



NUTRITION ANALYSIS BY DAY FROM 30/12/2005 UPTO 10/01/2006

	30/12/2005	02/01/2006	10/01/2006	DAILY AVERAGE	
255 Water g	376.66	895.4	306.492	526.184	255 Water g
208 Energy kcal	567	1352	238.3	719.1	208 Energy kcal
268 Energy kj	2375	5655	998	3009.33333	268 Energy kj
203 Protein g	33.71	52.56	3.639	29.96966	203 Protein g
257 Adjusted Protein g	0	0	0	0	257 Adjusted Protein g
204 Total lipid (fat) g	7.82	37.67	0.807	15.43233	204 Total lipid (fat) g
207 Ash g	7.45	15.38	2.14	8.32333	207 Ash g
205 Carbohydrate, by difference g	94.3	220.48	60.912	125.23066	205 Carbohydrate, by difference g
291 Fiber, total dietary g	10.1	20.2	8.77	13.02333	291 Fiber, total dietary g
269 Sugars, total g	20.16	65.32	36.86	40.78	269 Sugars, total g
210 Sucrose g	4.45	16.94	13.433	11.60766	210 Sucrose g
211 Glucose (dextrose) g	8.09	24.39	11.462	14.64733	211 Glucose (dextrose) g
212 Fructose g	7.62	23.97	11.955	14.515	212 Fructose g
213 Lactose g	0	0	0	0	213 Lactose g
214 Maltose g	0.01	0.03	0.01	0.01666	214 Maltose g
287 Galactose g	0	0	0	0	287 Galactose g
209 Starch g	58.96	73.6	7.32	46.62666	209 Starch g
301 Calcium, Ca mg	63	448	109	206.66666	301 Calcium, Ca mg
303 Iron, Fe mg	4.76	8.66	0.656	4.692	303 Iron, Fe mg
304 Magnesium, Mg mg	147	301	62.5	170.16666	304 Magnesium, Mg mg
305 Phosphorus, P mg	503	915	84.4	500.8	305 Phosphorus, P mg
306 Potassium, K mg	2263	4635	881.4	2593.13333	306 Potassium, K mg
307 Sodium, Na mg	1032	1417	2.7	817.23333	307 Sodium, Na mg
309 Zinc, Zn mg	2.05	4.45	0.387	2.29566	309 Zinc, Zn mg
312 Copper, Cu mg	0.519	1.416	0.1995	0.7115	312 Copper, Cu mg
315 Manganese, Mn mg	1.035	2.325	0.4367	1.26556	315 Manganese, Mn mg
317 Selenium, Se mcg	67.2	77.7	1.4	48.76666	317 Selenium, Se mcg
401 Vitamin C, total ascorbic acid mg	40.5	172.8	152.39	121.89666	401 Vitamin C, total ascorbic acid mg
404 Thiamin mg	0.265	0.681	0.2035	0.38316	404 Thiamin mg
405 Riboflavin mg	0.345	0.821	0.2197	0.4619	405 Riboflavin mg
406 Niacin mg	15.66	21.408	1.9155	12.9945	406 Niacin mg
410 Pantothenic acid mg	1.893	4.468	1.0745	2.4785	410 Pantothenic acid mg
415 Vitamin B-6 mg	1.522	3.341	0.6877	1.85023	415 Vitamin B-6 mg

