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### RECOMMENDED DIETARY MENUS FOR USE IN OPERATIONAL AND RESEARCH SATURATION DIVING

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T. J. DOUBT

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The experiments reported herein were conducted according to the principles set forth in the current edition of the "Guide for the Care and Use of Laboratory Animals," Institute of Laboratory Animal Resources, National Research Council.

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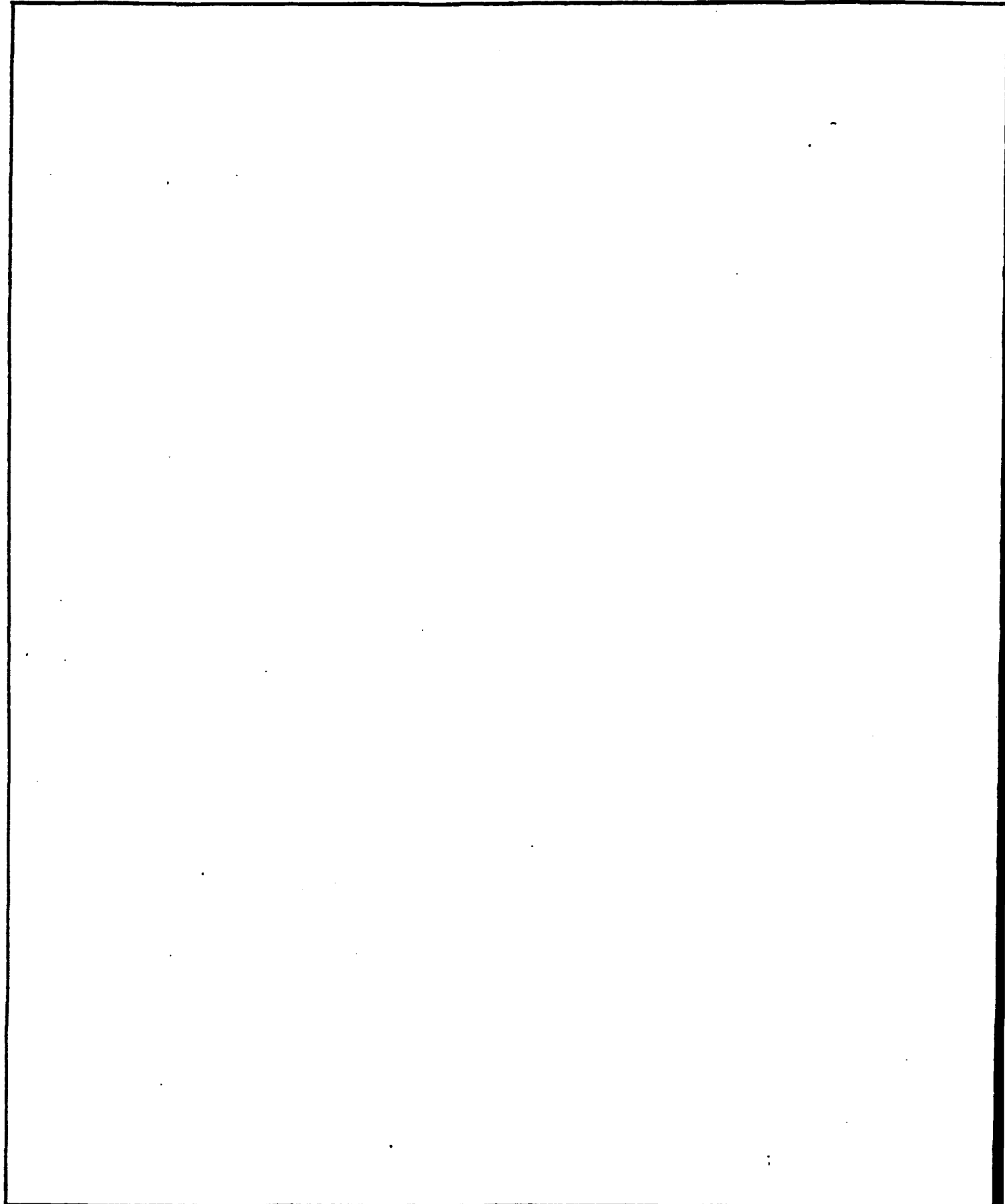
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| <b>19. ABSTRACT (Continue on reverse if necessary and identify by block number)</b><br><p>This report describes fifteen daily menus suitable for divers participating in research or operational saturation dives. The menus were developed and tested for acceptability during a series of research saturation dives at the Naval Medical Research Institute. Each menu provides 3500-3600 kcal per day for each diver, with about 30% of energy provided by fat and 10 - 15% from protein. The foods are readily available, simple to store and prepare, and easy to serve to divers in a hyperbaric chamber at depths to 1000 fsw. This report discusses how to use the menus, substitute foods, use a database to develop food orders, and prepare and serve the foods for better acceptability. These menus would be especially useful in research to study metabolic function, nutrient requirements, and physical performance under hyperbaric conditions. They are also recommended for operational use.</p> |             |  |  |   |                             |  |                     |             |          |                         |        |   |      |      |
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## INTRODUCTION

Dietary menus were required for research to study the metabolic function, nutrient requirements, and physical performance of divers during two series of research saturation dives in helium-oxygen environments. The first series included three dives to 150 feet of seawater (fsw), the second series included three dives to 1000 fsw.

This paper describes the menus and how they were developed for use in those experiments. They can be used in future research when it is important to ensure that different results among experiments are not caused by differences in diet. The menus also can be used for operational saturation diving to ensure adequate nutrition for the fleet diver.

## GOALS

The menus were designed to meet the following requirements: 1) Foods would be readily available; 2) Foods could easily be stored and prepared for use in the hyperbaric chamber; 3) Foods would be palatable and acceptable to divers working in the hyperbaric chamber; 4) Foods would provide the appropriate amounts of all nutrients required to supply the divers' needs and to avoid abnormal balance states; and 5) Foods would contain the proportion of calories from fat, protein and carbohydrate that follow current recommendations for optimal nutrition for the general population of healthy individuals. The general plan was to combine foods that would provide 3600 kcal per day for each diver with about 30% of energy provided as fat and 10 to 15% of energy

from protein. Adequate amounts of vitamins and minerals would be provided by use of foods from all the major food groups.

## METHODS AND DEVELOPMENT

Meal plans were constructed with types and portions of foods that most people normally eat. The diet was then analyzed by computer (Nutritionist III, N-Squared Computing, Salem, OR). After that analysis, serving sizes of various foods were changed in order to achieve the goals for total energy and proportion of energy provided by fat. The process was repeated until the final menu met the criteria described above. For variety and enhanced acceptability, enough menus were developed for fifteen different days, and foods that are commonly thought to be "special" (steak, lobster, Snickers bars, and others) were included.

During the series of research saturation dives, the menus were prepared in the galley near the Man-Rated Chamber Complex by U.S. Navy Mess Specialists and served to the divers in the chamber.

Special problems in storing or preparing foods, getting food into the chamber, or with palatability in the chamber were noted. Based upon that information, foods were substituted or portions were changed to try to improve quality, palatability, and acceptability. Whenever a menu was changed, the computer analysis was repeated to ensure that the original nutritional characteristics were maintained. Revised menus were used during subsequent dives, and the same evaluations were repeated.

The menus were developed and various modifications were made during the course of seven saturation dives. These menus resulted from that development. They were successfully used during the last two saturation dives with excellent acceptability. Those dives were 28-day saturation dives with the divers at 1000 fsw for 15 days.

The results of several studies of nutrient balance and metabolic status are being analyzed and will be reported separately. Preliminary indications are that the diets were adequate for good health and nutrition under the conditions of the research dives.

### FOOD CHARACTERISTICS

Some foods that were used in the first versions of the menus had to be replaced by other foods. The acceptance of some foods was different than had been expected, and a few foods were especially popular.

1. Canned vegetables had a "tinny" taste at 1000 fsw; frozen or fresh vegetables were preferred.
2. Most fresh vegetables could be adequately stored and prepared, but the use of fresh fruits was severely limited if fresh supplies were not available almost daily, e.g., bananas, grapes.
3. In contrast to vegetables, canned fruits did not have any abnormal taste.
4. Custards could not be locked into the chamber; they became watery.
5. Ice cream in almost any amount was extremely popular.

6. Sherbet was used in large quantities in order to decrease the proportion of fat compared to that provided by ice cream - sherbet was relatively well-accepted, but not as popular as ice cream.

7. Bagels were acceptable for use at 150 fsw, but they were unpalatable at 1000 fsw. Bread and English Muffins (toasted much preferred to untoasted) were well-accepted at both depths.

8. Milk generally was not a well-accepted beverage because it became warm and less palatable during compression - use in these menus was limited to milk added to dry cereal for breakfast.

9. Lemonade was unpalatable in the hyperbaric chamber; it tasted like "kerosene".

10. In contrast to what was expected before the dives started, there was no evidence that meats (like steak) were difficult to chew, even at 1000 fsw, as long as they were of good quality and appropriately prepared.

11. Carbonated flavored water in 1-liter plastic bottles was kept on ice in the chamber as a popular source of fluid between meals.

## FOOD PREPARATION

Once the appropriate menus have been selected, several practices will significantly improve the quality and acceptability of the meals provided to the divers.

The most important requirement is to have cooks who can prepare the food properly and serve the food in an arrangement that is appealing to the diver. Food that is not under nor overcooked and that is arranged neatly on the serving dish is much

more acceptable than the same food improperly cooked and haphazardly dumped on the serving dish. This was obvious in our experience because, although the same two cooks prepared food for any given research dive, several different cooks rotated through the Command during the course of the dive series. Some of the same foods were much better liked when prepared by one set of cooks than when prepared by other cooks.

Special effort is required to serve the foods properly. Meals should be served as soon as possible after they are prepared, and special effort is required to coordinate the timing of food preparation with the divers work schedule. If the divers are late in their work schedule, the cook should be notified so that food preparation can be delayed until the divers will be able to eat. Covered containers and ice should be used as needed to maintain the proper temperatures of the foods when they are transferred to the divers.

It is important to identify the cooks early enough so that they can be oriented and trained to understand the unique requirements of providing food to divers in the chamber. The cooks should be Mess Specialists or other persons who are trained and certified to serve food. They should understand what routines are followed during a saturation dive and how food service has to be integrated into these routines. Ideally, the cooks should become acquainted with the divers before the dive so that both groups will be able to communicate with each other, and respond to the needs of the divers. The cooks must know who is their supervisor in order to receive direction and to obtain support when needed.

## USE OF MENUS

Fifteen daily menus are listed in Tables 1 - 15. Serving portions are listed in units that would be easiest to use in preparing the meal, e.g., slices of bread, number of items, cups or other measure. Some requirements are listed as weight in ounces where use of that approximation would give more consistent amounts than if the requirement had been listed in other units, e.g., slices of pie, cheese or roast beef. For those items, it is assumed that part of a larger, pre-weighed unit will be used, e.g., a package or piece of roast beef, cheese, or a pie. The serving in ounces can be prepared by using the right portion of the larger amount. For example, if a pie weighs 32 ounces, then a 7-ounce piece would be just less than a fourth of the pie. Similarly, 4 ounces of fish would be half of an 8-ounce or one-fourth of a 16-ounce package.

When greater accuracy is required, i.e., for nutrient balance or other research studies, the portions of food would have to be weighed on a scale and provided in the gram amounts listed in Tables 1 through 15. Under these conditions it is absolutely required that the research divers are briefed before the dive on how important it is for them to follow the diets as closely as possible. It is impossible to obtain nutritional data without full cooperation of the subjects to consume the food as provided. The subjects should study the menus before research starts so that menus can be modified to allow for individual tolerances.

Substitutions can be made. The amounts of energy, fat, carbohydrate, and protein provided by each food of a menu are listed in Tables 16 - 30, and this information can be used to find an appropriate substitute. For example, most of the calories of fruits and

fruit juices are from carbohydrate. Therefore, apple juice could be replaced by strawberries or orange juice, and the amount needed could be calculated by use of the information provided in Tables 16 - 30.

