

Nutrient Analysis

*Regular Therapeutic Menu

Week - Week 1 Day - Monday Meal - All Meals & Snacks Texture - Regular
 Special Diet/Allergy - *Regular Diet Special Diet/Allergy -

Energy kcal	2075.7	% of Energy	Cholesterol (mg)	216.2
Protein (g)	100.3	19%	Dietary Fiber (g)	12.0
Carbohydrates (g)	266.8	51%	Moisture (g)	1594.0
Total Fat (g)	67.6	29%	Caffeine (mg)	0.0
SFA (g)	24.8	11%	Aspartame (mg)	Not Applicable
PUFA (g)	8.6	4%		
MUFA (g)	21.8	9%		
Trans Fat (g)	Not Applicable	0%		

Exchange Values

Starch	0.0	Milk (Skim)	0.0
Fruit	0.0	Milk (1%)	0.0
Veg	0.0	Milk (2%)	0.0
Protein	0.0	Milk (Whole)	0.0
Other CHO	0.0	Fats	0.0

Vitamins

Vitamin A (IU)	Not Applicable
Vitamin A (RAE)	1150.6
Vitamin B6 (mg)	1.5
Vitamin B12 (mcg)	3.9
Vitamin C (mg)	155.8
Vitamin D (mcg)	5.4
Vitamin E (mg)	2.1
Vitamin K (mcg)	30.1
Thiamin (mg)	1.7
Riboflavin (mg)	2.5
Niacin (NE)	40.9
Choline (mg)	Not Applicable
Folate (mcg)	378.5
Biotin (mcg)	Not Applicable
Pantothenic Acid (mg)	5.1

Minerals

Calcium (mg)	1352.2
Sodium (mg)	4884.2
Potassium (mg)	2603.7
Iron (mg)	11.8
Zinc (mg)	9.3
Magnesium (mg)	255.9
Phosphorus (mg)	1881.3
Copper (mg)	1.0
Manganese (mg)	2.6
Selenium (mcg)	122.3