417 Folate, total mcg	115	244	108.6	155.86666	417 Folate, total mcg
431 Folic acid mcg	0	0	0	0	431 Folic acid mcg
432 Folate, food mcg	115	244	108.6	155.86666	432 Folate, food mcg
435 Folate, DFE mcg_DFE	115	244	108.6	155.86666	435 Folate, DFE mcg_DFE
418 Vitamin B-12 mcg	1.87	2.05	0	1.30666	418 Vitamin B-12 mcg
578 Vitamin B-12, added mcg	0	0	0	0	578 Vitamin B-12, added mcg
318 Vitamin A, IU IU	182	1537	675.2	798.06666	318 Vitamin A, IU IU
320 Vitamin A, RAE mcg_RAE	27	304	32.9	121.3	320 Vitamin A, RAE mcg_RAE
319 Retinol mcg	20	272	0	97.33333	319 Retinol mcg
323 Vitamin E (alpha-tocopherol) mg	1	1.49	0.497	0.99566	323 Vitamin E (alpha-tocopherol) mg
573 Vitamin E, added mg	0	0	0	0	573 Vitamin E, added mg
341 Tocopherol, beta mg	0.02	0.02	0	0.01333	341 Tocopherol, beta mg
342 Tocopherol, gamma mg	3.4	3.46	0.03	2.29666	342 Tocopherol, gamma mg
343 Tocopherol, delta mg	1.06	1.08	0.01	0.71666	343 Tocopherol, delta mg
324 Vitamin D IU	201	201	0	134	324 Vitamin D IU
430 Vitamin K (phylloquinone) mcg	44.1	45.5	0.7	30.1	430 Vitamin K (phylloquinone) mcg
606 Fatty acids, total saturated g	1.561	12.447	0.1928	4.7336	606 Fatty acids, total saturated g
607 4:0 g	0	0	0	0	607 4:0 g
608 6:0 g	0	0	0	0	608 6:0 g
609 8:0 g	0	0	0	0	609 8:0 g
610 10:0 g	0.004	0.006	0.001	0.00366	610 10:0 g
611 12:0 g	0.015	0.021	0.003	0.013	611 12:0 g
696 13:0 g	0	0	0	0	696 13:0 g
612 14:0 g	0.029	0.035	0.003	0.02233	612 14:0 g
652 15:0 g	0	0	0	0	652 15:0 g
613 16:0 g	1.408	1.71	0.1798	1.09926	613 16:0 g
653 17:0 g	0	0	0	0	653 17:0 g
614 18:0 g	0.1	0.114	0.007	0.07366	614 18:0 g
615 20:0 g	0	0	0	0	615 20:0 g
624 22:0 g	0	0	0	0	624 22:0 g
654 24:0 g	0	0	0	0	654 24:0 g
645 Fatty acids, total monounsaturated g	2.56	13.39	0.1154	5.35513	645 Fatty acids, total monounsaturated g
625 14:1 g	0	0	0	0	625 14:1 g
697 15:1 g	0	0	0	0	697 15:1 g

626 16:1 undifferentiated g	0.088	0.12	0.0208	0.07626	626 16:1 undifferentiated g
673 16:1 c g	0	0	0	0	673 16:1 c g
662 16:1 t g	0	0	0	0	662 16:1 t g
687 17:1 g	0	0	0	0	687 17:1 g
617 18:1 undifferentiated g	2.446	2.542	0.0912	1.69306	617 18:1 undifferentiated g
674 18:1 c g	0	0	0	0	674 18:1 c g
663 18:1 t g	0	0	0	0	663 18:1 t g
628 20:1 g	0.023	0.023	0	0.01533	628 20:1 g
630 22:1 undifferentiated g	0	0	0	0	630 22:1 undifferentiated g
676 22:1 c g	0	0	0	0	676 22:1 c g
664 22:1 t g	0	0	0	0	664 22:1 t g
671 24:1 c g	0	0	0	0	671 24:1 c g
646 Fatty acids, total polyunsaturated g	2.724	9.009	0.1721	3.96836	646 Fatty acids, total polyunsaturated g
618 18:2 undifferentiated g	2.473	2.631	0.1174	1.74046	618 18:2 undifferentiated g
675 18:2 n-6 c,c g	0	0	0	0	675 18:2 n-6 c,c g
670 18:2 CLAs g	0	0	0	0	670 18:2 CLAs g
669 18:2 t,t g	0	0	0	0	669 18:2 t,t g
666 18:2 i g	0	0	0	0	666 18:2 i g
665 18:2 t not further defined g	0	0	0	0	665 18:2 t not further defined g
619 18:3 undifferentiated g	0.139	0.226	0.0591	0.14136	619 18:3 undifferentiated g
851 18:3 n-3 c,c,c g	0	0	0	0	851 18:3 n-3 c,c,c g
685 18:3 n-6 c,c,c g	0	0	0	0	685 18:3 n-6 c,c,c g
627 18:4 g	0	0	0	0	627 18:4 g
856 18:3i g	0	0	0	0	856 18:3i g
672 20:2 n-6 c,c g	0	0	0	0	672 20:2 n-6 c,c g
689 20:3 undifferentiated g	0	0	0	0	689 20:3 undifferentiated g
853 20:3 n-6 g	0	0	0	0	853 20:3 n-6 g
620 20:4 undifferentiated g	0	0	0	0	620 20:4 undifferentiated g
855 20:4 n-6 g	0	0	0	0	855 20:4 n-6 g
629 20:5 n-3 g	0.023	0.023	0	0.01533	629 20:5 n-3 g
857 21:5 g	0	0	0	0	857 21:5 g
858 22:4 g	0	0	0	0	858 22:4 g
631 22:5 n-3 g	0	0	0	0	631 22:5 n-3 g
621 22:6 n-3 g	0.086	0.086	0	0.05733	621 22:6 n-3 g
605 Fatty acids, total	0	0	0	0	605 Fatty acids, total

