

DETAILED NUTRITIVE VALUE - PROFILE 1



Name	Test
Description	#1

Macronutrients									Vitamins							Minerals				
Ener (kJ)	PRO (g)	FAT (g)	CHO (g)	ROH (g)	SugT (g)	SugA (g)	FibT (g)		VitA (RAE)	VitC (mg)	VitD (IU)	VitE (IU)	VitK (µg)	B6 (µg)	B12 (µg)	Ca (mg)	Cu (mg)	Fe (mg)	Na (mg)	K (mg)
H2O (g)	PFA (g)	MFA (g)	SFA (g)	Trans (g)	n-3 (g)	n-6 (g)	Chol (mg)		VitA (IU)	Thia (mg)	Ribo (mg)	Nia (mg)	Pant (mg)	FolT (DFE)	Bio (µg)	P (mg)	Mg (mg)	Mn (mg)	Se (µg)	Zn (mg)




**Breakfast**

🇨🇦 Muffin, blueberry, toaster-type		432,3	1,517	3,135	17,58	0	1,600		,594	31,02	0	0	,4474	6,369	,0089	,0066	4,29	,0273	,1683	137,6	27,39
	1 muffin   33 g	10,164	1,765	,7134	,4613	,1276	,2016	0	1,98	105,0	,0792	,0956	,6666	,0811	33,92		19,47	3,96	,1214	5,808	,1287
🇨🇦 Orange juice, frozen concentrate, diluted		203,90	,7893	,0789	11,57	0	9,761		,2631	3,946	47,62	0	,2940	,1315	,0855	0	15,78	,0276	,1052	5,262	207,8
	125 mL   131,551 g	118,48	,0210	,0157	,0197	0	,0039	0	0	86,60	,0907	,0578	,3591		24,99		19,73	13,15		,1315	,0526
<b>TOTAL BREAKFAST</b>		<b>636,20</b>	<b>2,307</b>	<b>3,213</b>	<b>29,16</b>	<b>0</b>	<b>11,36</b>		<b>,8571</b>	<b>34,96</b>	<b>47,62</b>	<b>0</b>	<b>,7414</b>	<b>6,500</b>	<b>,0944</b>	<b>,0066</b>	<b>20,07</b>	<b>,0550</b>	<b>,2735</b>	<b>142,8</b>	<b>235,2</b>
		<b>128,65</b>	<b>1,786</b>	<b>,7292</b>	<b>,4810</b>	<b>,1276</b>	<b>,2055</b>	<b>0</b>	<b>1,98</b>	<b>191,6</b>	<b>,1699</b>	<b>,1535</b>	<b>1,025</b>	<b>,0811</b>	<b>58,91</b>		<b>39,20</b>	<b>17,11</b>	<b>,1214</b>	<b>5,939</b>	<b>,1813</b>

**Dinner**

🇨🇦 Fast foods, side dish, potato, french-fried in vegetable oil		2205,4	5,796	24,89	70,03	0	,507		6,422	0	7,943	0	4,205	18,92	,6286	0	30,42	,2095	1,368	354,9	978,5
	1 large (30-40)   169 g	65,149	9,122	10,08	3,947	,1014	,2704	8,289	0	0	,2873	,0659	5,076	,9801	50,7		211,2	59,15	,4174	1,521	,845
🇨🇦 Carbonated drinks, cola, fast-food cola		570,66	,2577	,0736	35,19	0	33,02		0	0	0	0	0	0	0	0	7,363	,0036	,4049	14,72	7,363
	1 can (355 mL)   368,17 g	332,49	0	0	0	0	0	0	0	0	0	0	0	0	0		36,81	0	,0073	,3681	,0736
🇨🇦 Fast foods, sandwiches and burgers, roast beef sandwich, plain		1448,3	21,50	13,76	33,44	0			2,502	11,12	2,085	4,220			,2641	1,223	54,21	,0973	4,225	792,3	315,5
	1 sandwich   139 g	67,609	1,705	6,804	3,605		,1668	0	51,43	208,5	,3753	,3058	5,865	,834	68,66		239,0	30,58	,1251	29,19	3,391

