

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,735 Kcal
Protein:	95.39 g
Carbohydrates:	216.34 g
Total Fat:	58.07 g
Monounsaturat Fat:	20.29 g
Polyunsaturat Fat:	11.64 g
Saturated Fat:	21.02 g
Trans Fat:	3.23* g
Water:	1,890 ml
Total Sugar:	99.06* g
Total Dietary Fiber:	15.26 g
Cholesterol:	431.01* mg
Alcohol:	0.00* g
Caffeine:	2.18* mg

Minerals

Calcium:	1,411.36 mg
Magnesium:	312.73 mg
Phosphorus:	1,663.47 mg
Potassium:	3,048.83 mg
Sodium:	3,056.27 mg
Copper:	1.014* mg
Iron:	12.91 mg
Manganese:	3.771* mg
Zinc:	13.626 mg

Vitamins

Vitamin A:	773.19* RE
Vitamin E:	5.08* mg
Thiamin (B1):	1.25 mg
Riboflavin (B2):	2.76 mg
Niacin (B3):	17.60 mg
Vitamin (B6):	1.40 mg
Vitamin B12:	6.47* mcg
Folacin:	296.42 mcg
Pantothenic Acid:	7.17* mg
Vitamin C:	89.85* mg
Vitamin D:	483.41* IU
Vitamin K:	34.66* mcg

Fatty Acids

Linoleic:	10.33 g
Oleic:	19.15 g

Other Information

Calories from Protein:	22%
Calories from Carbohydrates:	48%
Calories from Fat:	30%
Poly/SatFat:	0.55:1
Sodium/Potassium:	1.00:1
Calcium/Phosphorus:	0.85:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,710 Kcal
Protein:	94.82 g
Carbohydrates:	211.90 g
Total Fat:	57.55 g
Monounsaturat Fat:	20.17 g
Polyunsaturat Fat:	11.35 g
Saturated Fat:	20.92 g
Trans Fat:	3.22* g
Water:	1,891 ml
Total Sugar:	98.98* g
Total Dietary Fiber:	15.09 g
Cholesterol:	431.01* mg
Alcohol:	0.00* g
Caffeine:	2.18* mg

Minerals

Calcium:	1,410.25 mg
Magnesium:	311.36 mg
Phosphorus:	1,657.35 mg
Potassium:	3,039.72 mg
Sodium:	2,999.84 mg
Copper:	1.006* mg
Iron:	12.57 mg
Manganese:	3.730* mg
Zinc:	13.584 mg

Vitamins

Vitamin A:	773.13* RE
Vitamin E:	5.01* mg
Thiamin (B1):	1.21 mg
Riboflavin (B2):	2.73 mg
Niacin (B3):	17.22 mg
Vitamin (B6):	1.40 mg
Vitamin B12:	6.47* mcg
Folacin:	288.38 mcg
Pantothenic Acid:	7.14* mg
Vitamin C:	89.85* mg
Vitamin D:	483.41* IU
Vitamin K:	33.14* mcg

Fatty Acids

Linoleic:	10.07 g
Oleic:	19.03 g

Other Information

Calories from Protein:	22%
Calories from Carbohydrates:	48%
Calories from Fat:	30%
Poly/SatFat:	0.54:1
Sodium/Potassium:	0.99:1
Calcium/Phosphorus:	0.85:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,774 Kcal
Protein:	96.56 g
Carbohydrates:	218.02 g
Total Fat:	62.54 g
Monounsaturat Fat:	21.03 g
Polyunsaturat Fat:	13.16 g
Saturated Fat:	21.54 g
Trans Fat:	3.22* g
Water:	2,196 ml
Total Sugar:	100.31 g
Total Dietary Fiber:	15.37 g
Cholesterol:	438.32 mg
Alcohol:	0.00 g
Caffeine:	2.18 mg

Minerals

Calcium:	1,430.52 mg
Magnesium:	318.18 mg
Phosphorus:	1,672.01 mg
Potassium:	3,065.48 mg
Sodium:	3,473.52 mg
Copper:	1.048 mg
Iron:	12.87 mg
Manganese:	3.804* mg
Zinc:	13.715 mg

Vitamins

Vitamin A:	774.11 RE
Vitamin E:	5.35 mg
Thiamin (B1):	1.24 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	17.75 mg
Vitamin (B6):	1.41 mg
Vitamin B12:	6.48 mcg
Folacin:	294.81 mcg
Pantothenic Acid:	7.22 mg
Vitamin C:	89.88 mg
Vitamin D:	483.91* IU
Vitamin K:	40.07 mcg

