3%	2	28	5.2
2167	Papaya, dried [4 strips]	92	3.2	238	3%	4	60	11.0
2168	Papaya, green, cooked [1 cup]	132	4.7	24	3%	1	6	1.6
2169	Passion fruit, raw [4 fruit]	72	2.5	70	6%	2	17	7.5
2170	Peach, raw [1 peach (2¾" dia)]	157	5.5	68	2%	1	17	3.1
2171	Peach, cooked or canned in heavy syrup, drained solids [2 halves]	146	5.1	112	2%	1	29	2.5
2172	Peach, cooked or canned (including home canned), in heavy syrup [2 halves with liquid]	196	6.9	145	1%	1	39	2.5
2173	Peach, cooked or canned, in light or medium syrup [2 halves with liquid]	196	6.9	106	1%	1	29	2.5
2174	Peach, cooked or canned, juice pack [2 halves with liquid]	196	6.9	86	1%	1	23	2.5
2175	Peach, cooked or canned, unsweetened, water pack [2 halves with liquid]	196	6.9	47	2%	1	12	2.5
2176	Peach, dried, cooked, unsweetened [1 cup]	258	9.1	199	3%	3	51	7.0
2177	Peach, dried, cooked, with sugar [1 cup]	270	9.5	278	2%	3	72	6.5
2178	Peach, dried, uncooked [4 halves]	52	1.8	124	3%	2	32	4.3
2179	Peach, frozen, unsweetened [1 cup, sliced]	250	8.8	107	2%	2	28	5.0
2180	Peach, frozen, with sugar [1 cup, sliced]	250	8.8	235	1%	2	60	4.5
2181	Peach, pickled [1 fruit]	88	3.1	105	0%	0	27	1.2
2182	Peach, spiced [1 cup]	248	8.7	188	1%	1	50	3.2
2183	Pear, raw [1 medium pear]	166	5.9	98	6%	1	25	4.0
2184	Pear, cooked or canned in heavy syrup, drained solids [1 half]	48	1.7	36	2%	0	9	1.2
2185	Pear, cooked or canned (including home canned), in heavy syrup [2 halves with liquid]	152	5.4	112	2%	0	29	2.4
2186	Pear, cooked or canned, in light syrup [2 halves with liquid]	152	5.4	87	0%	0	23	2.4
2187	Pear, cooked or canned, juice pack [2 halves with liquid]	152	5.4	76	1%	1	20	2.4

