

# iProfile / Intake Spreadsheet

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Start date: Mon May 08 2017 End date: Wed May 10 2017

Item Name	Quantity	Weight	Kilocalories (kcal)	Calories from Fat (kcal)
<i>Oatmeal, Cooked with Milk</i>	<i>1 cups</i>	<i>234.0 g</i>	<i>234.0</i>	<i>56.7</i>
<i>Juice, Orange</i>	<i>8 fl.oz</i>	<i>248.0 g</i>	<i>111.6</i>	<i>4.5</i>
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	<i>1 items</i>	<i>243.0 g</i>	<i>520.0</i>	<i>279.0</i>
<i>COCA-COLA Coke Soda</i>	<i>8 fl.oz</i>	<i>240.0 g</i>	<i>140.0</i>	<i>0.0</i>
<i>Spaghetti, with Meat Sauce</i>	<i>1 cups</i>	<i>248.0 g</i>	<i>349.7</i>	<i>116.1</i>
<i>Cranberry Juice</i>	<i>100 g</i>	<i>100.0 g</i>	<i>61.0</i>	<i>0.0</i>
<i>Pepper Steak</i>	<i>1 svgs</i>	<i>173.3 g</i>	<i>177.4</i>	<i>40.3</i>
<i>Potatoes, Mashed, with Whole Milk</i>	<i>0.67 cups</i>	<i>140.7 g</i>	<i>116.8</i>	<i>7.2</i>
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	<i>0.5 cups</i>	<i>91.0 g</i>	<i>59.2</i>	<i>1.2</i>
<i>Oatmeal, Cooked with Milk</i>	<i>1 cups</i>	<i>234.0 g</i>	<i>234.0</i>	<i>56.7</i>
<i>Juice, Orange, Fresh Squeezed</i>	<i>8 fl.oz</i>	<i>248.0 g</i>	<i>111.6</i>	<i>4.5</i>
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	<i>1 items</i>	<i>243.0 g</i>	<i>520.0</i>	<i>279.0</i>
<i>Drink, Cranberry Apple Juice</i>	<i>8 fl.oz</i>	<i>245.0 g</i>	<i>154.4</i>	<i>2.4</i>
<i>Steak Salad</i>	<i>1 svgs</i>	<i>670.6 g</i>	<i>309.0</i>	<i>44.4</i>
<i>GOLDEN CHICK Mac &amp; Cheese</i>	<i>1 svgs</i>	<i>141.8 g</i>	<i>170.3</i>	<i>52.2</i>
<i>Salad, Greek</i>	<i>100 g</i>	<i>100.0 g</i>	<i>131.0</i>	<i>112.5</i>
<i>Water, Bottled</i>	<i>8 fl.oz</i>	<i>237.0 g</i>	<i>0.0</i>	<i>0.0</i>
<i>Oatmeal, Cooked with Water</i>	<i>1 cups</i>	<i>234.0 g</i>	<i>166.1</i>	<i>32.0</i>
<i>Juice, Orange</i>	<i>8 fl.oz</i>	<i>248.0 g</i>	<i>111.6</i>	<i>4.5</i>
<i>SUBWAY Soup, Minestrone</i>	<i>10 fl.oz</i>	<i>310.0 g</i>	<i>90.0</i>	<i>9.0</i>
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	<i>1 items</i>	<i>370.0 g</i>	<i>550.0</i>	<i>216.0</i>
<i>Soda, Lemon Lime</i>	<i>8 fl.oz</i>	<i>245.6 g</i>	<i>98.2</i>	<i>0.4</i>
<i>WENDY'S BACONATOR Single</i>	<i>1 items</i>	<i>200.0 g</i>	<i>610.0</i>	<i>306.0</i>
<i>WENDY'S SPRITE, Small</i>	<i>1 items</i>	<i>409.0 g</i>	<i>160.0</i>	<i>0.0</i>
<i>WENDYS Salad Dressing, Ranch</i>	<i>1.09 oz</i>	<i>30.9 g</i>	<i>100.0</i>	<i>90.0</i>
<b>Totals</b>			<b>5286</b>	<b>1714</b>

