

Mozaffarian 1 day menu analysis

Protein, Fat, Carbohydrates and Fibre

nb: % = Percentage of total energy

Food Item Description	Portion size	Protein per 100g	in portion kcal	%	Fat per 100g	in portion kcal	%	Sat Fat per 100g	in portion kcal	%	MUFA per 100g	in portion kcal	%	PUFA per 100g	in portion kcal	%	CHO per 100g	in portion kcal	%	Sugars per 100ml	in portion kcal	%	Fibre (g) per 100g	in portion	Total Energy kc							
Breakfast																																
Wholegrain wheat biscuit	60 g	11.4	6.9	27.4	12%	2.9	1.7	15.4	7%	0.5	0.3	2.6	1%	0.4	0.2	1.9	1%	1.2	0.7	6.3	3%	81.5	48.9	183.4	81%	11.40	6.84	226.3				
Bread, whole-wheat, commercially prepared, toasted	50 g	16.3	8.1	32.5	22%	4.1	2.0	18.3	12%	0.9	0.5	4.1	3%	2.0	1.0	8.9	6%	0.7	0.4	3.3	2%	51.2	25.6	95.9	65%	5.8	2.9	26.0	18%	7.50	3.75	146.8
Vegetable oil-butter spread	5 g	1.0	0.1	0.2	1%	40.0	2.0	18.0	98%	7.2	0.4	3.3	18%	18.4	0.9	8.3	45%	12.6	0.6	5.7	31%	1.0	0.1	0.2	1%	0.0	0.0	0%	0.00	0.00	18.4	
Peanut butter, chunk style	10 g	24.1	2.4	9.6	15%	49.9	5.0	44.9	50%	7.6	0.8	6.8	11%	23.1	2.3	20.8	33%	13.9	1.4	12.5	20%	21.6	2.2	8.1	13%	8.4	0.8	7.6	12%	8.00	0.80	62.7
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and D	250 g	3.4	8.4	33.7	33%	1.0	2.4	21.8	21%	0.6	1.6	14.2	14%	0.3	0.7	6.2	6%	0.0	0.1	0.8	1%	5.0	12.5	46.8	46%	5.2	13.0	117.0	114%	0.00	0.00	102.3
Yogurt, plain, low fat	100 g	5.3	5.3	21.0	34%	1.6	1.6	14.0	23%	1.0	1.0	9.0	15%	0.4	0.4	3.8	6%	0.0	0.0	0.4	1%	7.0	7.0	26.4	43%	7.0	7.0	63.4	103%	0.00	0.00	61.4
Lunch																																
Sandwich with tuna mayonnaise	177 g	13.0	23.0	92.0	26%	7.3	13.0	116.9	33%	0.9	1.5	13.5	4%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	21.5	38.0	142.5	41%	2.3	4.0	36.0	10%	0.00	0.00	351.4
Tomatoes, standard, raw	7 g	0.9	0.1	0.2	18%	0.2	0.0	0.1	9%	0.0	0.0	0.0	1%	0.0	0.0	0.0	1%	0.1	0.0	0.1	4%	3.9	0.3	1.0	73%	2.6	0.2	1.7	119%	1.20	0.08	1.4
Cucumber, raw, flesh and skin	7 g	0.7	0.0	0.2	15%	0.1	0.0	0.1	6%	0.0	0.0	0.0	2%	0.0	0.0	0.0	0%	0.0	0.0	0.0	2%	3.6	0.3	1.0	79%	1.7	0.1	1.1	87%	0.50	0.04	1.2
Organic spinach & spring mix leaves	7 g	2.0	0.1	0.6	42%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	3.0	0.2	0.8	58%	0.0	0.0	0%	1.00	0.07	1.3	
Sunflower oil	30 g	0.0	0.0	0.0	0%	100.0	30.0	270.0	100%	10.3	3.1	27.8	10%	19.5	5.9	52.7	20%	65.7	19.7	177.4	66%	0.0	0.0	0.0	0%	0.0	0.0	0%	0.00	0.00	270.0	
Apples, eating, raw, flesh and skin	140 g	0.3	0.4	1.5	2%	0.2	0.2	2.1	3%	0.0	0.0	0.4	0%	0.0	0.0	0.1	0%	0.1	0.1	0.6	1%	13.8	19.3	72.5	95%	10.4	14.5	130.9	172%	2.40	3.36	76.1
Almonds kernel only	15 g	21.2	3.2	12.7	14%	49.9	7.5	67.4	73%	3.8	0.6	5.1	6%	31.6	4.7	42.6	46%	12.3	1.8	16.6	18%	21.6	3.2	12.1	13%	4.4	0.7	5.9	6%	12.50	1.88	92.2
Dinner (pasta with beef mince)																																
Beef mince	80 g	27.7	22.2	88.7	45%	15.3	12.2	110.2	55%	5.8	4.6	41.8	21%	6.6	5.3	47.3	24%	0.5	0.4	3.4	2%	0.0	0.0	0.0	0%	0.0	0.0	0%	0.00	0.00	198.9	
Canola oil	15 g	0.0	0.0	0.0	0%	100.0	15.0	135.0	100%	7.4	1.1	9.9	7%	63.3	9.5	85.4	63%	28.1	4.2	38.0	28%	0.0	0.0	0.0	0%	0.0	0.0	0%	0.00	0.00	135.0	
Grated cheddar	30 g	22.9	6.9	27.4	23%	33.3	10.0	89.9	74%	18.9	5.7	50.9	42%	12.4	3.7	33.5	28%	0.9	0.3	2.5	2%	3.4	1.0	3.8	3%	0.5	0.1	1.3	1%	0.00	0.00	121.2
Pasta (wholegrain)	70 g	5.7	4.0	15.9	15%	1.5	1.0	9.3	9%	0.0	0.0	0%	0%	0.0	0.0	0.0	0%	0.0	0.0	0.0	0%	30.9	21.6	81.0	76%	0.7	0.5	4.1	4%	4.50	3.15	106.2
Kidney beans	100 g	5.2	5.2	20.9	26%	0.4	0.4	3.2	4%	0.1	0.1	1.1	1%	0.1	0.1	1.3	2%	0.2	0.2	1.6	2%	14.8	14.8	55.6	70%	1.9	1.9	16.7	21%	4.30	4.30	79.7
Tinned tomatoes	100 g	0.8	0.8	3.2	17%	0.3	0.3	2.3	12%	0.0	0.0	0.3	2%	0.0	0.0	0.4	2%	0.1	0.1	0.9	5%	3.5	3.5	13.0	71%	2.6	2.6	23.0	125%	1.90	1.90	18.4
Onion, sauteed	20 g	1.0	0.2	0.8	3%	10.8	2.2	19.4	74%	1.5	0.3	2.7	10%	2.2	0.4	3.9	15%	5.5	1.1	9.8	38%	7.9	1.6	5.9	23%	0.0	0.0	0%	1.70	0.34	26.1	
Peas	40 g	3.3	1.3	5.2	31%	0.2	0.1	0.8	5%	0.0	0.0	0.2	1%	0.0	0.0	0.1	0%	0.1	0.0	0.4	2%	7.1	2.8	10.6	64%	4.0	1.6	14.4	86%	2.80	1.12	16.6
Broccoli	60 g	3.8	2.3	9.2	48%	0.5	0.3	2.8	15%	0.1	0.1	0.5	3%	0.0	0.0	0.2	1%	0.2	0.1	1.3	7%	3.1	1.9	7.0	37%	0.6	0.4	3.3	18%	2.80	1.68	19.0
Tinned Peaches in juice	100 g	0.6	0.6	2.5	5%	0.0	0.0	0.3	1%	0.0	0.0	0.0	0%	0.0	0.0	0.1	0%	0.0	0.0	0.1	0%	11.6	11.6	43.4	94%	10.3	10.3	92.4	200%	1.30	1.30	46.2
Yogurt, plain, low fat	100 g	5.3	5.3	21.0	34%	1.6	1.6	14.0	23%	1.0	1.0	9.0	15%	0.4	0.4	3.8	6%	0.0	0.0	0.4	1%	7.0	7.0	26.4	43%	7.0	7.0	63.4	103%	0.00	0.00	61.4
Total		106.6	426.4	19%		108.5	976.4	44%		22.6	203.4	9%		35.7	321.4	14%		31.4	282.2	13%		223.3	837.4	37%		71.0	638.7	29%		30.6	2240.1	

