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Vitamin & Mineral Detail Report For: Samples, Jane
 For the Date Range: 12/03/2006 to 12/03/2006

**Meals for
12/03/2006**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
12	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	4.68	0.00	0.00	0.00	0.00	48.00	1.08	132.00	1464.00	0.24
1	each	Muffin - banana, fat free, Healthy Valley	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2	tea spoon	Sugar - white	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2220.00	0.00
Totals:			0.00	0.00	0.00	4.68	0.00	0.00	0.00	0.00	48.00	1.08	132.00	3684.00	0.24
AM Snack															
1	each	Banana - med 8"	70.00	0.00	0.00	0.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	380.00	0.00
1	each	Sylvias Food	0.00	0.00	0.00	0.00	0.00	4.00	0.00	0.00	50.00	0.00	0.00	0.00	0.30
Totals:			70.00	0.00	0.00	0.00	0.00	4.00	0.00	11.00	50.00	0.00	0.00	380.00	0.30
Lunch															
1	each	Chicken WHOPPER Sandwich, Burger King	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	144.00	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	144.00	0.00	0.00	0.00	0.00
PM Snack															
20	each	Pretzels - Featherweight, low salt	0.00	4.40	2.40	46.00	2.80	0.00	0.00	0.00	860.00	40.00	840.00	3500.00	20.40
Totals:			0.00	4.40	2.40	46.00	2.80	0.00	0.00	0.00	860.00	40.00	840.00	3500.00	20.40
Dinner															
2	table spoon	Ranch - no fat, KRAFT Free	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	40.00	0.00
1	large	Salad - lrg. garden w/tomato & onion	4724.00	0.16	0.12	1.58	0.24	0.00	0.00	48.60	19.00	1.18	30.00	596.00	0.28
4	ounce(s)	Salmon - broiled	56.00	0.40	0.16	9.12	0.72	40.00	3.16	4.28	0.00	0.40	32.00	436.00	0.48
Totals:			4780.00	0.56	0.28	10.70	0.96	40.00	3.16	52.88	19.00	1.58	62.00	1072.00	0.76
Evening Snack															
1	1 bar (5 fl oz)	Ice cream novelties, KLONDIKE BAR Vanilla Ice Cream, with chocolate coating	247.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00	211.64	0.00	0.00	0.00	0.00

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		Totals:	247.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00	211.64	0.00	0.00	0.00	0.00
		Total for 12/03/2006:	5097.16	4.96	2.68	61.38	3.76	44.00	3.16	63.88	1332.64	42.66	1034.0	8636.00	21.70