Item Name	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Monounsaturated Fat (g)
<i>Oatmeal, Cooked with Milk</i>	6.3	2.89	-	1.78
<i>Juice, Orange</i>	0.5	0.06	-	0.09
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	31.0	7.5	0.5	-
<i>COCA-COLA Coke Soda</i>	0.0	0.0	0.0	0.0
<i>Spaghetti, with Meat Sauce</i>	12.9	3.81	-	5.25
<i>Cranberry Juice</i>	0.0	0.0	0.0	0.0
<i>Pepper Steak</i>	4.5	1.32	0.0	1.86
<i>Potatoes, Mashed, with Whole Milk</i>	0.8	0.42	-	0.17
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.1	0.03	-	0.01
<i>Oatmeal, Cooked with Milk</i>	6.3	2.89	-	1.78
<i>Juice, Orange, Fresh Squeezed</i>	0.5	0.05	-	0.1
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	31.0	7.5	0.5	-
<i>Drink, Cranberry Apple Juice</i>	0.3	0.03	-	0.03
<i>Steak Salad</i>	4.9	1.9	0.0	1.82
<i>GOLDEN CHICK Mac &amp; Cheese</i>	5.8	-	-	-
<i>Salad, Greek</i>	12.5	3.33	-	7.45
<i>Water, Bottled</i>	0.0	0.0	-	0.0
<i>Oatmeal, Cooked with Water</i>	3.6	0.73	0.0	1.02
<i>Juice, Orange</i>	0.5	0.06	-	0.09
<i>SUBWAY Soup, Minestrone</i>	1.0	0.0	0.0	-
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	24.0	11.5	1.0	-
<i>Soda, Lemon Lime</i>	0.0	0.0	-	0.0
<i>WENDY'S BACONATOR Single</i>	34.0	14.0	1.5	-
<i>WENDY'S SPRITE, Small</i>	0.0	0.0	0.0	0.0
<i>WENDYS Salad Dressing, Ranch</i>	10.0	1.5	0.0	2.5
<i>Totals</i>	190	59.5	3.5	23.9
Item Name	Polyunsaturated Fat (g)	Omega-6 Fatty Acids (g)	Omega-3 Fatty Acids (g)	Cholesterol (mg)
<i>Oatmeal, Cooked with Milk</i>	1.0	0.9	0.1	14.0

Juice, Orange	0.1	0.07	0.03	0.0
SUBWAY Sandwich, Tuna, White, 6 Inch	-	-	-	45.0
COCA-COLA Coke Soda	0.0	0.0	0.0	0.0
Spaghetti, with Meat Sauce	2.42	2.21	0.17	57.0
Cranberry Juice	0.0	-	-	0.0
Pepper Steak	0.25	0.2	0.01	64.4
Potatoes, Mashed, with Whole Milk	0.09	0.06	0.03	2.8
Vegetables, Mixed, Frozen, Boiled, Drained	0.07	0.05	0.02	0.0
Oatmeal, Cooked with Milk	1.0	0.9	0.1	14.0
Juice, Orange, Fresh Squeezed	0.1	0.07	0.02	0.0
SUBWAY Sandwich, Tuna, White, 6 Inch	-	-	-	45.0
Drink, Cranberry Apple Juice	0.13	0.08	0.04	0.0
Steak Salad	0.42	0.24	0.07	22.9
GOLDEN CHICK Mac & Cheese	-	-	-	-
Salad, Greek	0.98	-	-	9.8
Water, Bottled	0.0	0.0	0.0	0.0
Oatmeal, Cooked with Water	1.31	1.27	0.04	0.0
Juice, Orange	0.1	0.07	0.03	0.0
SUBWAY Soup, Minestrone	-	-	-	2.5
SUBWAY Sandwich, Meatball Marinara, White, 6 Inch	-	-	-	45.0
Soda, Lemon Lime	0.0	0.0	0.0	0.0
WENDY'S BACONATOR Single	-	-	-	110.0
WENDY'S SPRITE, Small	0.0	0.0	0.0	0.0
WENDYS Salad Dressing, Ranch	5.0	-	-	10.0
Totals	13.0	6.1	0.7	443
Item Name	Carbohydrate (g)	Sugar, Total (g)	Dietary Fiber, Total (g)	Soluble Fiber (g)
Oatmeal, Cooked with Milk	32.7	11.1	3.3	-
Juice, Orange	25.8	20.8	0.5	-
SUBWAY Sandwich, Tuna, White, 6 Inch	43.0	7.0	2.0	-
COCA-COLA Coke Soda	39.0	39.0	0.0	0.0

