

MONTHLY NUTRITIONAL ANALYSIS REPORT

DATE	CALORIE (Kcl)	CARBS (grams)	TOTAL FAT (grams)	FIBER (milligrams)	CALCIUM (milligrams)	SODIUM (grams)
10/1/2010	831	90	29	6	670	982
10/4/2010	691	105	16	14	489	817
10/5/2010	702	73	29	9	437	927
10/6/2010	587	88	8	6	383	1114
10/7/2010	978	131	35	9	419	962
10/8/2010	667	85	21	11	442	887
10/11/2010	775	85	30	10	498	922
10/12/2010	673	74	17	7	526	1161
10/13/2010	631	79	23	12	458	981
10/14/2010	845	142	15	13	635	1083
10/15/2010	645	96	15	5	382	838
10/18/2010	731	108	17	9	400	997
10/19/2010	927	131	28	15	719	1286
10/20/2010	750	77	23	6	346	926
10/21/2010	690	84	25	10	476	769
10/22/2010	557	66	18	4	355	777
10/25/2010	670	104	16	8	456	795
10/26/2010	819	128	25	17	378	941
10/27/2010	846	108	29	10	423	1064
10/28/2010	672	89	21	8	402	1080
10/29/2010	672	86	21	6	328	796

Dietary Reference Intakes (DRI) Requirments :

Calories: A weekly average of 533-733 calories/meal

Total Fat: A weekly average no less than 20% and no more than 35% of total calories/ meal

Fiber: Must meet a weekly average of 7-10 grams per meal

Calcium: A weekly average that meets a minimum of 400 milligrams per meal

Sodium: Weely average must not exceed 1000 milligrams per meal

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