Fruits & Vegetables page 2

Food #	fat gm	sat fat gm	choles mg	sodium mg	potass mg	% of Daily Value													
						vit A	vit E	vit C	thia-min	ribo-flavin	nia-cin	vit B-6	fol-ate	vit B-12	cal-cium	phos-phorus	magne-sium	iron	zinc
2139	0	0	0	4	252	1	3	124	1	2	2	3	7	0	2	3	6	2	1
2140	0	0	0	3	64	1	0	16	2	2	1	1	1	0	2	1	1	1	0
2141	0	0	0	5	148	2	1	47	4	4	2	2	3	0	3	1	2	2	0
2142	0	0	0	1	60	0	0	51	2	1	0	2	2	0	2	1	1	2	0
2143	0	0	0	1	68	0	1	32	1	1	1	1	1	0	2	1	1	2	0
2144	0	0	0	8	230	1	6	26	4	4	3	5	22	0	5	3	7	6	3
2145	0	0	0	1	213	1	11	37	5	3	6	5	9	0	4	4	8	5	3
2146	0	0	0	1	209	1	11	37	5	3	6	5	9	0	4	4	8	5	3
2147	0	0	0	1	170	10	2	1	1	1	1	3	2	0	1	2	2	1	0
2148	0	0	0	1	84	0	1	45	0	2	1	2	1	0	0	2	1	1	0
2149	0	0	0	1	276	0	1	76	0	8	4	1	1	0	1	5	3	2	0
2150	0	0	0	0	68	0	1	48	0	2	1	2	1	0	0	1	1	1	0
2151	1	0	0	32	99	5	4	49	3	5	4	11	7	0	2	2	8	8	1
2152	1	0	0	4	323	81	8	96	8	7	6	14	7	0	2	2	5	1	1
2153	0	0	0	2	157	33	4	36	3	3	3	7	2	0	1	1	3	1	0
2154	0	0	0	2	140	28	3	33	3	3	2	5	3	0	1	1	3	1	0
2155	0	0	0	3	227	28	5	13	4	5	4	9	3	0	1	2	3	1	0
2156	1	0	0	14	272	0	2	85	3	6	4	4	2	0	5	5	6	14	1
2157	1	0	0	2	356	10	6	12	2	4	8	2	1	0	1	3	4	2	1
2158	1	0	0	0	288	10	4	12	2	3	7	2	1	0	1	2	3	1	1
2159	0	0	0	0	333	4	1	163	11	4	3	6	14	0	7	3	5	1	1
2160	0	0	0	0	25	1	0	27	1	1	1	1	1	0	2	0	1	1	0
2161	0	0	0	1	365	4	1	154	10	4	3	7	10	0	6	3	5	2	1
2162	0	0	0	9	255	25	4	107	11	3	4	4	2	0	2	2	5	3	7
2163	0	0	0	15	197	21	3	83	9	7	6	5	3	0	2	3	5	5	4
2164	0	0	0	12	331	21	4	142	14	4	6	5	3	0	3	2	7	4	8
2165	0	0	0	4	205	2	3	46	1	2	1	1	4	0	2	0	2	1	1
2166	0	0	0	9	740	8	11	297	5	5	5	3	27	0	7	1	7	2	1
2167	1	0	0	18	1566	9	23	126	8	10	9	5	29	0	15	3	15	3	3
2168	0	0	0	8	179	0	0	43	1	1	1	1	2	0	3	2	2	2	1
2169	1	0	0	20	251	5	3	36	0	6	5	4	3	0	1	5	5	6	0
2170	0	0	0	0	309	8	4	17	2	4	8	1	1	0	1	2	3	1	1
2171	0	0	0	9	137	7	6	7	1	2	4	1	1	0	0	2	2	2	1
2172	0	0	0	12	180	6	6	9	1	3	6	2	2	0	1	2	2	3	1
2173	0	0	0	10	190	7	6	8	1	3	6	2	2	0	1	2	2	4	1
2174	0	0	0	8	251	7	10	12	1	2	6	2	2	0	1	3	3	3	1
2175	0	0	0	6	194	10	6	9	1	2	5	2	2	0	0	2	2	3	1
2176	1	0	0	5	826	5	0	16	1	3	20	5	0	0	2	10	8	19	3
2177	1	0	0	5	788	5	0	15	1	3	19	5	0	0	2	9	8	18	3
2178	0	0	0	4	518	11	0	4	0	6	11	2	0	0	1	6	5	12	2
2179	0	0	0	0	443	13	6	394	3	6	12	2	2	0	1	3	4	2	2
2180	0	0	0	15	325	7	7	393	2	5	8	2	2	0	1	3	3	5	1
2181	0	0	0	0	134	3	1	6	1	2	3	1	0	0	0	1	2	1	1
2182	0	0	0	10	211	8	7	22	2	5	7	2	2	0	1	2	4	4	1
2183	1	0	0	0	208	0	3	11	2	4	1	1	3	0	2	2	2	2	1
2184	0	0	0	2	32	0	1	1	0	1	1	0	0	0	0	0	0	1	0
2185	0	0	0	8	99	0	3	3	1	2	2	1	0	0	1	1	2	2	1
2186	0	0	0	8	100	0	3	2	1	1	1	1	0	0	1	1	2	2	1
2187	0	0	0	6	146	0	3	4	1	1	2	1	0	0	1	2	3	2	1

