

Item Name	Meal	Quantity	Weight	Kcal (kcal)
100% Whole Wheat Bread	Dinner	1 sl.	44 g	119.68
FAGE TOTAL Yogurt, 0% Fat, Plain	Dinner	2 oz.	56.71 g	30.00
Veggie Chili	Dinner	1 svg.	216.04 g	166.95
Yves Ground Round	Dinner	0.75 svg.	41.25 g	45.00
<b>Totals:</b>				<b>361.63</b>

Item Name	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
100% Whole Wheat Bread	3.68	21.75	2.71	0.58
FAGE TOTAL Yogurt, 0% Fat, Plain	5.00	2.25	0.00	0.00
Veggie Chili	7.33	29.67	2.94	0.40
Yves Ground Round	7.50	3.75	-	0.00
<b>Totals:</b>	<b>23.51</b>	<b>57.42</b>	<b>5.66</b>	<b>0.98</b>

Item Name	Mono Fat (g)	Poly Fat (g)	Trans Fat (g)	Chol (mg)
100% Whole Wheat Bread	1.05	0.85	-	0.44
FAGE TOTAL Yogurt, 0% Fat, Plain	0.00	0.00	0.00	0.00
Veggie Chili	1.54	0.66	0.00	0.00
Yves Ground Round	-	0.00	0.00	0.00
<b>Totals:</b>	<b>2.59</b>	<b>1.51</b>	<b>0.00</b>	<b>0.44</b>

Item Name	Omega-6 (g)	Omega-3 (g)	Diet Fiber (g)	Sugar (g)
100% Whole Wheat Bread	0.79	0.06	3.04	3.45
FAGE TOTAL Yogurt, 0% Fat, Plain	0.00	0.00	0.00	2.25
Veggie Chili	0.56	0.07	7.67	8.08
Yves Ground Round	-	-	1.50	0.75
<b>Totals:</b>	<b>1.35</b>	<b>0.13</b>	<b>12.20</b>	<b>14.53</b>

Item Name	Water (L)	Alcohol (g)	Thiamin (mg)	Ribo (mg)
100% Whole Wheat Bread	0.01	0.00	0.10	0.08
FAGE TOTAL Yogurt, 0% Fat, Plain	-	0.00	-	-
Veggie Chili	0.17	0.00	0.13	0.13
Yves Ground Round	-	-	0.22	0.19
<b>Totals:</b>	<b>0.19</b>	<b>0.00</b>	<b>0.45</b>	<b>0.40</b>

Item Name	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Fol (DFE) (mcg)
100% Whole Wheat Bread	1.58	0.10	0.01	14.96
FAGE TOTAL Yogurt, 0% Fat, Plain	-	-	-	-

Item Name	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Fol (DFE) (mcg)
Veggie Chili	1.31	0.49	0.00	77.91
Yves Ground Round	3.75	0.30	1.12	-
<b>Totals:</b>	<b>6.65</b>	<b>0.90</b>	<b>1.14</b>	<b>92.87</b>

Item Name	Vit C (mg)	Vit D (ug) (mcg)	Vit A (RAE) (mcg)	Vit A (IU) (IU)
100% Whole Wheat Bread	0.00	-	2.64	10.02
FAGE TOTAL Yogurt, 0% Fat, Plain	0.00	-	0.00	0.00
Veggie Chili	48.50	0.00	61.43	1218.65
Yves Ground Round	-	-	-	-
<b>Totals:</b>	<b>48.50</b>	<b>0.00</b>	<b>64.07</b>	<b>1228.68</b>

Item Name	alpha-T (mg)	Calcium (mg)	Iron (mg)	Magn (mg)
100% Whole Wheat Bread	0.22	22.44	1.18	42.68
FAGE TOTAL Yogurt, 0% Fat, Plain	-	62.51	0.00	-
Veggie Chili	1.54	62.05	2.44	49.16
Yves Ground Round	-	30.00	2.02	-
<b>Totals:</b>	<b>1.76</b>	<b>177.00</b>	<b>5.64</b>	<b>91.84</b>

Item Name	Potas (mg)	Zinc (mg)	Sodium (mg)
100% Whole Wheat Bread	165.44	0.77	294.80
FAGE TOTAL Yogurt, 0% Fat, Plain	-	-	21.25
Veggie Chili	582.75	1.76	458.22
Yves Ground Round	187.50	2.81	202.50
<b>Totals:</b>	<b>935.69</b>	<b>5.34</b>	<b>976.77</b>