For the research dives, a computer database was used to prepare the orders for type and amount of food to purchase. The weight of food in each portion was stored in the database. The amount of food to be purchased for any period during the dive was calculated by use of the database. The menus for that period were identified and the number of subjects was used to calculate the total amount of food needed. For nonperishables (canned or frozen foods), the amount needed for the entire dive could be purchased and stored before the dive started. For perishables (such as milk and dairy products, or fresh vegetables), the amount needed each week was calculated by use of the menus for that week. Additional amounts were obtained to allow for waste, and to allow for the fact that some packages (e.g., large cans of fruits or juice) could not be kept for any extended period after they had been opened. This process can be used to develop grocery lists for any research or operational condition.

The diets provided adequate nutrition for the research conditions under which these menus were used. The divers were busy with light to moderate workloads, and the environmental temperature and humidity were adjusted to keep them comfortable. For research or operational dives where the divers might spend long periods doing heavy work or exposed to environments that would cause increased energy expenditure, extra calories should be provided. Available data are inadequate to define how much extra energy will be required. Future research is planned to obtain these data.

## USE IN OPERATIONAL SETTING

The most important consideration for the operational setting is to recognize that these menus provide the appropriate mix and balance of nutrients to meet current recommendations for the general population. In the operational setting where meals must be provided to all support personnel as well as the divers, these menus can be used to feed *everybody*.

All of the earlier discussion applies for using these menus in the operational setting, as well as in the research setting. Cooks should be appropriately trained and selected, and their position in the support staff must be clearly defined. Good communication among cooks, divers, and support personnel is paramount. Special effort is required to prepare food properly, arrange it in an appealing presentation, maintain the proper temperature while transferring food to the divers, and coordinate preparation with the divers' work schedule to ensure that quality does not deteriorate because food cannot be served promptly after it is prepared.

Before moving to the dive site, the menus should be selected so that grocery lists can be generated and foods can be obtained. As discussed earlier, all of the foods in these menus are commonly eaten and accepted by the general population; they are relatively inexpensive and easy to obtain, store, and prepare.

Compared to the usual American diet, the relative portions of different foods have been modified to reduce fat and increase carbohydrate. For example, the fat content of breakfast in Menu 01X has been decreased by using 2% milk and limiting the amount of bacon and margarine; the amount of carbohydrate is increased by using several different

foods that are primarily carbohydrate (apple juice, cereal, muffin, jam, and sugar). As another example, in Menu 03X, the amount of roast beef might seem small and the amounts of bread, rice, and oranges might seem relatively large compared to the amounts that most people usually eat.

In order to maintain nutrient adequacy and balance, the serving portions *must* be provided as described in the menus, and *all* foods in the menu must be eaten. It is *not possible*, for example, to maintain the appropriate nutrient balance by eating extra eggs and omitting waffles and syrup at breakfast. Substitutions can be made, but they can be made only by using foods with similar composition. The amounts of energy, fat, carbohydrate, and protein provided by each food of a menu are listed in Tables 16-30, and this information must be used to find an appropriate substitute. For example, most of the calories of fruits and fruit juices are from carbohydrate. Therefore, apple juice can be replaced by strawberries or orange juice, and the amount needed can be calculated by use of the information provided in Tables 16-30.

The menus list foods individually, even where it is obvious that several foods will be combined as a sandwich or salad. In Menu 01X, the tuna fish, salad dressing, bread, and lettuce for lunch would be a sandwich. In Menu 02X, the dinner salad would contain lettuce, peppers, radishes, and French dressing.

These menus will provide adequate calories for almost everyone at the dive site for the 10 to 20 days that most dives require. For dives shallower than 300 fsw, several divers might gain a small amount of weight, but very few will lose weight. For deeper dives divers are more likely to lose weight, but the losses will be minimal except for

divers who do not eat the amount of food defined in these menus. Unless they are working extremely hard, support personnel who eat everything on the menu will generally receive slightly more calories than they need and gain weight.

In our experience, divers in the chamber at 1000 fsw tended to have depressed appetites. Therefore, they consumed slightly fewer calories than provided by these menus and they lost some weight during the dive. The major goal during these deeper dives, and for dives with exposure to cold water or extra heavy work should be to encourage most divers in the chamber to eat all of the food that is provided. If more food is needed, extra portions of any food can be provided. For example, a diver who needs more than 3600 kcal might have an extra tuna sandwich at lunch or an extra portion of ice cream for snack; that would not compromise the nutrient adequacy of the menus, *as long as other foods on the menu are not omitted.*

Divers at relatively shallow depths (300 fsw or less) without extremely heavy work or hostile environmental conditions and most support personnel will need less than 3600 kcal per daily. In that situation, the decreased caloric intake can be achieved by decreasing or omitting some food portions, *as long as other portions are not increased and other foods are not added.*

Table 1. Menu 01X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.5 CUPS        | 366.0 GMS |
| APPLE JUICE-CANNED/BOTTLED | 1.0 CUP         | 248.0 GMS |
| BACON-PORK-BROILED/FRIED   | 5.0 SLICES      | 31.5 GMS  |
| CEREAL-CHEERIOS            | 1.5 CUPS        | 34.1 GMS  |
| MUFFIN-ENGLISH-PLAIN       | 1.0 ITEM        | 56.0 GMS  |
| JAMS/PRESERVES-REGULAR     | 2.0 TBSPS       | 40.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TSP         | 4.7 GMS   |
| SUGAR-WHITE-GRANULATED     | 2.0 TBSPS       | 24.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| SOUP-VEGETABLE-CAN         | 2.0 CUPS        | 480.0 GMS |
| FISH-TUNA-WHITE-CAN/WATER  | 3.0 OUNCES      | 85.0 GMS  |
| SAL DRESS-MAYO-LOW-CAL     | 3.0 TBSPS       | 48.0 GMS  |
| BREAD-WHOLE WHEAT          | 3.0 SLICES      | 84.0 GMS  |
| LETTUCE-ICEBERG-RAW-LEAVES | 1.0 OUNCE       | 28.3 GMS  |
| CORN CHIPS                 | 2.0 OUNCES      | 56.7 GMS  |
| APPLE JUICE-CANNED/BOTTLED | 2.0 CUPS        | 496.0 GMS |
| <b>DINNER</b>              |                 |           |
| TURK-BREAST-NO SKIN-ROAST  | 0.3 POUND       | 136.1 GMS |
| GRAVY-CHICKEN-CANNED       | 0.5 CUP         | 119.0 GMS |
| NOODLES-EGG-ENR-COOKED     | 1.0 CUP         | 160.0 GMS |
| SQUASH-ZUCCHINI-FROZ-BOIL  | 1.0 CUP         | 223.0 GMS |
| CRANBERRY SAUCE-CAN-SWEET  | 1.0 CUP         | 277.0 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>               |                 |           |
| ICE CREAM-VAN-HARD-16% FAT | 1.5 CUPS        | 222.0 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3564 Kc  | Carbohydrate      | 521.4 Gm |
| Protein      | 130.8 Gm | Fat               | 106.6 Gm |
| Protein: 15% |          | Carbohydrate: 58% | Fat: 27% |

Table 2. Menu 02X.

| FOOD NAME                   | SERVING PORTION | AMOUNT    |
|-----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>            |                 |           |
| GRAPE JUICE-CAN/BOTTLE      | 2.0 CUPS        | 506.0 GMS |
| EGG-SCRAMBLED-MILK/BUTTER   | 2.0 ITEMS       | 128.0 GMS |
| BREAD-RAISIN                | 2.0 SLICES      | 50.0 GMS  |
| MARGARINE-CORN-REG          | 2.0 TSPS        | 9.4 GMS   |
| JAMS/PRESERVES-REGULAR      | 2.0 TBSPS       | 40.0 GMS  |
| <b>LUNCH</b>                |                 |           |
| HAM-EXTRA LEAN-5% FAT-ROAST | 4.0 OUNCES      | 113.4 GMS |
| SAUCE-BARBECUE              | 2.0 TBSPS       | 31.3 GMS  |
| ROLL-HAMBURGER/HOT DOG      | 2.0 ITEMS       | 80.0 GMS  |
| CELERY-PASCAL-RAW-STALK     | 1.0 ITEM        | 40.0 GMS  |
| CHEESE-COTTAGE-4%           | 0.3 CUP         | 63.0 GMS  |
| PIE-CHERRY                  | 5.0 OUNCES      | 141.8 GMS |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| <b>DINNER</b>               |                 |           |
| BEEF-LEAN/FAT-SIMM/ROAST    | 4.0 OUNCES      | 113.4 GMS |
| GRAVY-BEEF-CANNEED          | 0.5 CUP         | 116.5 GMS |
| POTATO-BOIL-PEEL BEFORE     | 2.0 ITEMS       | 270.0 GMS |
| TOMATO-RED-CAN-STEWED       | 0.75 CUP        | 191.3 GMS |
| LETTUCE-ICEBERG-RAW-LEAVE   | 3.0 OUNCES      | 85.1 GMS  |
| PEPPERS-SWEET-RAW           | 0.5 ITEM        | 37.0 GMS  |
| RADISHES-RAW                | 5.0 ITEMS       | 22.5 GMS  |
| SAL DRESS-FRENCH            | 2.0 TBSPS       | 31.2 GMS  |
| SHERBET-ORANGE-2% FAT       | 1.5 CUPS        | 289.5 GMS |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| <b>SNACKS</b>               |                 |           |
| STRAWBERRIES-CAN/SYRUP      | 1.0 CUP         | 254.0 GMS |
| COOKIE-OATMEAL/RAISIN-MIX   | 6.0 ITEMS       | 78.0 GMS  |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3586 Kc  | Carbohydrate      | 521.5 Gm |
| Protein      | 112.3 Gm | Fat               | 122.8 Gm |
| Protein: 12% |          | Carbohydrate: 57% | Fat: 30% |

Table 3. Menu 03X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.5 CUPS        | 366.0 GMS |
| ORANGE JUICE-CAN           | 2.0 CUPS        | 498.0 GMS |
| CEREAL-CORN FLAKES         | 2.0 CUPS        | 50.0 GMS  |
| EGG-SCRAMBLED-MILK/BUTTER  | 2.0 ITEMS       | 128.0 GMS |
| MUFFIN-ENGLISH-PLAIN       | 2.0 ITEMS       | 112.0 GMS |
| JAMS/PRESERVES-REGULAR     | 2.0 TBSPS       | 40.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| SUGAR-WHITE-GRANULATED     | 1.0 TBSP        | 12.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| TOMATO-RAW-RED-RIPE        | 1.0 ITEM        | 3.0 GMS   |
| LETTUCE-ICEBERG-RAW-LEAVES | 3.0 OUNCES      | 85.1 GMS  |
| SAL DRESS-RANCH STYLE      | 1.0 TBSP        | 15.0 GMS  |
| PIZZA-CHEESE-BAKED         | 8.0 OUNCES      | 226.8 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>DINNER</b>              |                 |           |
| BEEF-LEAN/FAT-SIMM/ROAST   | 4.0 OUNCES      | 113.4 GMS |
| GRAVY-BEEF-CANNED          | 0.5 CUP         | 116.5 GMS |
| BEAN-GREEN-FROZ-FRENCH     | 1.0 CUP         | 135.0 GMS |
| RICE-WHITE-LONG GRAIN-COOK | 1.0 CUP         | 205.0 GMS |
| BREAD-WHOLE WHEAT          | 2.0 SLICES      | 56.0 GMS  |
| ORANGES-RAW-SECTIONS       | 1.0 CUP         | 180.0 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| CAKE-POUND                 | 1.0 SLICE       | 33.0 GMS  |
| <b>SNACK</b>               |                 |           |
| RAISINS-SEEDLESS           | 0.7 CUP         | 108.8 GMS |
| NUTS-CASHEWS-DRY ROASTED   | 0.2 CUP         | 34.3 GMS  |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3668 Kc  | Carbohydrates     | 511.2 Gm |
| Protein      | 126.3 Gm | Fat               | 132.0 Gm |
| Protien: 14% |          | Carbohydrate: 55% | Fat: 32% |