**DETAILED NUTRITIVE VALUE - PROFILE 1**

	Macronutrients								Vitamins							Minerals				
	Ener (kJ)	PRO (g)	FAT (g)	CHO (g)	ROH (g)	SugT (g)	SugA (g)	FibT (g)	VitA (RAE)	VitC (mg)	VitD (IU)	VitE (IU)	VitK (µg)	B6 (µg)	B12 (µg)	Ca (mg)	Cu (mg)	Fe (mg)	Na (mg)	K (mg)
	H2O (g)	PFA (g)	MFA (g)	SFA (g)	Trans (g)	n-3 (g)	n-6 (g)	Chol (mg)	VitA (IU)	Thia (mg)	Ribo (mg)	Nia (mg)	Pant (mg)	FolT (DFE)	Bio (µg)	P (mg)	Mg (mg)	Mn (mg)	Se (µg)	Zn (mg)
<b>TOTAL DINNER</b>	4224,4	27,55	38,72	138,6	0	33,53		8,924	11,12	10,02	4,220	4,205	18,92	,8927	1,223	91,99	,3105	5,999	1161,	1301,
	465,25	10,82	16,89	7,553	,1014	,4372	8,289	51,43	208,5	,6626	,3717	10,94	1,814	119,3		487,1	89,73	,5498	31,07	4,310
<b>Snack PM</b>																				
 Alcohol, beer, regular, (5% alcohol by volume)	1859,7	4,726	0	36,47	41,09	0		0	0	0	0	0	0	,4726	,2054	41,09	,0513	,2054	41,09	277,4
3 bottles (341 mL)   1 027,49 g	948,37	0	0	0	0	0	0	0	0	,0513	,2568	5,271	,4212	61,64		143,8	61,64	,0821	6,164	,1027
<b>TOTAL SNACK PM</b>	1859,7	4,726	0	36,47	41,09	0		0	0	0	0	0	0	,4726	,2054	41,09	,0513	,2054	41,09	277,4
	948,37	0	0	0	0	0	0	0	0	,0513	,2568	5,271	,4212	61,64		143,8	61,64	,0821	6,164	,1027
<b>Supper</b>																				
 Coffee, brewed, prepared with tap water	5,0050	,3003	,0500	0	0	0		0	0	0	0	,0372	,2502	,0025	0	5,005	,0050	,0250	5,005	122,6
250 mL   250,252 g	248,72	,0025	,0375	,0050	0	0	0	0	0	,0350	,1901	,4779	,6356	5,005		7,507	7,507	,0575	0	,0500
 Lasagna with meat and sauce, low fat, frozen	1441,6	23,15	7,582	45,9				4,42		60,85				,4148	1,53	367,2	,5678	3,298	615,4	510
340 g   340 g	259,62	,9486	2,373	3,287		,1156	,0136	23,8		,1291	,4284	4,151	,3638	129,2		115,6	64,6	,7241	44,2	2,924
<b>TOTAL SUPPER</b>	1446,6	23,45	7,632	45,9	0	0		4,42	0	60,85	0	,0372	,2502	,4173	1,53	372,2	,5728	3,323	620,4	632,6
	508,34	,9511	2,410	3,292	0	,1156	,0136	23,8	0	,1642	,6185	4,629	,9994	134,2		123,1	72,10	,7817	44,2	2,974
<b>EVALUATION TOTAL</b>	8167,0	58,04	49,57	250,2	41,09	44,89		14,20	46,08	118,5	4,220	4,983	25,67	1,877	2,965	525,3	,9897	9,801	1966,	2446,
	2050,6	13,56	20,03	11,32	,2290	,7583	8,303	77,21	400,1	1,048	1,400	21,86	3,316	374,1		793,3	240,6	1,535	87,38	7,568