Fruits, Vegetables 2000

Grains, Beans, Nuts, Seeds page 1

Grains, Beans, Nuts, Seeds

Food #	Food Description & Amount	wt gm	wt oz	calories	%cal fat	prot gm	carbo gm	fiber gm
3325	Potato chips (plain or flavored) [1-oz (about 10 rippled chips or 16 regular chips)]	28	1.0	150	58%	2	15	1.3
3326	Potato chips, unsalted (plain or flavored, unsalted) [1 oz]	28	1.0	150	58%	2	15	1.3
3327	Potato chips, reduced fat (Include Light Choice Ruffles) [1 oz]	28	1.0	132	40%	2	19	1.6
3328	Potato chips, reduced fat, unsalted (Include Michael Season's 40% less fat Potato Chips [1 oz])	28	1.0	132	40%	2	19	1.7
3329	Potato chips, fat free (Include Louise's Fat Free Potato Chips) [1 oz]	28	1.0	110	1%	3	23	2.1
3330	Potato chips, fat free, made with Olean (Include Wow! chips) [1 oz]	28	1.0	74	2%	2	17	1.1
3331	Potato chips, restructured (Include Pringles, Hearty Potato Krunch Twists) [1*stack (about 14 chips)]	28	1.0	156	62%	2	14	1.0
3332	Potato chips, restructured, reduced fat and sodium (Include Pringles Right Crisps) [1*stack (about 14 chips)]	28	1.0	140	46%	2	18	1.0
3333	Potato chips, restructured, baked (Include Mr. Phillips Tater Crisps, Baked Lay's) [1 oz]	28	1.0	133	35%	1	20	1.3
3334	Potato chips, restructured, fat free, made with Olean (Include Pringles made with Olestra) [1* stack (about 14 chips)]	25	0.9	63	3%	1	14	1.6
3335	Potato based snacks, reduced fat, low sodium, all flavors (Include Nutri/System Flavor Crisps) [20 crisps]	14	0.5	65	44%	1	8	0.6
3336	Pretzel, hard, salted (plain or flavored) [1 oz]	28	1.0	107	8%	3	22	0.9
3337	Pretzel, hard, unsalted [1 oz]	28	1.0	107	8%	3	22	0.8
3338	Pretzel, baby [5 pretzels]	30	1.1	119	5%	3	25	0.7
3339	Pretzel, hard, oat bran [10 pretzels]	30	1.1	115	13%	4	22	1.2
3340	Pretzel, hard, multigrain [10 pretzels]	30	1.1	114	7%	4	24	2.9
3341	Pretzel, soft [1 pretzel]	55	1.9	190	8%	5	38	0.9
3342	Pretzel, cheese-filled (Include Combos) [10 combos]	30	1.1	129	34%	3	18	0.7
3343	Pretzel, chocolate-coated [2 pretzels]	22	0.8	92	24%	2	16	0.7
3344	Pretzel, yogurt-covered [10 pretzels (2"x1"x1/4")]	42	1.5	191	32%	3	30	0.7
3345	Rice cake, puffed (including Arden, Chioo San, Quaker, Spiral, rice cake with seeds and other grains) [3 cakes]	27	1.0	104	7%	2	22	1.1
3346	Puffed wheat cake (Include Quaker Wheat Cakes) [3 cakes]	27	1.0	98	5%	4	20	2.5
3347	Rice cake, cracker-type [10 mini rounds (1 1/4" dia)]	30	1.1	120	10%	2	25	1.3
3348	Rice paper [2 pieces (8 1/2" dia)]	28	1.0	93	3%	1	21	0.6
3349	Shrimp chips (tapioca base) (Include shrimp crackers, prawn crackers, banh phong tom) [1 cup]	40	1.4	224	58%	3	21	0.2
3350	Tortilla chips (plain or flavored) (Include Tostitos, Doritos, Suncheros) [2 oz]	57	2.0	286	47%	4	36	3.7
3351	Tortilla chips, unsalted (plain or flavored) [2 oz]	57	2.0	290	47%	4	36	3.7
3352	Tortilla chips, light (baked with less oil), plain or flavored (Include Doritos Light) [2 oz]	57	2.0	263	30%	5	41	3.2
3353	Tortilla chips, lowfat, baked without fat (Include Baked Tostitos) [2 oz]	57	2.0	224	13%	6	46	3.0
3354	Tortilla chips, lowfat, baked without fat, unsalted [2 oz]	57	2.0	224	13%	6	46	3.0
3355	Tortilla chips, fat free, made with Olean (Include Doritos Wow! with Olestra) [2 oz]	57	2.0	182	11%	5	36	2.1
3356	Tortilla chips, with oat bran [2 oz]	57	2.0	278	47%	4	36	4.0
3357	Wheat-and-corn chips (Include wheat-cheese chips, Pizzarias Pizza Chips) [1 cup]	31	1.1	152	40%	3	20	1.0
3358	Wheat sticks, 100% whole wheat (with/without sesame seeds) [1 cup]	55	1.9	298	61%	6	26	1.5
Pancakes & Waffles								
3400	Bread fritters, Puerto Rican style (Include Torrijas, Galician fritters) [2 fritters with syrup (4"x2 1/2"x3 1/4")]	110	3.9	291	28%	5	48	0.8
3401	Crepe, plain (Include French pancake) [1 crepe (7" dia)]	50	1.8	113	45%	4	11	0.3
3402	Flour and milk patty [2 pancakes]	56	2.0	139	19%	5	25	4.0
3403	Flour and water patty (Include Chinese pancake) [2 pancakes]	56	2.0	116	2%	2	25	0.4
3404	French toast sticks, plain [2 sticks]	44	1.6	160	51%	3	18	0.8
3405	French toast, plain [1 slice]	65	2.3	180	35%	6	20	0.8
3406	Funnel cake [1 cake (6" dia)]	90	3.2	277	47%	7	29	0.9
3407	Pancake, buckwheat [1 pancake (5" dia)]	40	1.4	71	32%	3	10	1.0