Table 4. Menu 04X.

| FOOD NAME                   | SERVING PORTION | AMOUNT    |
|-----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>            |                 |           |
| ORANGE JUICE-CAN            | 2.0 CUPS        | 498.0 GMS |
| WAFFLES-FROZEN              | 4.0 OUNCES      | 113.4 GMS |
| SYRUP-PANCAKE-LIGHT-LOW CAL | 2.0 FLOZS       | 78.0 GMS  |
| MARGARINE-CORN-REG          | 1.0 TBSP        | 14.1 GMS  |
| EGG-SCRAMBLED-MILK/BUTTER   | 2.0 ITEMS       | 128.0 GMS |
| <b>LUNCH</b>                |                 |           |
| FISH-TUNA-WHITE-CAN/WATER   | 3.0 OUNCES      | 85.0 GMS  |
| SAL DRESS-MAYO-LOW CAL      | 3.0 TBSPS       | 48.0 GMS  |
| BREAD-PITA                  | 2.0 ITEMS       | 76.0 GMS  |
| APRICOTS-DRIED-UNCOOKED     | 0.5 CUP         | 65.0 GMS  |
| CELERY-PASCAL-RAW-STALK     | 1.0 ITEM        | 40.0 GMS  |
| RADISHES-RAW                | 10.0 ITEMS      | 45.0 GMS  |
| APPLE JUICE-CANNED/BOTTLED  | 2.5 CUPS        | 620.0 GMS |
| <b>DINNER</b>               |                 |           |
| FISH-COD-BROILED/BUTTER     | 3.0 OUNCES      | 85.0 GMS  |
| CAULIFLOWER-FROZ-BOIL       | 1.0 CUP         | 180.0 GMS |
| CORN-FROZ-BOIL-KERNELS      | 1.0 CUP         | 165.0 GMS |
| LETTUCE-ICEBERG-RAW-LEAVES  | 2.0 OUNCES      | 56.7 GMS  |
| TOMATO-RAW-RED-RIPE         | 0.5 ITEM        | 61.5 GMS  |
| SAL DRESS-ITALIAN           | 4.0 TBS/PS      | 58.8 GMS  |
| CAKE-POUND                  | 1.0 SLICE       | 33.0 GMS  |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>                |                 |           |
| SHERBET-ORANGE-2% FAT       | 2.0 CUPS        | 386.0 GMS |
| COOKIE-SUGAR-MIX            | 5.0 ITEMS       | 100.0 GMS |

**NUTRIENT VALUES**

|              |         |                   |          |
|--------------|---------|-------------------|----------|
| Kcalories    | 3584 Kc | Carbohydrate      | 543.4 Gm |
| Protein      | 98.7 Gm | Fat               | 122.8 Gm |
| Protein: 11% |         | Carbohydrate: 59% | Fat: 30% |

Table 5. Menu 05X.

| FOOD NAME                   | SERVING PORTION | AMOUNT    |
|-----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>            |                 |           |
| MILK-2% FAT-LOWFAT-FLUID    | 1.5 CUPS        | 366.0 GMS |
| ORANGE JUICE-CAN            | 1.0 CUP         | 249.0 GMS |
| CEREAL-RAISIN BRAN          | 1.5 CUPS        | 84.0 GMS  |
| MUFFIN-ENGLISH-PLAIN        | 2.0 ITEMS       | 112.0 GMS |
| JAMS/PRESERVES-REGULAR      | 2.0 TBSPS       | 40.0 GMS  |
| MARGARINE-CORN-REG          | 1.0 TBSP        | 14.1 GMS  |
| SUGAR-WHITE-GRANULATED      | 1.0 TBSP        | 12.0 GMS  |
| <b>LUNCH</b>                |                 |           |
| SOUP-VEGETABLE-CAN          | 1.0 CUP         | 240.0 GMS |
| CHEESE-CHEDDAR-CUT PIECES   | 4.0 OUNCES      | 113.4 GMS |
| CRACKERS-SALTINES           | 8.0 ITEMS       | 22.0 GMS  |
| TOMATO-RAW-RED-RIPE         | 1.0 ITEM        | 123.0 GMS |
| CUCUMBER-RAW-SLICED         | 0.3 CUP         | 31.2 GMS  |
| LETTUCE-ICEBERG-RAW-LEAVES  | 2.0 OUNCES      | 56.7 GMS  |
| SAL DRESS-RANCH STYLE       | 2.0 TBSPS       | 30.0 GMS  |
| GRAPE JUICE-CAN & BOTTLE    | 2.0 CUPS        | 506.0 GMS |
| <b>DINNER</b>               |                 |           |
| HAM-EXTRA LEAN-5% FAT-ROAST | 7.0 OUNCES      | 198.4 GMS |
| SWEET POTATO-CAN-VACUUM     | 1.0 CUP         | 200.0 GMS |
| BEANS-GREEN-FROZ-FRENCH     | 1.0 CUP         | 135.0 GMS |
| BREAD-WHOLE WHEAT           | 2.0 SLICES      | 56.0 GMS  |
| PINEAPPLE-CAN/JUICE         | 1.0 CUP         | 250.0 GMS |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| MARGARINE-CORN-REG          | 1.0 TBSP        | 14.1 GMS  |
| <b>SNACK</b>                |                 |           |
| NUTS-CASHEWS-OIL ROASTED    | 0.3 CUP         | 39.0 GMS  |
| SHERBET-ORANGE-2% FAT       | 1.3 CUPS        | 250.9 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3663 Kc  | Carbohydrate      | 525.9 Gm |
| Protein      | 129.9 Gm | Fat               | 123.0 Gm |
| Protein: 14% |          | Carbohydrate: 56% | Fat: 30% |

Table 6. Menu 06X.

| FOOD NAME                   | SERVING PORTION | AMOUNT    |
|-----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>            |                 |           |
| MILK-2% FAT-LOWFAT-FLUID    | 1.5 CUPS        | 366.0 GMS |
| APPLE JUICE-CANNED/BOTTLED  | 2.0 CUPS        | 496.0 GMS |
| EGG-SCRAMBLED-MILK/BUTTER   | 2.0 ITEMS       | 128.0 GMS |
| CEREAL-CHEERIOS             | 1.5 CUPS        | 34.1 GMS  |
| MUFFIN-BRAN                 | 2.0 ITEMS       | 80.0 GMS  |
| SUGAR-WHITE-GRANULATED      | 1.0 TBSP        | 12.0 GMS  |
| <b>LUNCH</b>                |                 |           |
| CARROT-RAW-SHRED-SCRAPED    | 1.0 CUP         | 110.0 GMS |
| RAISINS-SEEDLESS            | 0.3 CUP         | 43.5 GMS  |
| HAM-EXTRA LEAN-5% FAT-ROAST | 3.0 OUNCES      | 85.1 GMS  |
| BREAD-WHOLE WHEAT           | 2.0 SLICES      | 56.0 GMS  |
| SAL DRESS-MAYO-LOW CAL      | 1.0 TBSP        | 16.0 GMS  |
| MUSTARD-YELLOW-PREPARED     | 1.0 TBSP        | 15.0 GMS  |
| ORANGE JUICE-CAN            | 2.0 CUPS        | 498.0 GMS |
| <b>DINNER</b>               |                 |           |
| CHICK BREAST-NO SKIN-ROAST  | 1.0 ITEM        | 172.0 GMS |
| PEAS-GREEN-FROZ-BOIL-DRAIN  | 1.0 CUP         | 160.0 GMS |
| GRAVY-CHICKEN-CANNED        | 0.3 CUP         | 71.4 GMS  |
| RICE-WHITE-LONG GRAIN-COOK  | 1.5 CUPS        | 307.5 GMS |
| PIE-PEACH                   | 7.0 OUNCES      | 198.4 GMS |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>                |                 |           |
| ICE CREAM-VAN-HARD-16% FAT  | 1.7 CUPS        | 259.0 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3614 Kc  | Carbohydrate      | 505.8 Gm |
| Protein      | 145.2 Gm | Fat               | 117.4 Gm |
| Protein: 16% |          | Carbohydrate: 55% | Fat: 29% |

Table 7. Menu 07X.

| FOOD NAME                   | SERVING PORTION | AMOUNT    |
|-----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>            |                 |           |
| GRAPE JUICE-CAN & BOTTLE    | 2.0 CUPS        | 506.0 GMS |
| WAFFLES-FROZEN              | 4.0 OUNCES      | 113.4 GMS |
| SYRUP-PANCAKE-LIGHT-LOW CAL | 2.0 FL OZS      | 78.0 GMS  |
| MARGARINE-CORN-REG          | 1.0 TBSP        | 14.1 GMS  |
| EGG-SCRAMBLED-MILK/BUTTER   | 2.0 ITEMS       | 128.0 GMS |
| <b>LUNCH</b>                |                 |           |
| HAM-EXTRA LEAN-5% FAT-ROAST | 2.0 OUNCES      | 56.7 GMS  |
| CHEESE-SWISS                | 1.0 OUNCE       | 28.4 GMS  |
| BREAD-WHOLE WHEAT           | 2.0 SLICES      | 56.0 GMS  |
| MUSTARD-YELLOW-PREPARED     | 2.0 TBSPS       | 30.0 GMS  |
| SAL DRESS-MAYO-LOW CAL      | 2.0 TBSPS       | 32.0 GMS  |
| PINEAPPLE-CAN/JUICE         | 1.0 CUP         | 250.0 GMS |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| <b>DINNER</b>               |                 |           |
| SQUASH-ZUCCHINI-FROZ-BOIL   | 1.0 CUP         | 223.0 GMS |
| SPAGHETTI-COOK-TENDER-HOT   | 1.0 CUP         | 140.0 GMS |
| HAMBURGER-GROUND-REG-FRIED  | 2.0 OUNCES      | 56.7 GMS  |
| SAUCE-SPAGHETTI-CANNED      | 0.5 CUP         | 124.5 GMS |
| CHEESE-PARMESAN-GRATED      | 3.0 TBSPS       | 18.8 GMS  |
| LETTUCE-ICEBERG-RAW-LEAVES  | 2.0 OUNCES      | 56.7 GMS  |
| TOMATO-RAW-RED-RIPE         | 0.5 ITEM        | 61.5 GMS  |
| CUCUMBER-RAW-SLICED         | 0.3 CUP         | 31.2 GMS  |
| SAL DRESS-ITALIAN           | 2.0 TBSPS       | 29.4 GMS  |
| BREAD-FRENCH                | 2.0 SLICES      | 70.0 GMS  |
| PIE-CHEERY                  | 5.0 OUNCES      | 141.8 GMS |
| APPLE JUICE-CANNED/BOTTLED  | 2.0 CUPS        | 496.0 GMS |
| <b>SNACK</b>                |                 |           |
| RAISINS-SEEDLESS            | 0.7 CUP         | 108.8 GMS |
| NUTS-CASHEWS-DRY ROASTED    | 0.3 CUP         | 41.1 GMS  |

NUTRIENT VALUES

|              |                   |              |          |
|--------------|-------------------|--------------|----------|
| Kcalories    | 3694 Kc           | Carbohydrate | 545.0 Gm |
| Protein      | 102.0 Gm          | Fat          | 133.7 Gm |
| Protein: 11% | Carbohydrate: 57% | Fat: 32%     |          |