Fatty Acids

Linoleic:	11.61 g
Oleic:	19.84 g

Other Information

Calories from Protein:	22%
Calories from Carbohydrates:	47%
Calories from Fat:	32%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.13:1
Calcium/Phosphorus:	0.86:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,653 Kcal
Protein:	96.24 g
Carbohydrates:	200.42 g
Total Fat:	55.77 g
Monounsaturat Fat:	19.62* g
Polyunsaturat Fat:	11.55* g
Saturated Fat:	19.60 g
Trans Fat:	3.14* g
Water:	1,850* ml
Total Sugar:	86.11* g
Total Dietary Fiber:	14.25 g
Cholesterol:	425.41* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,409.76 mg
Magnesium:	294.57* mg
Phosphorus:	1,656.61* mg
Potassium:	3,044.77 mg
Sodium:	3,014.59 mg
Copper:	0.892* mg
Iron:	12.49 mg
Manganese:	3.632* mg
Zinc:	13.414* mg

Vitamins

Vitamin A:	784.61* RE
Vitamin E:	4.96* mg
Thiamin (B1):	1.21* mg
Riboflavin (B2):	2.72* mg
Niacin (B3):	17.37* mg
Vitamin (B6):	1.36* mg
Vitamin B12:	6.51* mcg
Folacin:	283.19* mcg
Pantothenic Acid:	7.09* mg
Vitamin C:	65.08* mg
Vitamin D:	487.40* IU
Vitamin K:	34.34* mcg

Fatty Acids

Linoleic:	10.25* g
Oleic:	18.53* g

Other Information

Calories from Protein:	23%
Calories from Carbohydrates:	46%
Calories from Fat:	30%
Poly/SatFat:	0.59:1
Sodium/Potassium:	0.99:1
Calcium/Phosphorus:	0.85:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,628 Kcal
Protein:	95.67 g
Carbohydrates:	195.98 g
Total Fat:	55.25 g
Monounsaturat Fat:	19.50* g
Polyunsaturat Fat:	11.26* g
Saturated Fat:	19.50 g
Trans Fat:	3.13* g
Water:	1,851* ml
Total Sugar:	86.04* g
Total Dietary Fiber:	14.08 g
Cholesterol:	425.41* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,408.65 mg
Magnesium:	293.20* mg
Phosphorus:	1,650.49* mg
Potassium:	3,035.66 mg
Sodium:	2,958.16 mg
Copper:	0.884* mg
Iron:	12.16 mg
Manganese:	3.590* mg
Zinc:	13.373* mg

Vitamins

Vitamin A:	784.55* RE
Vitamin E:	4.89* mg
Thiamin (B1):	1.17* mg
Riboflavin (B2):	2.69* mg
Niacin (B3):	16.98* mg
Vitamin (B6):	1.36* mg
Vitamin B12:	6.50* mcg
Folacin:	275.15* mcg
Pantothenic Acid:	7.05* mg
Vitamin C:	65.08* mg
Vitamin D:	487.40* IU
Vitamin K:	32.82* mcg

Fatty Acids

Linoleic:	9.99* g
Oleic:	18.41* g

Other Information

Calories from Protein:	24%
Calories from Carbohydrates:	46%
Calories from Fat:	31%
Poly/SatFat:	0.58:1
Sodium/Potassium:	0.97:1
Calcium/Phosphorus:	0.85:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,693 Kcal
Protein:	97.41 g
Carbohydrates:	202.10 g
Total Fat:	60.25 g
Monounsaturat Fat:	20.36* g
Polyunsaturat Fat:	13.08* g
Saturated Fat:	20.13 g
Trans Fat:	3.14* g
Water:	2,156* ml
Total Sugar:	87.36 g
Total Dietary Fiber:	14.36 g
Cholesterol:	432.72 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,428.91 mg
Magnesium:	300.03* mg
Phosphorus:	1,665.16* mg
Potassium:	3,061.43 mg
Sodium:	3,431.83 mg
Copper:	0.926* mg
Iron:	12.45 mg
Manganese:	3.665* mg
Zinc:	13.503* mg

Vitamins

Vitamin A:	785.53 RE
Vitamin E:	5.22* mg
Thiamin (B1):	1.20* mg
Riboflavin (B2):	2.72* mg
Niacin (B3):	17.52* mg
Vitamin (B6):	1.37* mg
Vitamin B12:	6.51* mcg
Folacin:	281.58* mcg
Pantothenic Acid:	7.14* mg
Vitamin C:	65.11 mg
Vitamin D:	487.90* IU
Vitamin K:	39.75* mcg