Gains, Beans, Nuts, Seeds page 2

Food #						% of Daily Value													
	fat gm	sat fat gm	choles mg	sodium mg	potass mg	vit A	vit E	vit C	thia-min	ribo-flavin	nia-cin	vit B-6	fol-ate	vit B-12	cal-cium	phos-phorus	magne-sium	iron	zinc
3325	10	3	0	166	357	0	5	15	3	3	5	9	3	0	1	5	5	3	2
3326	10	3	0	2	357	0	5	15	3	3	5	9	3	0	1	5	5	3	2
3327	6	1	0	138	488	0	3	12	4	4	10	9	2	0	1	5	6	2	0
3328	6	1	0	2	488	0	3	12	4	4	10	9	1	0	1	5	6	2	2
3329	0	0	0	180	456	0	0	4	20	2	9	11	3	0	1	5	5	6	1
3330	0	0	0	183	361	44	68	14	6	1	6	26	2	0	1	5	6	2	2
3331	11	3	0	184	282	0	5	4	4	2	4	2	0	0	1	4	4	2	1
3332	7	1	0	120	281	0	5	6	4	1	6	11	2	0	1	4	4	2	1
3333	5	1	0	257	202	0	2	0	6	1	6	7	0	0	4	8	3	1	1
3334	0	0	0	138	176	41	51	6	11	1	5	6	2	0	1	3	1	2	1
3335	3	0	1	77	102	0	5	1	2	1	2	3	1	0	2	2	2	1	1
3336	1	0	0	480	41	0	0	0	9	10	7	2	12	0	1	3	2	7	2
3337	1	0	0	81	41	0	0	0	9	10	7	2	6	0	1	3	2	7	2
3338	1	0	0	81	41	0	0	2	9	6	5	1	6	0	1	3	2	6	2
3339	2	0	0	219	58	0	1	0	4	3	3	1	6	0	1	6	4	3	2
3340	1	0	0	3	86	0	1	0	6	3	6	4	2	0	1	9	10	4	5
3341	2	0	2	772	48	0	0	0	15	8	12	1	2	0	1	4	3	12	3
3342	5	1	4	421	85	3	2	0	7	12	6	2	9	1	6	7	3	6	2
3343	2	1	1	277	47	0	0	0	5	7	4	1	7	0	2	3	2	4	1
3344	7	6	0	359	92	0	2	0	7	11	6	2	9	3	5	6	2	5	2
3345	1	0	0	88	78	0	1	9	1	3	11	2	1	9	0	10	9	2	5
3346	1	0	0	126	97	0	1	0	7	4	16	2	2	2	1	9	9	7	5
3347	1	0	0	21	128	0	1	0	1	3	12	2	2	0	0	11	10	2	6
3348	0	0	0	88	19	0	0	0	2	0	3	5	0	0	0	2	2	1	1
3349	14	3	23	31	30	0	14	0	0	0	2	1	0	2	2	3	1	4	1
3350	15	3	0	301	112	1	3	0	3	6	4	8	1	0	9	12	13	5	6
3351	15	2	0	136	107	2	8	2	5	5	4	7	1	0	9	13	12	5	5
3352	9	2	2	572	155	2	5	0	8	9	1	5	2	1	9	18	14	5	4
3353	3	0	0	239	155	2	5	0	8	9	1	5	2	0	9	18	14	5	4
3354	3	0	0	9	155	2	5	0	8	9	1	5	2	0	9	18	14	5	4
3355	2	1	1	451	226	65	96	0	12	11	8	11	2	3	8	14	14	3	6
3356	14	3	0	286	123	1	3	0	4	6	4	8	2	0	9	13	14	5	6
3357	7	1	1	285	51	0	4	0	10	7	6	1	7	0	2	4	2	6	2
3358	20	4	0	818	97	0	7	0	5	2	4	2	3	0	9	8	6	2	4
3400	9	2	49	183	97	3	3	0	8	11	6	2	5	3	6	7	3	5	3
3401	6	2	79	38	80	5	2	0	6	11	3	2	5	4	5	7	2	4	3
3402	3	1	2	14	170	1	3	0	8	6	9	5	3	1	4	14	12	7	7
3403	0	0	0	2	37	0	0	0	1	1	3	3	1	0	1	4	2	1	2
3404	9	1	23	156	40	0	4	0	5	5	5	4	6	0	2	4	2	5	2
3405	6	2	91	210	85	5	2	0	9	14	7	3	9	4	6	8	3	7	3
3406	14	3	63	117	155	6	8	1	16	19	9	3	11	4	13	14	4	10	4
3407	3	1	23	184	81	2	1	0	4	5	2	2	2	2	9	14	5	4	3

Grains, Beans, Nuts, Seeds

3000

Diet Analysis Excel Worksheets

**[Excel Worksheet 1
Diet Analysis Using the Food Guide Pyramid \(34.0 KB\)](#)**

**[Excel Worksheet 2
Detailed Diet Analysis \(34.0 KB\)](#)**