trans g					trans g
693 Fatty acids, total trans-monoenoic g	0	0	0	0	693 Fatty acids, total trans-monoenoic g
695 Fatty acids, total trans-polyenoic g	0	0	0	0	695 Fatty acids, total trans-polyenoic g
601 Cholesterol mg	15	33	0	16	601 Cholesterol mg
636 Phytosterols mg	22	100	79.8	67.26666	636 Phytosterols mg
638 Stigmasterol mg	0	0	0	0	638 Stigmasterol mg
639 Campesterol mg	0	0	0	0	639 Campesterol mg
641 Beta-sitosterol mg	0	0	0	0	641 Beta-sitosterol mg
501 Tryptophan g	0.406	0.632	0.0341	0.35736	501 Tryptophan g
502 Threonine g	1.395	1.99	0.0805	1.15516	502 Threonine g
503 Isoleucine g	1.481	2.339	0.0788	1.2996	503 Isoleucine g
504 Leucine g	2.554	3.936	0.1617	2.21723	504 Leucine g
505 Lysine g	2.796	4.03	0.1581	2.32803	505 Lysine g
506 Methionine g	0.861	1.21	0.0331	0.70136	506 Methionine g
507 Cystine g	0.37	0.512	0.0358	0.30593	507 Cystine g
508 Phenylalanine g	1.365	2.263	0.1928	1.2736	508 Phenylalanine g
509 Tyrosine g	1.123	1.781	0.0426	0.9822	509 Tyrosine g
510 Valine g	1.762	2.799	0.1252	1.56206	510 Valine g
511 Arginine g	1.893	2.747	0.3407	1.66023	511 Arginine g
512 Histidine g	0.995	1.646	0.1356	0.92553	512 Histidine g
513 Alanine g	1.782	2.338	0.1305	1.41683	513 Alanine g
514 Aspartic acid g	4.532	6.779	0.5005	3.93716	514 Aspartic acid g
515 Glutamic acid g	5.157	8.936	0.7952	4.96273	515 Glutamic acid g
516 Glycine g	1.461	1.893	0.1064	1.15346	516 Glycine g
517 Proline g	1.182	2.713	0.4681	1.45436	517 Proline g
518 Serine g	1.391	2.288	0.1424	1.2738	518 Serine g
521 Hydroxyproline g	0	0	0	0	521 Hydroxyproline g
221 Alcohol, ethyl g	0	0	0	0	221 Alcohol, ethyl g
262 Caffeine mg	0	0	0	0	262 Caffeine mg
263 Theobromine mg	0	0	0	0	263 Theobromine mg
321 Carotene, beta mcg	53	245	242.4	180.13333	321 Carotene, beta mcg
322 Carotene, alpha mcg	34	112	51	65.66666	322 Carotene, alpha mcg
334 Cryptoxanthin, beta mcg	0	162	275.4	145.8	334 Cryptoxanthin, beta mcg
337 Lycopene mcg	0	0	0	0	337 Lycopene mcg
338 Lutein + zeaxanthin mcg	120	361	337.7	272.9	338 Lutein + zeaxanthin mcg

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