Table 8. Menu 08X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.3 CUPS        | 317.2 GMS |
| GRAPE JUICE-CAN & BOTTLE   | 1.5 CUPS        | 379.5 GMS |
| CEREAL-RAISIN BRAN         | 1.5 CUPS        | 84.0 GMS  |
| BREAD-WHOLE WHEAT          | 2.0 SLICES      | 56.0 GMS  |
| JAMS/PRESERVES-REGULAR     | 2.0 TBSPS       | 40.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| SUGAR-WHITE-GRANULATED     | 2.0 TBSPS       | 24.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| SOUP-VEGETABLE-CAN         | 1.2 CUPS        | 300.0 GMS |
| CHEESE-CHEDDAR-CUT PIECES  | 3.0 OUNCES      | 85.0 GMS  |
| CRACKERS-SALTINES          | 8.0 ITEMS       | 22.0 GMS  |
| CAULIFLOWER-RAW-CHOPPED    | 1.0 CUP         | 100.0 GMS |
| APPLE JUICE-CANNED/BOTTLED | 2.0 CUPS        | 496.0 GMS |
| <b>DINNER</b>              |                 |           |
| FISH-HADDOCK-COOK-DRY HEAT | 6.0 OUNCES      | 170.1 GMS |
| VEGETABLES-MIXED-FROZ-BOIL | 1.0 CUP         | 182.0 GMS |
| LETTUCE-ICEBERG-RAW-LEAVES | 2.0 OUNCES      | 56.7 GMS  |
| CUCUMBER-RAW-SLICED        | 0.5 CUP         | 52.0 GMS  |
| PEPPERS-SWEET-RAW          | 0.5 ITEM        | 37.0 GMS  |
| SAL DRESS-RANCH STYLE      | 3.0 TBSPS       | 45.0 GMS  |
| BREAD-FRENCH               | 2.0 SLICES      | 70.0 GMS  |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| MARGARINE-CORN             | 1.0 TBSP        | 14.1 GMS  |
| PIE-BLUEBERRY              | 8.0 OUNCES      | 226.8 GMS |
| <b>SNACK</b>               |                 |           |
| SHERBET-ORANGE-2% FAT      | 1.5 CUPS        | 289.5 GMS |

NUTRIENT VALUES

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3657 Kc  | Carbohydrate      | 550.7 Gm |
| Protein      | 117.3 Gm | Fat               | 116.3 Gm |
| Protein: 13% |          | Carbohydrate: 59% | Fat: 28% |

Table 9. Menu 09X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.5 CUPS        | 366.0 GMS |
| ORANGE JUICE-CAN           | 1.0 CUP         | 249.0 GMS |
| CEREAL-CORN FLAKES         | 2.0 CUPS        | 50.0 GMS  |
| BREAD-RAISIN               | 2.0 SLICES      | 50.0 GMS  |
| JAMS/PRESERVES-REGULAR     | 2.0 TBSPS       | 40.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| SUGAR-WHITE-GRANULATED     | 1.0 TBSP        | 12.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| SOUP-BEAN/BACON-CAN-WATER  | 1.0 CUP         | 253.0 GMS |
| FISH-TUNA-WHITE-CAN/WATER  | 3.0 OUNCES      | 85.0 GMS  |
| SAL DRESS-MAYO-LOW CAL     | 2.0 TBSPS       | 48.0 GMS  |
| BREAD-PITA                 | 1.0 ITEM        | 38.0 GMS  |
| CARROT-RAW-WHOLE-SCRAPED   | 2.0 ITEMS       | 144.0 GMS |
| CELERY-PASCAL-RAW-STALK    | 2.0 ITEMS       | 80.0 GMS  |
| RAISINS-SEEDLESS           | 0.5 CUP         | 72.5 GMS  |
| CANDY-SNICKERS BAR         | 1.0 ITEM        | 57.0 GMS  |
| APPLE JUICE-CANNED/BOTTLED | 2.0 CUPS        | 496.0 GMS |
| <b>DINNER</b>              |                 |           |
| LETTUCE-ICEBERG-RAW-LEAVES | 2.0 OUNCES      | 56.7 GMS  |
| TOMATO-RAW-RED-RIPE        | 0.5 ITEM        | 61.5 GMS  |
| HAMBURGER-GROUND-REG-FRIED | 0.25 POUND      | 113.4 GMS |
| TOMATO CATSUP              | 2.0 FL OZS      | 60.0 GMS  |
| MUSTARD-YELLOW-PREPARED    | 2.0 TBSPS       | 30.0 GMS  |
| ROLL-HAMBURGER/HOT DOG     | 1.0 ITEM        | 40.0 GMS  |
| POTATO CHIPS-SALT ADDED    | 20.0 ITEMS      | 40.0 GMS  |
| STRAWBERRIES-CAN/SYRUP     | 1.0 CUP         | 254.0 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>               |                 |           |
| ICE CREAM-VAN-HARD-16% FAT | 1.3 CUPS        | 192.4 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3596 Kc  | Carbohydrate      | 530.8 Gm |
| Protein      | 108.5 Gm | Fat               | 124.0 Gm |
| Protein: 12% |          | Carbohydrate: 58% | Fat: 30% |

Table 10. Menu 10X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.5 CUPS        | 366.0 GMS |
| ORANGE JUICE-CAN           | 1.0 CUP         | 249.0 GMS |
| CEREAL-CHEERIOS            | 1.5 CUPS        | 34.1 GMS  |
| JAMS/PRESERVES-REGULAR     | 2.0 TBSPS       | 40.0 GMS  |
| MUFFIN-ENGLISH-PLAIN       | 2.0 ITEMS       | 112.0 GMS |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| SUGAR-WHITE-GRANULATED     | 2.0 TBSPS       | 24.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| HAMBURGER-GROUND-REG-FRIED | 0.2 POUND       | 113.4 GMS |
| CHEESE-AMERICAN-PROCESSED  | 1.0 PIECE       | 28.0 GMS  |
| TOMATO CATSUP              | 3.0 FL OZS      | 90.0 GMS  |
| MUSTARD-YELLOW-PREPARED    | 2.0 TBSPS       | 30.0 GMS  |
| ROLL-HAMBURGER/HOTDOG      | 2.0 ITEMS       | 80.0 GMS  |
| CARROT-RAW-WHOLE-SCRAPED   | 1.0 ITEM        | 72.0 GMS  |
| CELERY-PASCAL-RAW-STALK    | 1.0 ITEM        | 40.0 GMS  |
| GRAPE JUICE-CAN & BOTTLE   | 2.0 CUPS        | 506.0 GMS |
| <b>DINNER</b>              |                 |           |
| SPAGHETTI-COOK-TENDER-HOT  | 1.7 CUPS        | 245.0 GMS |
| SAUSAGE-PATTY-PORK-COOKED  | 2.0 ITEMS       | 54.0 GMS  |
| SAUCE-SPAGHETTI-CANNED     | 0.5 CUP         | 124.5 GMS |
| BEANS-GREEN-FROZ-FRENCH    | 1.0 CUP         | 135.0 GMS |
| FRUIT COCKTAIL-CAN/JUICE   | 1.0 CUP         | 248.0 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>               |                 |           |
| SHERBET-ORANGE-2% FAT      | 1.0 CUP         | 193.0 GMS |
| COOKIE-SUGAR-MIX           | 5.0 ITEMS       | 100.0 GMS |

NUTRIENT VALUES

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3658 Kc  | Carbohydrate      | 557.9 Gm |
| Protein      | 103.8 Gm | Fat               | 115.5 Gm |
| Protein: 11% |          | Carbohydrate: 61% | Fat: 28% |

Table 11. Menu 11X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| GRAPE JUICE-CAN & BOTTLE   | 2.0 CUPS        | 506.0 GMS |
| EGG-SCRAMBLE-MILK/BUTTER   | 2.0 ITEMS       | 128.0 GMS |
| MUFFIN-ENGLISH-PLAIN       | 2.0 ITEMS       | 112.0 GMS |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| <b>LUNCH</b>               |                 |           |
| SOUP-BEAN/BACON-CAN/WATER  | 2.0 CUPS        | 506.0 GMS |
| CRACKERS-RITZ              | 10.0 ITEMS      | 33.3 GMS  |
| CHEESE-COTTAGE-LOWFAT-2%   | 1.0 CUP         | 226.0 GMS |
| CUCUMBER-RAW-SLICED        | 0.5 CUP         | 52.0 GMS  |
| TOMATO-RAW-RED-RIPE        | 1.0 ITEM        | 123.0 GMS |
| PEPPERS-SWEET-RAW          | 1.0 ITEM        | 74.0 GMS  |
| SAL DRESS-ITALIAN          | 1.0 TBSP        | 14.7 GMS  |
| ORANGE JUICE-CAN           | 2.0 CUPS        | 498.0 GMS |
| <b>DINNER</b>              |                 |           |
| STEAK-TENDERLOIN-COOKED    | 0.5 POUND       | 226.8 GMS |
| POTATO-BAKED-FLESH & SKIN  | 1.2 ITEMS       | 252.5 GMS |
| CREAM-SOUR-CULTURED        | 0.25 CUP        | 57.5 GMS  |
| MARGARINE-CORN-REG         | 1.5 TBSPS       | 21.1 GMS  |
| APPLES-RAW-UNPEELED        | 0.5 ITEM        | 69.0 GMS  |
| ORANGES-RAW-SECTIONS       | 1.0 CUP         | 180.0 GMS |
| NUT-WALNUT-PERSIAN/ENGLISH | 2.0 TBSPS       | 15.0 GMS  |
| HONEY-STRAINED/EXTRACTED   | 1.0 TBSP        | 21.0 GMS  |
| YOGURT-PLAIN-LOWFAT        | 1.0 TBSP        | 14.2 GMS  |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>               |                 |           |
| SHERBET-ORANGE-2% FAT      | 1.5 CUPS        | 289.5 GMS |

NUTRIENT VALUES

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3640 Kc  | Carbohydrate      | 473.9 Gm |
| Protein      | 157.9 Gm | Fat               | 128.6 Gm |
| Protein: 17% |          | Carbohydrate: 56% | Fat: 30% |

Table 12. Menu 12X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.5 CUPS        | 366.0 GMS |
| ORANGE JUICE-CAN           | 1.5 CUPS        | 373.5 GMS |
| CEREAL-CORN FLAKES         | 2.0 CUPS        | 50.0 GMS  |
| EGG-SCRAMBLED-MILK/BUTTER  | 2.0 ITEMS       | 128.0 GMS |
| SUGAR-WHITE-GRANULATED     | 1.0 TBSP        | 12.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| TOMATO JUICE-CAN           | 1.0 CUP         | 244.0 GMS |
| CHICK-BREAST-NO SKIN-ROAST | 0.2 POUND       | 113.4 GMS |
| CARROT-RAW-WHOLE-SCRAPED   | 1.0 ITEM        | 72.0 GMS  |
| CELERY-PASCAL-RAW-STALK    | 1.0 ITEM        | 40.0 GMS  |
| PEACHES-CAN/HEAVY SYRUP    | 1.0 CUP         | 256.0 GMS |
| BREAD-WHOLE WHEAT          | 2.0 SLICES      | 56.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>DINNER</b>              |                 |           |
| SALAD-THREE BEAN-DEL MONTE | 7.0 OUNCES      | 198.4 GMS |
| SPAGHETTI-COOK-TENDER-HOT  | 1.7 CUPS        | 245.0 GMS |
| SAUCE-SPAGHETTI-CANNED     | 1.0 CUP         | 249.0 GMS |
| ITALIAN SAUSAGE-PORK-LINK  | 1.0 ITEM        | 67.0 GMS  |
| BREAD-FRENCH               | 2.0 SLICES      | 70.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| PIE-PEACH                  | 5.0 OUNCES      | 141.8 GMS |
| APPLE JUICE-CANNED/BOTTLED | 2.0 CUPS        | 496.0 GMS |
| <b>SNACK</b>               |                 |           |
| ICE CREAM-VAN-HARD-16% FAT | 1.0 CUP         | 148.0 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3625 Kc  | Carbohydrate      | 520.8 Gm |
| Protein      | 120.8 Gm | Fat               | 124.7 Gm |
| Protein: 13% |          | Carbohydrate: 56% | Fat: 30% |

Table 13. Menu 13X.

