

	30/12/05	02/01/06	10/01/06	DAILY AVERAGE
255 Water g	376.66	895.4	306.492	526.184
208 Energy kcal	567	1352	238.3	719.1
268 Energy kj	2375	5655	998	3009.33333
203 Protein g	33.71	52.56	3.639	29.96966
257 Adjusted Protein g	0	0	0	0
204 Total lipid (fat) g	7.82	37.67	0.807	15.43233
207 Ash g	7.45	15.38	2.14	8.32333
205 Carbohydrate, by difference g	94.3	220.48	60.912	125.23066
291 Fiber, total dietary g	10.1	20.2	8.77	13.02333
269 Sugars, total g	20.16	65.32	36.86	40.78
210 Sucrose g	4.45	16.94	13.433	11.60766
211 Glucose (dextrose) g	8.09	24.39	11.462	14.64733
212 Fructose g	7.62	23.97	11.955	14.515
213 Lactose g	0	0	0	0
214 Maltose g	0.01	0.03	0.01	0.01666
287 Galactose g	0	0	0	0
209 Starch g	58.96	73.6	7.32	46.62666
301 Calcium, Ca mg	63	448	109	206.66666

303 Iron, Fe mg	4.76	8.66	0.656	4.692
304 Magnesium, Mg mg	147	301	62.5	170.16666
305 Phosphorus, P mg	503	915	84.4	500.8
306 Potassium, K mg	2263	4635	881.4	2593.13333
307 Sodium, Na mg	1032	1417	2.7	817.23333
309 Zinc, Zn mg	2.05	4.45	0.387	2.29566
312 Copper, Cu mg	0.519	1.416	0.1995	0.7115
315 Manganese, Mn mg	1.035	2.325	0.4367	1.26556
317 Selenium, Se mcg	67.2	77.7	1.4	48.76666
401 Vitamin C, total ascorbic acid mg	40.5	172.8	152.39	121.89666
404 Thiamin mg	0.265	0.681	0.2035	0.38316
405 Riboflavin mg	0.345	0.821	0.2197	0.4619
406 Niacin mg	15.66	21.408	1.9155	12.9945
410 Pantothenic acid mg	1.893	4.468	1.0745	2.4785
415 Vitamin B-6 mg	1.522	3.341	0.6877	1.85023
417 Folate, total mcg	115	244	108.6	155.86666
431 Folic acid mcg	0	0	0	0

432 Folate, food mcg	115	244	108.6	155.86666
435 Folate, DFE mcg_DFE	115	244	108.6	155.86666
418 Vitamin B- 12 mcg	1.87	2.05	0	1.30666
578 Vitamin B- 12, added mcg	0	0	0	0
318 Vitamin A, IU IU	182	1537	675.2	798.06666
320 Vitamin A, RAE mcg_RAE	27	304	32.9	121.3
319 Retinol mcg	20	272	0	97.33333
323 Vitamin E (alpha- tocopherol) mg	1	1.49	0.497	0.99566
573 Vitamin E, added mg	0	0	0	0
341 Tocopher ol, beta mg	0.02	0.02	0	0.01333
342 Tocopher ol, gamma mg	3.4	3.46	0.03	2.29666
343 Tocopher ol, delta mg	1.06	1.08	0.01	0.71666
324 Vitamin D IU	201	201	0	134

430 Vitamin K (phylloqui none) mcg	44.1	45.5	0.7	30.1
606 Fatty acids, total saturated g	1.561	12.447	0.1928	4.7336
607 4:0 g	0	0	0	0
608 6:0 g	0	0	0	0
609 8:0 g	0	0	0	0
610 10:0 g	0.004	0.006	0.001	0.00366
611 12:0 g	0.015	0.021	0.003	0.013
696 13:0 g	0	0	0	0
612 14:0 g	0.029	0.035	0.003	0.02233
652 15:0 g	0	0	0	0
613 16:0 g	1.408	1.71	0.1798	1.09926
653 17:0 g	0	0	0	0
614 18:0 g	0.1	0.114	0.007	0.07366
615 20:0 g	0	0	0	0
624 22:0 g	0	0	0	0
654 24:0 g	0	0	0	0
645 Fatty acids, total monounsa turated g	2.56	13.39	0.1154	5.35513
625 14:1 g	0	0	0	0
697 15:1 g	0	0	0	0
626 16:1 undifferen tiated g	0.088	0.12	0.0208	0.07626
673 16:1 c g	0	0	0	0
662 16:1 t g	0	0	0	0