Mozaffarian 1 day menu analysis

Minerals

Food Item Description	Ca (mg) per 100g, in portion	Fe (mg) per 100g, in portion	Mg (mg) per 100g, in portion	P (mg) per 100g, in portion	K (mg) per 100g, in portion	Na (mg) per 100g, in portion	Zn (mg) per 100g, in portion
Breakfast							
Wholegrain wheat biscuit	57	34.2	12.86	7.716	92	55.2	172
Bread, whole-wheat, commercially prepared, toasted	130	65	2.96	1.48	99	49.5	303
Vegetable oil-butter spread	24	1.2	0.04	0.002	2	0.1	36
Peanut butter, chunk style	45	4.5	1.9	0.19	160	16	319
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and D	125	312.5	0.03	0.075	11	27.5	95
Yogurt, plain, low fat	183	183	0.08	0.08	17	17	144
Lunch							
Sandwich with tuna mayonnaise	34	60.18	1.53	2.7081	0	0	356
Tomatoes, standard, raw	10	0.7	0.27	0.0189	11	0.77	24
Cucumber, raw, flesh and skin	16	1.12	0.28	0.0196	13	0.91	24
Organic spinach & spring mix leaves	80	5.6	1.8	0.126	0	22	1.54
Sunflower oil	6	8.4	0.12	0.168	5	7	11
Apples, eating, raw, flesh and skin	269	40.35	3.71	0.5565	270	40.5	481
Almonds kernel only							
Dinner (pasta with beef mince)							
Beef mince	22	17.6	2.93	2.344	25	20	238
Canola oil							
Grated cheddar	710	213	0.14	0.042	27	8.1	455
Pasta (wholegrain)	11	7.7	1.58	1.106	41	28.7	97
Kidney beans	29	29	1.25	1.25	30	30	106
Tinned tomatoes	33	33	0.57	0.57	10	10	17
Onion, sauteed	20	4	0.27	0.054	9	1.8	33
Peas	42	16.8	1.97	0.788	26	10.4	55
Broccoli	118	70.8	1.27	0.762	27	16.2	82
Tinned Peaches in juice	6	6	0.27	0.27	7	7	17
Yogurt, plain, low fat	183	183	0.08	0.08	17	17	144
Total	1297.65	20.41	363.68	1518.95	2931.83	2161.86	14.23