| FOOD NAME                   | SERVING PORTION | AMOUNT    |
|-----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>            |                 |           |
| GRAPE JUICE-CAN & BOTTLE    | 2.5 CUPS        | 632.5 GMS |
| EGG-SCRAMBLED-MILK/BUTTER   | 2.0 ITEMS       | 128.0 GMS |
| MUFFIN-ENGLISH-PLAIN        | 2.0 ITEMS       | 112.0 GMS |
| PEANUT BUTTER-CHUNK STYLE   | 1.0 TBSP        | 16.1 GMS  |
| JAMS/PRESERVES-REGULAR      | 2.0 TBSPS       | 40.0 GMS  |
| <b>LUNCH</b>                |                 |           |
| PINEAPPLE-CAN/JUICE         | 0.5 CUP         | 125.0 GMS |
| HAM-EXTRA LEAN-5% FAT-ROAST | 4.0 OUNCES      | 113.4 GMS |
| SAL DRESS-MAYO-LOW CAL      | 1.0 TBSP        | 16.0 GMS  |
| BREAD-WHOLE WHEAT           | 2.0 SLICES      | 56.0 GMS  |
| TOMATO-RAW-RED-RIPE         | 0.5 ITEM        | 61.5 GMS  |
| CUCUMBER-RAW-SLICED         | 0.5 CUP         | 52.0 GMS  |
| SAL DRESS-RANCH STYLE       | 1.0 FL OZ       | 30.0 GMS  |
| CANDY-SINCKERS BAR          | 1.0 ITEM        | 57.0 GMS  |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| <b>DINNER</b>               |                 |           |
| FISH-LOBSTER-BROIL/BUTTER   | 2.0 CUPS        | 290.0 GMS |
| LETTUCE-ICEBERG-RAW-LEAVES  | 3.0 OUNCES      | 85.1 GMS  |
| TOMATO-RAW-RED-RIPE         | 1.5 ITEMS       | 184.5 GMS |
| BACON BITS                  | 2.0 TBSPS       | 12.0 GMS  |
| SAL DRES-ITALIAN            | 2.0 TBSPS       | 29.4 GMS  |
| RICE-WHITE-LONG GRAIN-COOK  | 1.5 CUPS        | 307.5 GMS |
| TEA-INSTANT-PREP-UNSWEET    | 2.0 CUPS        | 474.0 GMS |
| SHERBET-ORANGE-2% FAT       | 1.5 CUPS        | 289.5 GMS |
| <b>SNACK</b>                |                 |           |
| COOKIE-OATMEAL.RAISIN-MIX   | 8.0 ITEMS       | 104.0 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3590 Kc  | Carbohydrate      | 520.5 Gm |
| Protein      | 104.6 Gm | Fat               | 126.3 Gm |
| Protein: 12% |          | Carbohydrate: 57% | Fat: 31% |

Table 14. Menu 14X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| MILK-2% FAT-LOWFAT-FLUID   | 1.5 CUPS        | 366.0 GMS |
| ORANGE JUICE-CAN           | 1.5 CUPS        | 373.5 GMS |
| CEREAL-CHEERIOS            | 1.5 CUPS        | 34.1 GMS  |
| BREAD-RAISIN               | 3.0 SLICES      | 75.0 GMS  |
| JAMS/PRESERVES-REGULAR     | 4.0 TBSPS       | 80.0 GMS  |
| SUGAR-WHITE-GRANULATED     | 1.0 TBSP        | 12.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| <b>LUNCH</b>               |                 |           |
| CHEESE-SWISS               | 2.0 OUNCES      | 56.7 GMS  |
| SAL DRESS-MAYO-LOW CAL     | 1.0 TBSP        | 16.0 GMS  |
| BREAD-WHOLE WHEAT          | 2.0 SLICES      | 56.0 GMS  |
| CARROT-RAW-WHOLE-SCRAPED   | 1.0 ITEM        | 72.0 GMS  |
| CELERY-PASCAL-RAW-STALK    | 1.0 ITEM        | 40.0 GMS  |
| COOKIE-FIG BAR             | 6.0 ITEMS       | 84.0 GMS  |
| APPLE JUICE-CANNED/BOTTLED | 2.0 CUPS        | 496.0 GMS |
| <b>DINNER</b>              |                 |           |
| FISH-HADDOCK-COOK-DRY HEAT | 4.0 OUNCES      | 113.4 GMS |
| TOMATO-STEW-COOK           | 2.0 CUPS        | 202.0 GMS |
| BEANS-LIMA-FROZ-BOIL-DRAIN | 1.0 CUP         | 170.0 GMS |
| LETTUCE-ICEBERG-RAW-LEAVES | 3.0 OUNCES      | 85.1 GMS  |
| PEPPERS-SWEET-RAW          | 0.5 ITEM        | 37.0 GMS  |
| RADISHES-RAW               | 3.0 ITEMS       | 13.5 GMS  |
| SAL DRESS-RANCH STYLE      | 1.0 TBSP        | 15.0 GMS  |
| PIE-APPLE                  | 7.0 OUNCES      | 198.4 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>               |                 |           |
| COOKIE-OATMEAL/RAISIN-MIX  | 2.0 ITEMS       | 26.0 GMS  |
| ICE CREAM-VAN-HARD-16% FAT | 1.5 CUPS        | 222.0 GMS |

**NUTRIENT VALUES**

|              |          |                   |          |
|--------------|----------|-------------------|----------|
| Kcalories    | 3622 Kc  | Carbohydrate      | 541.6 Gm |
| Protein      | 106.6 Gm | Fat               | 123.7 Gm |
| Protein: 12% |          | Carbohydrate: 58% | Fat: 30% |

Table 15. Menu 15X.

| FOOD NAME                  | SERVING PORTION | AMOUNT    |
|----------------------------|-----------------|-----------|
| <b>BREAKFAST</b>           |                 |           |
| ORANGE JUICE-CAN           | 2.0 CUPS        | 498.0 GMS |
| EGG-SCRAMBLED-MILK/BUTTER  | 2.0 ITEMS       | 128.0 GMS |
| MUFFIN-ENGLISH-PLAIN       | 2.0 ITEMS       | 112.0 GMS |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| JAMS/PRESERVES-REGULAR     | 2.0 TBSPS       | 40.0 GMS  |
| <b>LUNCH</b>               |                 |           |
| BREAD-WHOLE WHEAT          | 2.0 SLICES      | 56.0 GMS  |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| CHILI CON CARNE/BEANS-CAN  | 1.0 CUP         | 255.0 GMS |
| APPLE JUICE-CANNED/BOTTLED | 2.0 CUPS        | 496.0 GMS |
| <b>DINNER</b>              |                 |           |
| BEEF-LEAN/FAT-SIMM/ROAST   | 4.0 OUNCES      | 113.4 GMS |
| GRAVY-BEEF-CANNED          | 0.5 CUP         | 116.5 GMS |
| POTATO-BAKED-FLESH & SKIN  | 1.5 ITEMS       | 303.0 GMS |
| CREAM-SOUR-CULTURED        | 0.2 CUP         | 57.5 GMS  |
| PEAS-GREEN-FROZ-BOIL-DRAIN | 1.0 CUP         | 160.0 GMS |
| MARGARINE-CORN-REG         | 1.0 TBSP        | 14.1 GMS  |
| FRUIT COCKTAIL-CAN/JUICE   | 1.5 CUPS        | 372.0 GMS |
| TEA-INSTANT-PREP-UNSWEET   | 2.0 CUPS        | 474.0 GMS |
| <b>SNACK</b>               |                 |           |
| SHERBET-ORANGE-2% FAT      | 1.5 CUPS        | 289.5 GMS |
| COOKIE-FIG BAR             | 4.0 ITEMS       | 56.0 GMS  |

**NUTRIENT VALUES**

|           |          |              |          |
|-----------|----------|--------------|----------|
| Kcalories | 3615 Kc  | Carbohydrate | 528.2 Gm |
| Protein   | 105.2 Gm | Fat          | 125.9 Gm |

Protein: 11%                      Carbohydrate: 58%                      Fat: 31%

Table 16. Diet Analysis 01X.

| Food Name                  | WT.Gm         | KCAL Kc       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| APPLE JUICE-CANNED/BOTTLED | 248.0         | 116.0         | 0.1          | 29.0         | 0.2          |
| BACON-PORK-BROILED/FRIED   | 31.5          | 181.5         | 9.6          | 0.1          | 15.6         |
| CEREAL-CHEERIOS            | 34.0          | 133.2         | 5.1          | 23.5         | 2.1          |
| MUFFIN-ENGLISH-PLAIN       | 56.0          | 133.0         | 4.4          | 25.7         | 1.0          |
| JAMS/PRESERVES-REGULAR     | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| MARGARINE-CORN-REG         | 4.7           | 33.8          | 0.0          | 0.0          | 3.8          |
| SUGAR-WHITE-GRANULATED     | 24.0          | 90.0          | 0.0          | 24.0         | 0.0          |
| SOUP-VEGETABLE-CAN         | 480.0         | 196.8         | 4.8          | 28.8         | 0.0          |
| FISH-TUNA-WHITE-CAN/WATER  | 85.0          | 116.1         | 22.7         | 0.0          | 2.0          |
| SAL DRESS-MAYO-LOW CAL     | 48.0          | 60.0          | 0.0          | 6.0          | 6.0          |
| BREAD-WHOLE WHEAT          | 84.0          | 205.8         | 8.0          | 38.1         | 3.6          |
| LETTUCE-ICEBERG-RAW-LEAVES | 28.3          | 3.6           | 0.2          | 0.5          | 0.0          |
| CORN CHIPS                 | 56.7          | 309.5         | 3.3          | 33.7         | 18.2         |
| APPLE JUICE-CANNED/BOTTLED | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| TURK-BREAST-NO SKIN-ROAST  | 136.1         | 183.7         | 40.9         | 0.0          | 1.0          |
| GRAVY-CHICKEN-CANNED       | 119.0         | 94.5          | 2.2          | 6.4          | 6.8          |
| NOODLES-EGG-ENR-COOKED     | 160.0         | 200.0         | 7.0          | 37.0         | 2.0          |
| SQUASH-ZUCCHINI-FROZ-BOIL  | 223.0         | 37.0          | 2.5          | 7.9          | 0.2          |
| CRANBERRY SAUCE-CAN-SWEET  | 277.0         | 419.0         | 0.5          | 108.0        | 0.4          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| ICE CREAM-VAN-HARD-16% FAT | 222.0         | 523.5         | 6.1          | 48.0         | 35.5         |
| Total for Diet:            | <u>3693.0</u> | <u>3564.0</u> | <u>130.8</u> | <u>521.4</u> | <u>106.6</u> |

Table 17. Diet Analysis 02X.

| Food Name                   | WT.Gm         | KCAL Kc       | PROT Gm      | CARB Gm      | FAT Gm       |
|-----------------------------|---------------|---------------|--------------|--------------|--------------|
| GRAPE JUICE-CAN & BOTTEL    | 506.0         | 310.0         | 2.8          | 75.8         | 0.3          |
| EGG-SCRAMBLED-MILK/BUTTER   | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| BREAD-RAISIN                | 50.0          | 139.0         | 4.1          | 26.4         | 1.9          |
| MARGARINE-CORN-REG          | 9.4           | 67.6          | 0.0          | 0.0          | 7.6          |
| JAMS/PRESERVES-REGULAR      | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| HAM-EXTRA LEAN-5% FAT-ROAST | 113.4         | 164.4         | 23.7         | 1.7          | 6.2          |
| SAUCE-BARBECUE              | 31.2          | 23.5          | 0.5          | 4.0          | 0.5          |
| ROLL-HAMBURGER/HOTDOG       | 80.0          | 228.0         | 6.8          | 40.2         | 4.1          |
| CELERY-PASCAL-RAW-STALK     | 40.0          | 6.0           | 0.2          | 1.4          | 0.0          |
| CHEESE-COTTAGE-4%           | 63.0          | 65.1          | 7.8          | 1.6          | 2.8          |
| PIE-CHERRY                  | 141.8         | 367.5         | 4.2          | 54.6         | 15.7         |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| BEEF-LEAN/FAT-SIMM/ROAST    | 113.4         | 396.2         | 28.2         | 0.0          | 30.5         |
| GRAVY-BEEF-CANNED           | 116.5         | 62.0          | 4.3          | 5.6          | 2.7          |
| POTATO-BOIL-PEEL BEFORE     | 270.0         | 232.0         | 4.6          | 54.0         | 0.2          |
| TOMATO-RED-CAN-STEWED       | 191.3         | 51.0          | 1.7          | 12.3         | 0.2          |
| LETTUCE-ICEBERG-RAW-LEAVES  | 85.0          | 11.0          | 0.8          | 1.7          | 0.1          |
| PEPPERS-SWEET-RAW           | 37.0          | 9.0           | 0.3          | 1.9          | 0.1          |
| RADISHES-RAW                | 22.5          | 3.5           | 0.1          | 0.8          | 0.1          |
| SAL DRESS-FRENCH            | 31.2          | 134.0         | 0.2          | 5.4          | 12.8         |
| SHERBET-ORANGE-2% FAT       | 289.5         | 405.0         | 3.2          | 88.0         | 5.7          |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| STRAWBERRIES-CAN/SYRUP      | 254.0         | 234.0         | 1.4          | 59.8         | 0.6          |
| COOKIES-OATMEAL/RAISIN-MIX  | 78.0          | 369.0         | 4.3          | 53.5         | 15.6         |
| Total for Diet:             | <u>3639.0</u> | <u>3586.0</u> | <u>112.3</u> | <u>521.5</u> | <u>122.8</u> |