<i>Spaghetti, with Meat Sauce</i>	41.4	7.3	3.7	-
<i>Cranberry Juice</i>	-	-	-	-
<i>Pepper Steak</i>	7.1	2.3	1.1	0.1
<i>Potatoes, Mashed, with Whole Milk</i>	24.7	2.1	2.1	-
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	11.9	2.8	4.0	-
<i>Oatmeal, Cooked with Milk</i>	32.7	11.1	3.3	-
<i>Juice, Orange, Fresh Squeezed</i>	25.8	20.8	0.5	-
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	43.0	7.0	2.0	-
<i>Drink, Cranberry Apple Juice</i>	38.8	35.5	0.0	0.0
<i>Steak Salad</i>	46.4	11.6	11.3	0.1
<i>GOLDEN CHICK Mac &amp; Cheese</i>	23.2	-	-	-
<i>Salad, Greek</i>	-	1.9	-	-
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Oatmeal, Cooked with Water</i>	28.1	0.6	4.0	-
<i>Juice, Orange</i>	25.8	20.8	0.5	-
<i>SUBWAY Soup, Minestrone</i>	17.0	4.0	3.0	-
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	61.0	13.0	5.0	-
<i>Soda, Lemon Lime</i>	24.9	22.1	0.0	0.0
<i>WENDY'S BACONATOR Single</i>	43.0	9.0	1.0	-
<i>WENDY'S SPRITE, Small</i>	41.0	41.0	0.0	0.0
<i>WENDYS Salad Dressing, Ranch</i>	2.0	1.0	0.0	0.0
<i>Totals</i>	678	292	47	0
<b>Item Name</b>	<b>Insoluble Fiber (g)</b>	<b>Protein (g)</b>	<b>Water (g)</b>	<b>Vitamin A (RAE) (µg)</b>
<i>Oatmeal, Cooked with Milk</i>	-	12.3	180.0	95.9
<i>Juice, Orange</i>	-	1.7	219.0	24.8
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	21.0	-	-
<i>COCA-COLA Coke Soda</i>	0.0	0.0	216.7	0.0
<i>Spaghetti, with Meat Sauce</i>	-	16.5	173.9	59.5
<i>Cranberry Juice</i>	-	-	85.5	-
<i>Pepper Steak</i>	0.7	26.1	158.4	0.0
<i>Potatoes, Mashed, with Whole Milk</i>	-	2.7	110.4	9.8

<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	-	2.6	75.7	194.7
<i>Oatmeal, Cooked with Milk</i>	-	12.3	180.0	95.9
<i>Juice, Orange, Fresh Squeezed</i>	-	1.7	219.0	24.8
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	21.0	-	-
<i>Drink, Cranberry Apple Juice</i>	0.0	0.0	205.3	0.0
<i>Steak Salad</i>	1.5	20.6	602.2	0.0
<i>GOLDEN CHICK Mac &amp; Cheese</i>	-	6.2	-	-
<i>Salad, Greek</i>	-	2.7	79.4	-
<i>Water, Bottled</i>	0.0	0.0	237.0	0.0
<i>Oatmeal, Cooked with Water</i>	-	5.9	195.6	0.0
<i>Juice, Orange</i>	-	1.7	219.0	24.8
<i>SUBWAY Soup, Minestrone</i>	-	4.0	-	-
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	-	23.0	-	-
<i>Soda, Lemon Lime</i>	0.0	0.1	220.5	0.0
<i>WENDY'S BACONATOR Single</i>	-	33.0	-	-
<i>WENDY'S SPRITE, Small</i>	0.0	0.0	-	0.0
<i>WENDYS Salad Dressing, Ranch</i>	0.0	1.0	-	0.0
<i>Totals</i>	2	216	3378	530
<b>Item Name</b>	<b>Vitamin D (ug) (µg)</b>	<b>Vitamin E (Alpha- Tocopherol) (mg)</b>	<b>Vitamin K (µg)</b>	<b>Thiamin (mg)</b>
<i>Oatmeal, Cooked with Milk</i>	-	0.3	1.4	0.27
<i>Juice, Orange</i>	0.0	0.1	0.2	0.22
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	-	-	-
<i>COCA-COLA Coke Soda</i>	-	0.0	0.0	0.0
<i>Spaghetti, with Meat Sauce</i>	-	2.3	35.5	0.36
<i>Cranberry Juice</i>	0.0	-	-	-
<i>Pepper Steak</i>	0.0	0.6	4.0	0.14
<i>Potatoes, Mashed, with Whole Milk</i>	0.3	0.0	2.5	0.13
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.0	0.3	21.4	0.06
<i>Oatmeal, Cooked with Milk</i>	-	0.3	1.4	0.27