Mozaffarian 1 day menu analysis

Vitamins

Food Item Description	Vit C (mg) per 100g in portion	B1 (mg) per 100g in portion	Thiamin per 100g in portion	B2 (mg) per 100g in portion	Riboflavin per 100g in portion	B3 (mg) Niacin per 100g in portion	B6 (mg) per 100g in portion	Folate (µg) per 100g in portion	B12 (µg) per 100g in portion	Vitamin A, RAE per 100g in portion	Vitamin A, IU per 100g in portion	Vit E (mg) per 100g in portion	Vit D (D2+D3) (µg) per 100g in portion	Vit D (µg) per 100g in portion	Vit K (mg) per 100g in portion
Breakfast															
Wholegrain wheat biscuit	0	0	1.929	1.1574	0.98	0.588	5.714	3.4284	0.46	0.276	46	27.6	0	0	0
Bread, whole-wheat, commercially prepared, toasted	0	0	0.376	0.188	0.284	0.142	6	2.866	0.237	0.1185	52	26	0	0	0
Vegetable oil-butter spread	0.1	0.005	0.01	0.0005	0.03	0.0015	0	0.001	0.01	0.0005	1	0.05	0.09	0.0045	819
Peanut butter, chunk style	0	0	0.106	0.0106	0.111	0.0111	14	1.3696	0.418	0.0418	92	9.2	0	0	4
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and D	0	0	0.02	0.05	0.185	0.4625	0.093	0.2325	0.037	0.0925	5	12.5	0.47	1.175	58
Yogurt, plain, low fat	0.8	0.8	0.044	0.044	0.214	0.214	0.114	0.049	0.049	0.049	11	11	0.56	0.56	14
Lunch															
Sandwich with tuna mayonnaise	1.4	2.478	0	0	0	0	0	0	0	0	0	0	565	1000.05	0
Tomatoes, standard, raw	13.7	0.959	0.037	0.00259	0.019	0.00133	0.594	0.04158	0.08	0.0056	15	1.05	0	0	42
Cucumber, raw, flesh and skin	2.8	0.196	0.027	0.00189	0.033	0.00231	0.098	0.00686	0.04	0.0028	7	0.49	0	0	5
Organic spinach & spring mix leaves	18	1.26	0	0	0	0	0	0	0	0	0	0	6000	420	0
Sunflower oil	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apples, eating, raw, flesh and skin	4.6	6.44	0.017	0.0238	0.026	0.0364	0.091	0.1274	0.041	0.0574	3	4.2	0	0	3
Almonds, kernel only	0	0	0.205	0.03075	1.138	0.1707	3.618	0.5427	0.137	0.02055	44	6.6	0	0	0
Dinner (pasta with beef mince)															
Beef mince	0	0	0.044	0.0352	0.191	0.1528	6.318	5.0544	0.428	0.3424	10	8	2.8	2.24	3
Canola oil	0	0	0.029	0.0087	0.428	0.1284	0.059	0.0177	0.066	0.0198	27	8.1	1.1	0.33	337
Grated cheddar	0	0	0.197	0.1379	0.133	0.0931	2.657	1.8599	0.065	0.0455	51	35.7	0	0	0
Pasta (wholegrain)	0	0	0.106	0.106	0.067	0.067	0.494	0.494	0.08	0.08	23	23	0	0	0
Kidney beans	0.8	0.8	0.106	0.106	0.067	0.067	0.712	0.712	0.111	0.111	8	8	0	0	0
Tinned tomatoes	12.6	12.6	0.575	0.575	0.055	0.055	0.712	0.712	0.111	0.111	20	20	408	408	0.59
Onion, sauteed	1.8	0.36	0.049	0.0098	0.041	0.0082	0.037	0.0074	0.207	0.0414	0.68	0.136	0	0	0.68
Peas	47.9	19.16	0.128	0.0512	0.076	0.0304	0.539	0.2156	0.144	0.0576	29	11.6	0	0	52
Broccoli	37	22.2	0.169	0.1014	0.14	0.084	2.015	1.209	0.22	0.132	71	42.6	0	0	227
Tinned Peaches in juice	3.6	3.6	0.008	0.008	0.017	0.017	0.582	0.582	0.019	0.019	3	3	0	0	19
Yogurt, plain, low fat	0.8	0.8	0.044	0.044	0.214	0.214	0.114	0.049	0.049	0.049	11	11	0.56	0.56	14
Total	71.66	2.59	2.48	19.00	1.56	249.83		4.87	520.94	19048	6208.56	9.1969	3.18	130.85	191.906