Table 18. Diet Analysis 03X.

| Food Name                  | WT.Gm         | KCAL Kc       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| ORANGE JUICE-CAN           | 498.0         | 208.0         | 2.9          | 49.0         | 0.7          |
| CEREAL-CORN FLAKES         | 50.0          | 196.0         | 3.8          | 43.4         | 0.2          |
| EGG-SCRAMBLED-MILK/BUTTER  | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| MUFFIN-ENGLISH-PLAIN       | 112.0         | 266.0         | 8.8          | 51.4         | 2.1          |
| JAMS/PRESERVES-REGULAR     | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| SUGAR-WHITE-GRANULATED     | 12.0          | 45.0          | 0.0          | 12.0         | 0.0          |
| TOMATO-RAW-RED-RIPE        | 123.0         | 24.0          | 1.0          | 5.3          | 0.2          |
| LETTUCE-ICEBERG-RAW-LEAVES | 85.0          | 11.0          | 0.8          | 1.7          | 0.1          |
| SAL DRESS-RANCH STYLE      | 15.0          | 54.0          | 0.4          | 0.6          | 5.7          |
| PIZZA-CHEESE-BAKED         | 226.8         | 548.1         | 27.5         | 73.9         | 16.3         |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| BEEF-LEAN/FAT-SIMM/ROAST   | 113.4         | 396.2         | 28.2         | 0.0          | 30.5         |
| GRAVY-BEEF-CANNED          | 116.5         | 62.0          | 4.3          | 5.6          | 2.7          |
| BEANS-GREEN-FROZ-FRENCH    | 135.0         | 36.0          | 1.8          | 8.2          | 0.1          |
| RICE-WHITE-LONG GRAIN-COOK | 205.0         | 225.0         | 4.0          | 50.0         | 0.0          |
| BREAD-WHOLE WHEAT          | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| ORANGES-RAW-SECTIONS       | 180.0         | 85.0          | 1.6          | 21.2         | 0.2          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| CAKE-POUND                 | 33.0          | 160.0         | 2.0          | 16.0         | 10.0         |
| RAISINS-SEEDLESS           | 108.8         | 325.5         | 3.5          | 86.2         | 0.5          |
| NUTS-CASHEWS-DRY ROASTED   | 34.2          | 196.8         | 5.2          | 11.2         | 15.8         |
| Total for Diet:            | <u>3614.0</u> | <u>3668.0</u> | <u>126.3</u> | <u>551.2</u> | <u>132.0</u> |

Table 19. Diet Analysis 04X.

| Food Name                   | WT.Gm         | KCAL Kc       | PROT Gm     | CARB Gm      | FAT Gm       |
|-----------------------------|---------------|---------------|-------------|--------------|--------------|
| ORANGE JUICE-CAN            | 498.0         | 208.0         | 2.9         | 49.0         | 0.7          |
| WAFFLES-FROZEN              | 113.4         | 315.7         | 6.5         | 48.7         | 10.7         |
| SYRUP-PANCAKE-LIGHT-LOW CAL | 78.0          | 120.0         | 0.0         | 30.0         | 0.0          |
| MARGARINE-CORN-REG          | 14.1          | 101.4         | 0.0         | 0.0          | 11.4         |
| EGG-SCRAMBLED-MILK/BUTTER   | 128.0         | 190.0         | 11.9        | 2.7          | 14.1         |
| FISH-TUNA-WHITE-CAN/WATER   | 85.0          | 116.1         | 22.7        | 0.0          | 2.0          |
| SAL DRESS-MAYO-LOW CAL      | 48.0          | 60.0          | 0.0         | 6.0          | 6.0          |
| BREAD-PITA                  | 76.0          | 210.0         | 7.9         | 41.2         | 1.1          |
| APRICOTS-DRIED-UNCOOKED     | 65.0          | 155.0         | 2.3         | 40.1         | 0.3          |
| CELERY-PASCAL-RAW-STALK     | 40.0          | 6.0           | 0.2         | 1.4          | 0.0          |
| RADISHES-RAW                | 45.0          | 7.0           | 0.2         | 1.6          | 0.2          |
| APPLE JUICE-CANNED/BOTTLED  | 620.0         | 290.0         | 0.3         | 72.5         | 0.7          |
| FISH-COD-BROILED/BUTTER     | 85.0          | 145.0         | 23.3        | 0.0          | 4.4          |
| CAULIFLOWER-FROZ-BOIL       | 180.0         | 34.0          | 2.9         | 6.7          | 0.3          |
| CORN-FROZ-BOIL-KERNELS      | 165.0         | 134.0         | 4.9         | 33.7         | 0.1          |
| LETTUCE-ICEBERG-RAW-LEAVES  | 56.7          | 7.3           | 0.5         | 1.1          | 0.1          |
| TOMATO-RAW-RED-RIPE         | 61.5          | 12.0          | 0.5         | 2.6          | 0.1          |
| SAL DRESS-ITALIAN           | 58.8          | 274.8         | 0.0         | 6.0          | 28.4         |
| CAKE-POUND                  | 33.0          | 160.0         | 2.0         | 16.0         | 10.0         |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2         | 0.8          | 0.0          |
| SHERBET-ORANGE-2% FAT       | 386.0         | 540.0         | 4.3         | 117.4        | 7.6          |
| COOKIE-SUGAR-MIX            | 100.0         | 494.0         | 4.5         | 65.5         | 23.9         |
| Total for Diet:             | <u>3411.0</u> | <u>3584.0</u> | <u>98.7</u> | <u>543.4</u> | <u>122.8</u> |

Table 20. Diet Analysis 05X.

| Food Name                   | WT.Gm         | KCAL Kc       | PROT Gm      | CARB Gm      | FAT Gm       |
|-----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID    | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| ORANGE JUICE-CAN            | 249.0         | 104.0         | 1.4          | 24.5         | 0.3          |
| CEREAL-RAISIN BRAN          | 84.0          | 267.0         | 6.6          | 69.7         | 0.4          |
| MUFFIN-ENGLISH-PLAIN        | 112.0         | 266.0         | 8.8          | 51.4         | 2.1          |
| JAMS/PRESERVES-REGULAR      | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| MARGARINE-CORN-REG          | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| SUGAR-WHITE-GRANULATED      | 12.0          | 45.0          | 0.0          | 12.0         | 0.0          |
| SOUP-VEGETABLE-CAN          | 240.0         | 98.4          | 2.4          | 14.4         | 0.0          |
| CHEESE-CHEDDAR-CUT PIECES   | 113.4         | 461.7         | 28.5         | 1.4          | 38.0         |
| CRACKERS-SALTINES           | 22.0          | 100.0         | 2.0          | 16.0         | 2.0          |
| TOMATO-RAW-RED-RIPE         | 123.0         | 24.0          | 1.0          | 5.3          | 0.2          |
| CUCUMBER-RAW-SLICED         | 31.2          | 4.2           | 0.1          | 0.9          | 0.0          |
| LETTUCE-ICEBERG-RAW-LEAVES  | 56.7          | 7.3           | 0.5          | 1.1          | 0.1          |
| SAL DRESS-RANCH STYLE       | 30.0          | 108.0         | 0.8          | 1.2          | 11.4         |
| GRAPE JUICE-CAN & BOTTLE    | 506.0         | 310.0         | 2.8          | 75.8         | 0.3          |
| HAM-EXTRA LEAN-5% FAT-ROAST | 198.4         | 287.8         | 41.5         | 2.9          | 10.9         |
| SWEET POTATO-CAN-VACUUM     | 200.0         | 183.0         | 3.3          | 42.3         | 0.4          |
| BEANS-GREEN-FROZ-FRENCH     | 135.0         | 36.0          | 1.8          | 8.2          | 0.1          |
| BREAD-WHOLE WHEAT           | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| PINEAPPLE-CAN/JUICE         | 250.0         | 150.0         | 1.0          | 39.2         | 0.2          |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| MARGARINE-CORN-REG          | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| NUTS-CASHEWS-OIL ROASTED    | 39.0          | 224.4         | 6.3          | 11.1         | 18.8         |
| SHERBET-ORANGE-2% FAT       | 250.9         | 351.0         | 2.8          | 76.3         | 4.9          |
| Total For Diet:             | <u>3617.0</u> | <u>3663.0</u> | <u>129.9</u> | <u>525.9</u> | <u>123.0</u> |

Table 21. Diet Analysis 06X.

| Food Name                   | WT.Gm         | KCAL Kc       | PROT Gm      | CARB Gm      | FAT Gm       |
|-----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID    | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| APPLE JUICE-CANNED/BOTTLED  | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| EGG-SCRAMBLED-MILK/BUTTER   | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| CEREAL-CHEERIOS             | 34.0          | 133.2         | 5.1          | 23.5         | 2.1          |
| MUFFIN-BRAN                 | 80.0          | 224.0         | 5.9          | 33.4         | 10.1         |
| SUGAR-WHITE-GRANULATED      | 12.0          | 45.0          | 0.0          | 12.0         | 0.0          |
| CARROT-RAW-SHRED-SCRAPED    | 110.0         | 48.0          | 1.1          | 11.0         | 0.2          |
| RAISINS-SEEDLESS            | 43.5          | 130.2         | 1.4          | 34.5         | 0.2          |
| HAM-EXTRA LEAN-5% FAT-ROAST | 85.0          | 123.3         | 17.8         | 1.2          | 4.7          |
| BREAD-WHOLE WHEAT           | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| SAL DRESS-MAYO-LOW CAL      | 16.0          | 20.0          | 0.0          | 2.0          | 2.0          |
| MUSTARD-YELLOW-PREPARED     | 15.0          | 15.0          | 0.3          | 0.3          | 0.3          |
| ORANGE JUICE-CAN            | 498.0         | 208.0         | 2.9          | 49.0         | 0.7          |
| CHICK BREAST-NO SKIN-ROAST  | 172.0         | 284.0         | 53.4         | 0.0          | 6.1          |
| PEAS-GREEN-FROZ-BOIL-DRAIN  | 160.0         | 126.0         | 8.2          | 22.8         | 0.4          |
| GRAVY-CHICKEN-CANNED        | 71.4          | 56.7          | 1.3          | 3.8          | 4.0          |
| RICE-WHITE-LONG GRAIN-COOK  | 307.5         | 337.5         | 6.0          | 75.0         | 0.0          |
| PIE-PEACH                   | 198.4         | 507.2         | 4.4          | 76.4         | 20.5         |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| ICE CREAM-VAN-HARD-16% FAT  | 259.0         | 610.8         | 7.2          | 56.0         | 41.4         |
| Total for Diet:             | <u>3582.0</u> | <u>3614.0</u> | <u>145.2</u> | <u>505.8</u> | <u>117.4</u> |

Table 22. Diet Analysis 07X.