Juice, Orange, Fresh Squeezed	0.0	0.1	0.2	0.22
SUBWAY Sandwich, Tuna, White, 6 Inch	-	-	-	-
Drink, Cranberry Apple Juice	0.0	0.3	1.2	0.0
Steak Salad	0.1	0.7	13.1	0.26
GOLDEN CHICK Mac & Cheese	-	-	-	-
Salad, Greek	0.1	-	-	0.04
Water, Bottled	0.0	0.0	0.0	0.0
Oatmeal, Cooked with Water	0.0	0.2	0.7	0.18
Juice, Orange	0.0	0.1	0.2	0.22
SUBWAY Soup, Minestrone	-	-	-	-
SUBWAY Sandwich, Meatball Marinara, White, 6 Inch	-	-	-	-
Soda, Lemon Lime	0.0	0.0	0.0	0.0
WENDY'S BACONATOR Single	-	-	-	-
WENDY'S SPRITE, Small	-	-	-	-
WENDYS Salad Dressing, Ranch	-	-	-	-
Totals	0	5	82	2.4
<b>Item Name</b>	<b>Riboflavin (mg)</b>	<b>Niacin (mg)</b>	<b>Pantothenic Acid (mg)</b>	<b>Vitamin B6 (Pyridoxine) (mg)</b>
Oatmeal, Cooked with Milk	0.41	0.4	-	0.11
Juice, Orange	0.07	1.0	0.47	0.1
SUBWAY Sandwich, Tuna, White, 6 Inch	-	-	-	-
COCA-COLA Coke Soda	0.0	0.0	0.0	0.0
Spaghetti, with Meat Sauce	0.28	4.6	-	0.28
Cranberry Juice	-	-	-	-
Pepper Steak	0.27	4.8	0.56	0.4
Potatoes, Mashed, with Whole Milk	0.06	1.6	0.68	0.33
Vegetables, Mixed, Frozen, Boiled, Drained	0.11	0.8	0.14	0.07
Oatmeal, Cooked with Milk	0.41	0.4	-	0.11
Juice, Orange, Fresh Squeezed	0.07	1.0	-	0.1
SUBWAY Sandwich, Tuna, White, 6 Inch	-	-	-	-
Drink, Cranberry Apple Juice	0.0	0.0	0.0	0.0

<i>Steak Salad</i>	0.31	7.5	1.41	0.93
<i>GOLDEN CHICK Mac &amp; Cheese</i>	-	-	-	-
<i>Salad, Greek</i>	0.04	0.4	0.21	0.11
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Oatmeal, Cooked with Water</i>	0.04	0.5	0.73	0.01
<i>Juice, Orange</i>	0.07	1.0	0.47	0.1
<i>SUBWAY Soup, Minestrone</i>	-	-	-	-
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	-	-	-	-
<i>Soda, Lemon Lime</i>	0.0	0.0	0.0	0.0
<i>WENDY'S BACONATOR Single</i>	-	-	-	-
<i>WENDY'S SPRITE, Small</i>	-	-	-	-
<i>WENDYS Salad Dressing, Ranch</i>	-	-	-	-
<i>Totals</i>	2.2	24	4.7	2.6
<b>Item Name</b>	<b>Folate (DFE) (µg)</b>	<b>Vitamin B12 (Cobalamin) (µg)</b>	<b>Vitamin C (mg)</b>	<b>Sodium (mg)</b>
<i>Oatmeal, Cooked with Milk</i>	16.4	0.77	0.2	332.3
<i>Juice, Orange</i>	74.4	0.0	124.0	2.5
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	-	16.8	1010.0
<i>COCA-COLA Coke Soda</i>	0.0	0.0	0.0	45.0
<i>Spaghetti, with Meat Sauce</i>	138.9	0.77	10.7	907.7
<i>Cranberry Juice</i>	-	0.0	30.0	-
<i>Pepper Steak</i>	29.9	2.53	14.4	427.7
<i>Potatoes, Mashed, with Whole Milk</i>	11.3	0.1	8.7	424.9
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	17.3	0.0	2.9	31.9
<i>Oatmeal, Cooked with Milk</i>	16.4	0.77	0.2	332.3
<i>Juice, Orange, Fresh Squeezed</i>	74.4	0.0	124.0	2.5
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	-	16.8	1010.0
<i>Drink, Cranberry Apple Juice</i>	0.0	0.0	96.8	4.9
<i>Steak Salad</i>	153.5	0.58	93.4	720.2
<i>GOLDEN CHICK Mac &amp; Cheese</i>	-	-	-	-
<i>Salad, Greek</i>	-	0.2	26.0	357.0