687 17:1 g	0	0	0	0
617 18:1 undifferentiated g	2.446	2.542	0.0912	1.69306
674 18:1 c g	0	0	0	0
663 18:1 t g	0	0	0	0
628 20:1 g	0.023	0.023	0	0.01533
630 22:1 undifferentiated g	0	0	0	0
676 22:1 c g	0	0	0	0
664 22:1 t g	0	0	0	0
671 24:1 c g	0	0	0	0
646 Fatty acids, total polyunsaturated g	2.724	9.009	0.1721	3.96836
618 18:2 undifferentiated g	2.473	2.631	0.1174	1.74046
675 18:2 n6 c,c g	0	0	0	0
670 18:2 CLAs g	0	0	0	0
669 18:2 t,t g	0	0	0	0
666 18:2 i g	0	0	0	0
665 18:2 t not further defined g	0	0	0	0
619 18:3 undifferentiated g	0.139	0.226	0.0591	0.14136
851 18:3 n3 c,c,c g	0	0	0	0
685 18:3 n6 c,c,c g	0	0	0	0
627 18:4 g	0	0	0	0
856 18:3i g	0	0	0	0

672 20:2 n 6 c,c g	0	0	0	0
689 20:3 undifferen tiated g	0	0	0	0
853 20:3 n 6 g	0	0	0	0
620 20:4 undifferen tiated g	0	0	0	0
855 20:4 n 6 g	0	0	0	0
629 20:5 n 3 g	0.023	0.023	0	0.01533
857 21:5 g	0	0	0	0
858 22:4 g	0	0	0	0
631 22:5 n 3 g	0	0	0	0
621 22:6 n 3 g	0.086	0.086	0	0.05733
605 Fatty acids, total trans g	0	0	0	0
693 Fatty acids, total trans- monoenoic g	0	0	0	0
695 Fatty acids, total trans- polyenoic g	0	0	0	0
601 Cholester ol mg	15	33	0	16
636 Phytoster ols mg	22	100	79.8	67.26666
638 Stigmaste rol mg	0	0	0	0
639 Campeste rol mg	0	0	0	0
641 Beta- sitosterol mg	0	0	0	0

501 Tryptophan g	0.406	0.632	0.0341	0.35736
502 Threonine g	1.395	1.99	0.0805	1.15516
503 Isoleucine g	1.481	2.339	0.0788	1.2996
504 Leucine g	2.554	3.936	0.1617	2.21723
505 Lysine g	2.796	4.03	0.1581	2.32803
506 Methionine g	0.861	1.21	0.0331	0.70136
507 Cystine g	0.37	0.512	0.0358	0.30593
508 Phenylalanine g	1.365	2.263	0.1928	1.2736
509 Tyrosine g	1.123	1.781	0.0426	0.9822
510 Valine g	1.762	2.799	0.1252	1.56206
511 Arginine g	1.893	2.747	0.3407	1.66023
512 Histidine g	0.995	1.646	0.1356	0.92553
513 Alanine g	1.782	2.338	0.1305	1.41683
514 Aspartic acid g	4.532	6.779	0.5005	3.93716
515 Glutamic acid g	5.157	8.936	0.7952	4.96273
516 Glycine g	1.461	1.893	0.1064	1.15346
517 Proline g	1.182	2.713	0.4681	1.45436
518 Serine g	1.391	2.288	0.1424	1.2738
521 Hydroxyproline g	0	0	0	0
221 Alcohol, ethyl g	0	0	0	0

262 Caffeine mg	0	0	0	0
263 Theobromine mg	0	0	0	0
321 Carotene, beta mcg	53	245	242.4	180.13333
322 Carotene, alpha mcg	34	112	51	65.66666
334 Cryptoxanthin, beta mcg	0	162	275.4	145.8
337 Lycopene mcg	0	0	0	0
338 Lutein + zeaxanthin mcg	120	361	337.7	272.9