| Food Name                   | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|-----------------------------|---------------|---------------|--------------|--------------|--------------|
| GRAPE JUICE-CAN & BOTTLE    | 506.0         | 310.0         | 2.8          | 75.8         | 0.3          |
| WAFFLES-FROZEN              | 113.4         | 315.7         | 6.5          | 48.7         | 10.7         |
| SYRUP-PANCAKE-LIGHT-LOW CAL | 78.0          | 120.0         | 0.0          | 30.0         | 0.0          |
| MARGARINE-CORN-REG          | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| EGG-SCRAMBLED-MILK/BUTTER   | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| HAM-EXTRA LEAN-5% FAT-ROAST | 56.7          | 82.2          | 11.8         | 0.8          | 3.1          |
| CHEESE-SWISS                | 28.3          | 108.3         | 8.1          | 0.9          | 7.8          |
| BREAD-WHOLE WHEAT           | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| MUSTARD-YELLOW-PREPARED     | 30.0          | 30.0          | 0.6          | 0.6          | 0.6          |
| SAL DRESS-MAYO-LOW CAL      | 32.0          | 40.0          | 0.0          | 4.0          | 4.0          |
| PINEAPPLE-CAN/JUICE         | 250.0         | 150.0         | 1.0          | 39.2         | 0.2          |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| SQUASH-ZUCCHINI-FROZ-BOIL   | 223.0         | 37.0          | 2.5          | 7.9          | 0.2          |
| SPAGHETTI-COOK-TENDER-HOT   | 140.0         | 155.0         | 5.0          | 32.0         | 1.0          |
| HAMBURGER-GROUND-REG-FRIED  | 56.7          | 173.4         | 13.5         | 0.0          | 12.8         |
| SAUCE-SPAGHETTI-CANNED      | 124.5         | 136.0         | 2.2          | 19.8         | 5.9          |
| CHEESE-PARMESAN-GRATED      | 18.7          | 85.5          | 7.8          | 0.7          | 5.6          |
| LETTUCE-ICEBERG-RAW-LEAVES  | 56.7          | 7.3           | 0.5          | 1.1          | 0.1          |
| TOMATO-RAW-RED-RIPE         | 61.5          | 12.0          | 0.5          | 2.6          | 0.1          |
| CUCUMBER-RAW-SLICED         | 31.2          | 4.2           | 0.1          | 0.9          | 0.0          |
| SAL DRESS-ITALIAN           | 29.4          | 137.4         | 0.0          | 3.0          | 14.2         |
| BREAD-FRENCH                | 70.0          | 196.0         | 6.6          | 35.4         | 2.7          |
| PIE-CHEERY                  | 141.8         | 367.5         | 4.2          | 54.6         | 15.7         |
| APPLE JUICE-CANNED/BOTTLED  | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| RAISINS-SEEDLESS            | 108.8         | 325.5         | 3.5          | 86.2         | 0.5          |
| NUTS-CASHEWS-DRY ROASTED    | 41.1          | 236.1         | 6.3          | 13.4         | 19.0         |
| Total for Diet:             | <u>3366.0</u> | <u>3694.0</u> | <u>102.0</u> | <u>545.0</u> | <u>133.7</u> |

Table 23. Diet Analysis 08X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 317.2         | 157.3         | 10.5         | 15.2         | 6.0          |
| GRAPE JUICE-CAN & BOTTLE   | 379.5         | 232.5         | 2.1          | 56.8         | 0.2          |
| CEREAL-RAISIN BRAN         | 84.0          | 267.0         | 6.6          | 69.7         | 0.4          |
| BREAD-WHOLE WHEAT          | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| JAMS/PRESERVES-REGULAR     | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| SUGAR-WHITE-GRANULATED     | 24.0          | 90.0          | 0.0          | 24.0         | 0.0          |
| SOUP-VEGETABLE-CAN         | 300.0         | 123.0         | 3.0          | 18.0         | 0.0          |
| CHEESE-CHEDDAR-CUT PIECES  | 85.0          | 346.3         | 21.4         | 1.0          | 28.5         |
| CRACKERS-SALTINES          | 22.0          | 100.0         | 2.0          | 16.0         | 2.0          |
| CAULIFLOWER-RAW-CHOPPED    | 100.0         | 24.0          | 1.9          | 4.9          | 0.1          |
| APPLE JUICE-CANNED/BOTTLED | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| FISH-HADDOCK-COOK-DRY HEAT | 170.1         | 190.0         | 41.2         | 0.0          | 1.5          |
| VEGETABLES-MIXED-FROZ-BOIL | 182.0         | 108.0         | 5.2          | 23.8         | 0.2          |
| LETTUCE-ICEBERG-RAW-LEAVES | 56.7          | 7.3           | 0.5          | 1.1          | 0.1          |
| CUCUMBER-RAW-SLICED        | 52.0          | 7.0           | 0.2          | 1.5          | 0.0          |
| PEPPERS-SWEET-RAW          | 37.0          | 9.0           | 0.3          | 1.9          | 0.1          |
| SAL DRESS-RANCH STYLE      | 45.0          | 162.0         | 1.2          | 1.8          | 17.1         |
| BREAD-FRENCH               | 70.0          | 196.0         | 6.6          | 35.4         | 2.7          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| PIE-BLUEBERRY              | 226.8         | 546.0         | 5.0          | 78.9         | 25.2         |
| SHERBET-ORANGE-2% FAT      | 289.5         | 405.0         | 3.2          | 88.0         | 5.7          |
| Total for Diet:            | <u>3535.0</u> | <u>3657.0</u> | <u>117.3</u> | <u>550.7</u> | <u>116.3</u> |

Table 24. Diet Analysis 09X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| ORANGE JUICE-CAN           | 249.0         | 104.0         | 1.4          | 24.5         | 0.3          |
| CEREAL-CORN FLAKES         | 50.0          | 196.0         | 3.8          | 43.4         | 0.2          |
| BREAD-RAISIN               | 50.0          | 139.0         | 4.1          | 26.4         | 1.9          |
| JAMS/PRESERVES-REGULAR     | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| SUGAR-WHITE-GRANULATED     | 12.0          | 45.0          | 0.0          | 12.0         | 0.0          |
| SOUP-BEAN/BACON-CAN-WATER  | 253.0         | 173.0         | 7.8          | 22.8         | 5.9          |
| FISH-TUNA-WHITE-CAN/WATER  | 85.0          | 116.1         | 22.7         | 0.0          | 2.0          |
| SAL DRESS-MAYO-LOW CAL     | 48.0          | 60.0          | 0.0          | 6.0          | 6.0          |
| BREAD-PITA                 | 38.0          | 105.0         | 3.9          | 20.6         | 0.5          |
| CARROT-RAW-WHOLE-SCRAPED   | 144.0         | 62.0          | 1.4          | 14.6         | 0.2          |
| CELERY-PASCAL-RAW-STALK    | 80.0          | 12.0          | 0.5          | 2.9          | 0.1          |
| RAISINS-SEEDLESS           | 72.5          | 217.0         | 2.3          | 57.5         | 0.3          |
| CANDY-SNICKERS BAR         | 57.0          | 270.0         | 6.0          | 33.0         | 13.0         |
| APPLE JUICE-CANNED/BOTTLED | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| LETTUCE-ICEBERG-RAW-LEAVES | 56.7          | 7.3           | 0.5          | 1.1          | 0.1          |
| TOMATO-RAW-RED-RIPE        | 61.5          | 12.0          | 0.5          | 2.6          | 0.1          |
| HAMBURGER-GROUND-REG-FRIED | 113.4         | 346.9         | 27.0         | 0.0          | 25.6         |
| TOMATO CATSUP              | 60.0          | 60.0          | 0.0          | 16.0         | 0.0          |
| MUSTARD-YELLOW-PREPARED    | 30.0          | 30.0          | 0.6          | 0.6          | 0.6          |
| ROLL-HAMBURGER/HOT DOG     | 40.0          | 114.0         | 3.4          | 20.1         | 2.0          |
| POTATO CHIPS-SALT ADDED    | 40.0          | 210.0         | 2.5          | 20.8         | 14.1         |
| STRAWBERRIES-CAN/SYRUP     | 254.0         | 234.0         | 1.4          | 59.8         | 0.6          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| ICE CREAM-VAN-HARD-16% FAT | 192.4         | 453.7         | 5.3          | 41.6         | 30.8         |
| Total for Diet:            | <u>3377.0</u> | <u>3596.0</u> | <u>108.5</u> | <u>530.8</u> | <u>124.0</u> |

Table 25. Diet Analysis 10X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| ORANGE JUICE-CAN           | 249.0         | 104.0         | 1.4          | 24.5         | 0.3          |
| CEREAL-CHEERIOS            | 34.0          | 133.2         | 5.1          | 23.5         | 2.1          |
| JAMS/PRESERVES-REGULAR     | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| MUFFIN-ENGLISH-PLAIN       | 112.0         | 266.0         | 8.8          | 51.4         | 2.1          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| SUGAR-WHITE-GRANULATED     | 24.0          | 90.0          | 0.0          | 24.0         | 0.0          |
| HAMBURGER-GROUND-REG-FRIED | 113.4         | 346.9         | 27.0         | 0.0          | 25.6         |
| CHEESE-AMERICAN-PROCESSED  | 28.0          | 106.0         | 6.2          | 0.4          | 8.8          |
| TOMATO CATSUP              | 90.0          | 90.0          | 0.0          | 24.0         | 0.0          |
| MUSTARD-YELLOW-PREPARED    | 30.0          | 30.0          | 0.6          | 0.6          | 0.6          |
| ROLL-HAMBURGER/HOTDOG      | 80.0          | 228.0         | 6.8          | 40.2         | 4.1          |
| CARROT-RAW-WHOLE-SCRAPED   | 72.0          | 31.0          | 0.7          | 7.3          | 0.1          |
| CELERY-PASCAL-RAW-STALK    | 40.0          | 6.0           | 0.2          | 1.4          | 0.0          |
| GRAPE JUICE-CAN & BOTTLE   | 506.0         | 310.0         | 2.8          | 75.8         | 0.3          |
| SPAGHETTI-COOK-TENDER-HOT  | 245.0         | 271.3         | 8.7          | 56.0         | 1.7          |
| SAUSAGE-PATTY-PORK-COOKED  | 54.0          | 200.0         | 10.6         | 0.5          | 16.8         |
| SAUCE-SPAGHETTI-CANNED     | 124.5         | 136.0         | 2.2          | 19.8         | 5.9          |
| BEANS-GREEN-FROZ-FRENCH    | 135.0         | 36.0          | 1.8          | 8.2          | 0.1          |
| FRUIT COCKTAIL-CAN/JUICE   | 248.0         | 113.0         | 1.1          | 29.4         | 0.0          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| SHERBET-ORANGE-2% FAT      | 193.0         | 270.0         | 2.1          | 58.7         | 3.8          |
| COOKIE-SUGAR-MIX           | 100.0         | 494.0         | 4.5          | 65.5         | 23.9         |
| Total for Diet:            | <u>3372.0</u> | <u>3658.0</u> | <u>103.8</u> | <u>557.9</u> | <u>115.5</u> |