<i>Water, Bottled</i>	0.0	0.0	0.0	4.7
<i>Oatmeal, Cooked with Water</i>	14.0	0.0	0.0	9.4
<i>Juice, Orange</i>	74.4	0.0	124.0	2.5
<i>SUBWAY Soup, Minestrone</i>	-	-	0.0	910.0
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	-	-	31.8	1590.0
<i>Soda, Lemon Lime</i>	0.0	0.0	0.0	22.1
<i>WENDY'S BACONATOR Single</i>	-	-	1.2	1260.0
<i>WENDY'S SPRITE, Small</i>	-	-	0.0	35.0
<i>WENDYS Salad Dressing, Ranch</i>	-	-	0.0	170.0
<i>Totals</i>	621	5.7	722	9612
<b>Item Name</b>	<b>Potassium (mg)</b>	<b>Calcium (mg)</b>	<b>Magnesium (mg)</b>	<b>Iron (mg)</b>
<i>Oatmeal, Cooked with Milk</i>	421.2	259.7	72.5	1.4
<i>Juice, Orange</i>	496.0	27.3	27.3	0.5
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	100.0	-	3.6
<i>COCA-COLA Coke Soda</i>	0.0	4.8	0.0	0.0
<i>Spaghetti, with Meat Sauce</i>	515.8	89.3	47.1	3.5
<i>Cranberry Juice</i>	-	-	-	-
<i>Pepper Steak</i>	579.9	28.5	38.4	3.3
<i>Potatoes, Mashed, with Whole Milk</i>	416.5	33.8	25.3	0.4
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	153.8	22.8	20.0	0.7
<i>Oatmeal, Cooked with Milk</i>	421.2	259.7	72.5	1.4
<i>Juice, Orange, Fresh Squeezed</i>	496.0	27.3	27.3	0.5
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	100.0	-	3.6
<i>Drink, Cranberry Apple Juice</i>	41.7	7.3	2.5	0.2
<i>Steak Salad</i>	1618.9	102.5	87.4	4.3
<i>GOLDEN CHICK Mac &amp; Cheese</i>	-	-	-	-
<i>Salad, Greek</i>	148.0	61.0	10.0	0.4
<i>Water, Bottled</i>	0.0	23.7	4.7	0.0
<i>Oatmeal, Cooked with Water</i>	163.8	21.1	63.2	2.1
<i>Juice, Orange</i>	496.0	27.3	27.3	0.5
<i>SUBWAY Soup, Minestrone</i>	-	40.0	-	0.7



<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	-	200.0	-	5.4
<i>Soda, Lemon Lime</i>	2.5	4.9	2.5	0.3
<i>WENDY'S BACONATOR Single</i>	-	150.0	-	5.4
<i>WENDY'S SPRITE, Small</i>	-	0.0	-	0.0
<i>WENDYS Salad Dressing, Ranch</i>	25.0	20.0	-	0.0
<i>Totals</i>	5996	1611	528	38
<b>Item Name</b>	<b>Zinc (mg)</b>	<b>Alcohol (g)</b>	<b>Caffeine (mg)</b>	
<i>Oatmeal, Cooked with Milk</i>	1.9	0.0	0.0	
<i>Juice, Orange</i>	0.1	0.0	0.0	
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	0.0	0.0	
<i>COCA-COLA Coke Soda</i>	0.0	0.0	23.0	
<i>Spaghetti, with Meat Sauce</i>	2.6	0.0	0.0	
<i>Cranberry Juice</i>	-	0.0	-	
<i>Pepper Steak</i>	4.1	0.0	0.0	
<i>Potatoes, Mashed, with Whole Milk</i>	0.4	0.0	0.0	
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.4	0.0	0.0	
<i>Oatmeal, Cooked with Milk</i>	1.9	0.0	0.0	
<i>Juice, Orange, Fresh Squeezed</i>	0.1	0.0	0.0	
<i>SUBWAY Sandwich, Tuna, White, 6 Inch</i>	-	0.0	0.0	
<i>Drink, Cranberry Apple Juice</i>	0.0	0.0	0.0	
<i>Steak Salad</i>	3.5	0.0	0.0	
<i>GOLDEN CHICK Mac &amp; Cheese</i>	-	0.0	0.0	
<i>Salad, Greek</i>	0.2	0.0	-	
<i>Water, Bottled</i>	0.0	0.0	0.0	
<i>Oatmeal, Cooked with Water</i>	2.3	0.0	0.0	
<i>Juice, Orange</i>	0.1	0.0	0.0	
<i>SUBWAY Soup, Minestrone</i>	-	0.0	0.0	
<i>SUBWAY Sandwich, Meatball Marinara, White, 6 Inch</i>	-	0.0	0.0	
<i>Soda, Lemon Lime</i>	0.1	0.0	0.0	
<i>WENDY'S BACONATOR Single</i>	-	0.0	0.0	

<i>WENDY'S SPRITE, Small</i>	-	0.0	0.0	
<i>WENDYS Salad Dressing, Ranch</i>	-	0.0	0.0	
<i>Totals</i>	18	0	23	