Table 26. Diet Analysis 11X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| GRAPE JUICE-CANN & BOTTLE  | 506.0         | 310.0         | 2.8          | 75.8         | 0.3          |
| EGG-SCRAMBLE-MILK/BUTTER   | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| MUFFIN-ENGLISH-PLAIN       | 112.0         | 266.0         | 8.8          | 51.4         | 2.1          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| SOUP-BEAN/BACON-CAN/WATER  | 506.0         | 346.0         | 15.7         | 45.6         | 11.8         |
| CRACKERS-RITZ              | 33.3          | 180.0         | 2.3          | 21.3         | 9.6          |
| CHEESE-COTTAGE-LOWFAT-2%   | 226.0         | 203.0         | 31.1         | 8.2          | 4.3          |
| CUCUMBER-RAW-SLICED        | 52.0          | 7.0           | 0.2          | 1.5          | 0.0          |
| TOMATO-RAW-RED-RIPE        | 123.0         | 24.0          | 1.0          | 5.3          | 0.2          |
| PEPPERS-SWEET-RAW          | 74.0          | 18.0          | 0.6          | 3.9          | 0.3          |
| SAL DRESS-ITALIAN          | 14.7          | 68.7          | 0.0          | 1.5          | 7.1          |
| ORANGE JUICE-CAN           | 498.0         | 208.0         | 2.9          | 49.0         | 0.7          |
| STEAK-TENDERLOIN-COOKED    | 226.8         | 462.7         | 64.4         | 0.0          | 21.0         |
| POTATO-BAKED-FLESH & SKIN  | 252.5         | 275.0         | 5.8          | 63.7         | 0.2          |
| CREAM-SOUR-CULTURED        | 57.5          | 123.3         | 1.8          | 2.4          | 12.0         |
| MARGARINE-CORN-REG         | 21.1          | 152.1         | 0.0          | 0.0          | 17.1         |
| APPLES-RAW-UNPEELED        | 69.0          | 40.5          | 0.1          | 10.5         | 0.2          |
| ORANGES-RAW-SECTIONS       | 180.0         | 85.0          | 1.6          | 21.2         | 0.2          |
| NUT-WALNUT-PERSIAN/ENGLISH | 15.0          | 96.2          | 2.1          | 2.7          | 9.2          |
| HONEY-STRAINED/EXTRACTED   | 21.0          | 65.0          | 0.0          | 17.0         | 0.0          |
| YOGURT-PLAIN-LOWFAT        | 14.1          | 9.0           | 0.7          | 1.0          | 0.2          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| SHERBET-ORANGE-2% FAT      | 289.5         | 405.0         | 3.2          | 88.0         | 5.7          |
| Total for Diet             | <u>3908.0</u> | <u>3640.0</u> | <u>157.9</u> | <u>473.9</u> | <u>128.6</u> |

Table 27. Diet Analysis 12X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| ORANGE JUICE-CAN           | 373.5         | 156.0         | 2.1          | 36.7         | 0.5          |
| CEREAL-CORN FLAKES         | 50.0          | 196.0         | 3.8          | 43.4         | 0.2          |
| EGG-SCRAMBLED-MILK/BUTTER  | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| SUGAR-WHITE-GRANULATED     | 12.0          | 45.0          | 0.0          | 12.0         | 0.0          |
| TOMATO JUICE-CAN           | 244.0         | 42.0          | 1.8          | 10.3         | 0.1          |
| CHICK-BREAST-NO SKIN-ROAST | 113.4         | 187.2         | 35.2         | 0.0          | 4.0          |
| CARROT-RAW-WHOLE-SCRAPED   | 72.0          | 31.0          | 0.7          | 7.3          | 0.1          |
| CELERY-PASCAL-RAW-STALK    | 40.0          | 6.0           | 0.2          | 1.4          | 0.0          |
| PEACHES-CAN/HEAVY SYRUP    | 256.0         | 190.0         | 1.1          | 51.0         | 0.2          |
| BREAD-WHOLE WHEAT          | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| SALAD-THREE BEAN-DEL MONTE | 198.4         | 156.5         | 4.9          | 35.3         | 0.3          |
| SPAGHETTI-COOK-TENDER-HOT  | 245.0         | 271.3         | 8.7          | 56.0         | 1.7          |
| SAUCE-SPAGHETTI-CANNED     | 249.0         | 272.0         | 4.5          | 39.7         | 11.9         |
| ITALIAN SAUSAGE-PORK-LINK  | 67.0          | 217.0         | 13.4         | 1.0          | 17.2         |
| BREAD-FRENCH               | 70.0          | 196.0         | 6.6          | 35.4         | 2.7          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| PIE-PEACH                  | 141.8         | 362.2         | 3.1          | 54.6         | 14.7         |
| APPLE JUICE-CANNED/BOTTLED | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| ICE CREAM-VAN-HARD-16% FAT | 148.0         | 349.0         | 4.1          | 32.0         | 23.7         |
| Total for Diet:            | <u>3828.0</u> | <u>3625.0</u> | <u>120.8</u> | <u>520.8</u> | <u>124.7</u> |

Table 28. Diet Analysis 13X.

| Food Name                   | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|-----------------------------|---------------|---------------|--------------|--------------|--------------|
| GRAPE JUICE-CAN & BOTTLE    | 632.5         | 387.5         | 3.5          | 94.7         | 0.4          |
| EGG-SCRAMBLED-MILK/BUTTER   | 128.0         | 190.0         | 11.9         | 2.7          | 14.1         |
| MUFFIN-ENGLISH-PLAIN        | 112.0         | 266.0         | 8.8          | 51.4         | 2.1          |
| PEANUT BUTTER-CHUNK STYLE   | 16.1          | 95.0          | 3.8          | 3.4          | 8.0          |
| JAMS/PRESERVES-REGULAR      | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| PINEAPPLE-CAN/JUICE         | 125.0         | 75.0          | 0.5          | 19.6         | 0.1          |
| HAM-EXTRA LEAN-5% FAT-ROAST | 113.4         | 164.4         | 23.7         | 1.7          | 6.2          |
| SAL DRESS-MAYO-LOW CAL      | 16.0          | 20.0          | 0.0          | 2.0          | 2.0          |
| BREAD-WHOLE WHEAT           | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| TOMATO-RAW-RED-RIPE         | 61.5          | 12.0          | 0.5          | 2.6          | 0.1          |
| CUCUMBER-RAW-SLICED         | 52.0          | 7.0           | 0.2          | 1.5          | 0.0          |
| SAL DRESS-RANCH STYLE       | 30.0          | 108.0         | 0.8          | 1.2          | 11.4         |
| CANDY-SINCKERS BAR          | 57.0          | 270.0         | 6.0          | 33.0         | 13.0         |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| FISH-LOBSTER-BROIL/BUTTER   | 290.0         | 268.0         | 17.3         | 0.6          | 21.6         |
| LETTUCE-ICEBERG-RAW-LEAVES  | 85.0          | 11.0          | 0.8          | 1.7          | 0.1          |
| TOMATO-RAW-RED-RIPE         | 184.5         | 36.0          | 1.6          | 8.0          | 0.3          |
| BACON BITS                  | 12.0          | 53.2          | 3.8          | 3.4          | 3.1          |
| SAL DRES-ITALIAN            | 29.4          | 137.4         | 0.0          | 3.0          | 14.2         |
| RICE-WHITE-LONG GRAIN-COOK  | 307.5         | 337.5         | 6.0          | 75.0         | 0.0          |
| TEA-INSTANT-PREP-UNSWEET    | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| SHERBET-ORANGE-2% FAT       | 289.5         | 405.0         | 3.2          | 88.0         | 5.7          |
| COOKIE-OATMEAL.RAISIN-MIX   | 104.0         | 492.0         | 5.8          | 71.4         | 20.8         |
| Total for Diet:             | <u>3689.0</u> | <u>3590.0</u> | <u>104.6</u> | <u>520.5</u> | <u>126.3</u> |

Table 29. Diet Analysis 14X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| MILK-2% FAT-LOWFAT-FLUID   | 366.0         | 181.5         | 12.1         | 17.5         | 7.0          |
| ORANGE JUICE-CAN           | 373.5         | 156.0         | 2.1          | 36.7         | 0.5          |
| CEREAL-CHEERIOS            | 34.0          | 133.2         | 5.1          | 23.5         | 2.1          |
| BREAD-RAISIN               | 75.0          | 208.5         | 6.1          | 39.6         | 2.9          |
| JAMS/PRESERVES-REGULAR     | 80.0          | 220.0         | 0.0          | 56.0         | 0.0          |
| SUGAR-WHITE-GRANULATED     | 12.0          | 45.0          | 0.0          | 12.0         | 0.0          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| CHEESE-SWISS               | 56.7          | 216.7         | 16.3         | 1.9          | 15.7         |
| SAL DRESS-MAYO-LOW CAL     | 16.0          | 20.0          | 0.0          | 2.0          | 2.0          |
| BREAD-WHOLE WHEAT          | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| CARROT-RAW-WHOLE-SCRAPED   | 72.0          | 31.0          | 0.7          | 7.3          | 0.1          |
| CELERY-PASCAL-RAW-STALK    | 40.0          | 6.0           | 0.2          | 1.4          | 0.0          |
| COOKIE-FIG BAR             | 84.0          | 317.4         | 3.0          | 63.6         | 5.7          |
| APPLE JUICE-CANNED/BOTTLED | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| FISH-HADDOCK-COOK-DRY HEAT | 113.4         | 126.7         | 27.4         | 0.0          | 1.0          |
| TOMATO-STEW-COOK           | 202.0         | 118.0         | 3.5          | 20.8         | 4.4          |
| BEANS-LIMA-FROZ-BOIL-DRAIN | 170.0         | 170.0         | 10.3         | 32.0         | 0.5          |
| LETTUCE-ICEBERG-RAW-LEAVES | 85.0          | 11.0          | 0.8          | 1.7          | 0.1          |
| PEPPERS-SWEET-RAW          | 37.0          | 9.0           | 0.3          | 1.9          | 0.1          |
| RADISHES-RAW               | 13.5          | 2.1           | 0.0          | 0.4          | 0.0          |
| SAL DRESS-RANCH STYLE      | 15.0          | 54.0          | 0.4          | 0.6          | 5.7          |
| PIE-APPLE                  | 198.4         | 474.8         | 4.0          | 72.1         | 19.9         |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| COOKIE-OATMEAL/RAISIN-MIX  | 26.0          | 123.0         | 1.4          | 17.8         | 5.2          |
| ICE CREAM-VAN-HARD-16% FAT | 222.0         | 523.5         | 6.1          | 48.0         | 35.5         |
| Total for Diet:            | <u>3332.0</u> | <u>3622.0</u> | <u>106.6</u> | <u>541.6</u> | <u>123.7</u> |

Table 30. Diet Analysis 15X.

| Food Name                  | WT.Gm         | KCAL Gm       | PROT Gm      | CARB Gm      | FAT Gm       |
|----------------------------|---------------|---------------|--------------|--------------|--------------|
| ORANGE JUICE-CAN           | 498.0         | 208.0         | 2.9          | 49.0         | 0.7          |
| EGG-SCRAMBLED-MILK/BUTTER  | 128.0         | 190.01        | 11.9         | 2.7          | 14.1         |
| MUFFIN-ENGLISH-PLAIN       | 112.0         | 266.0         | 8.8          | 51.4         | 2.1          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| JAMS/PRESERVES-REGULAR     | 40.0          | 110.0         | 0.0          | 28.0         | 0.0          |
| BREAD-WHOLE WHEAT          | 56.0          | 137.2         | 5.3          | 25.4         | 2.4          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| CHILI CON CARNE/BEANS-CAN  | 255.0         | 340.0         | 19.0         | 31.0         | 16.0         |
| APPLE JUICE-CANNED/BOTTLED | 496.0         | 232.0         | 0.3          | 58.0         | 0.5          |
| BEEF-LEAN/FAT-SIMM/ROAST   | 113.4         | 396.2         | 28.2         | 0.0          | 30.5         |
| GRAVY-BEEF-CANNED          | 116.5         | 62.0          | 4.2          | 5.6          | 2.7          |
| POTATO-BAKED-FLESH & SKIN  | 303.0         | 303.0         | 6.9          | 76.5         | 0.3          |
| CREAM-SOUR-CULTURED        | 57.5          | 123.3         | 1.8          | 2.4          | 12.0         |
| PEAS-GREEN-FROZ-BOIL-DRAIN | 160.0         | 126.0         | 8.2          | 22.8         | 0.4          |
| MARGARINE-CORN-REG         | 14.1          | 101.4         | 0.0          | 0.0          | 11.4         |
| FRUIT COCKTAIL-CAN/JUICE   | 372.0         | 169.5         | 1.6          | 44.1         | 0.0          |
| TEA-INSTANT-PREP-UNSWEET   | 474.0         | 4.0           | 0.2          | 0.8          | 0.0          |
| SHERBET-ORANGE-2% FAT      | 289.5         | 405.0         | 3.2          | 88.0         | 5.7          |
| COOKIE-FIG BAR             | 56.0          | 211.6         | 2.0          | 42.4         | 3.8          |
| Total for Diet:            | <u>3659.0</u> | <u>3615.0</u> | <u>105.2</u> | <u>528.2</u> | <u>125.9</u> |