Fatty Acids

Linoleic:	11.54* g
Oleic:	19.22* g

Other Information

Calories from Protein:	23%
Calories from Carbohydrates:	45%
Calories from Fat:	32%
Poly/SatFat:	0.65:1
Sodium/Potassium:	1.12:1
Calcium/Phosphorus:	0.86:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,735 Kcal
Protein:	95.39 g
Carbohydrates:	216.36 g
Total Fat:	58.08 g
Monounsaturat Fat:	20.30 g
Polyunsaturat Fat:	11.59 g
Saturated Fat:	21.04 g
Trans Fat:	3.25* g
Water:	1,890 ml
Total Sugar:	99.11* g
Total Dietary Fiber:	15.27 g
Cholesterol:	431.01* mg
Alcohol:	0.00* g
Caffeine:	2.18* mg

Minerals

Calcium:	1,417.36 mg
Magnesium:	312.85 mg
Phosphorus:	1,664.01 mg
Potassium:	3,083.15 mg
Sodium:	3,011.69 mg
Copper:	1.015* mg
Iron:	12.88 mg
Manganese:	3.780* mg
Zinc:	13.634 mg

Vitamins

Vitamin A:	773.13* RE
Vitamin E:	5.08* mg
Thiamin (B1):	1.24 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	17.53 mg
Vitamin (B6):	1.40 mg
Vitamin B12:	6.47* mcg
Folacin:	296.78 mcg
Pantothenic Acid:	7.17* mg
Vitamin C:	89.85* mg
Vitamin D:	483.41* IU
Vitamin K:	34.06* mcg

Fatty Acids

Linoleic:	10.29 g
Oleic:	19.16 g

Other Information

Calories from Protein:	22%
Calories from Carbohydrates:	48%
Calories from Fat:	30%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.98:1
Calcium/Phosphorus:	0.85:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,710 Kcal
Protein:	94.82 g
Carbohydrates:	211.90 g
Total Fat:	57.55 g
Monounsaturat Fat:	20.17 g
Polyunsaturat Fat:	11.35 g
Saturated Fat:	20.92 g
Trans Fat:	3.22* g
Water:	1,891 ml
Total Sugar:	98.98* g
Total Dietary Fiber:	15.09 g
Cholesterol:	431.01* mg
Alcohol:	0.00* g
Caffeine:	2.18* mg

Minerals

Calcium:	1,410.25 mg
Magnesium:	311.36 mg
Phosphorus:	1,657.35 mg
Potassium:	3,039.72 mg
Sodium:	2,999.84 mg
Copper:	1.006* mg
Iron:	12.57 mg
Manganese:	3.730* mg
Zinc:	13.584 mg

Vitamins

Vitamin A:	773.13* RE
Vitamin E:	5.01* mg
Thiamin (B1):	1.21 mg
Riboflavin (B2):	2.73 mg
Niacin (B3):	17.22 mg
Vitamin (B6):	1.40 mg
Vitamin B12:	6.47* mcg
Folacin:	288.38 mcg
Pantothenic Acid:	7.14* mg
Vitamin C:	89.85* mg
Vitamin D:	483.41* IU
Vitamin K:	33.14* mcg

Fatty Acids

Linoleic:	10.07 g
Oleic:	19.03 g

Other Information

Calories from Protein:	22%
Calories from Carbohydrates:	48%
Calories from Fat:	30%
Poly/SatFat:	0.54:1
Sodium/Potassium:	0.99:1
Calcium/Phosphorus:	0.85:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Monday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,774 Kcal
Protein:	96.56 g
Carbohydrates:	218.02 g
Total Fat:	62.54 g
Monounsaturat Fat:	21.03 g
Polyunsaturat Fat:	13.16 g
Saturated Fat:	21.54 g
Trans Fat:	3.22* g
Water:	2,196 ml
Total Sugar:	100.31 g
Total Dietary Fiber:	15.37 g
Cholesterol:	438.32 mg
Alcohol:	0.00 g
Caffeine:	2.18 mg

Minerals

Calcium:	1,430.52 mg
Magnesium:	318.18 mg
Phosphorus:	1,672.01 mg
Potassium:	3,065.48 mg
Sodium:	3,473.52 mg
Copper:	1.048 mg
Iron:	12.87 mg
Manganese:	3.804* mg
Zinc:	13.715 mg

Vitamins

Vitamin A:	774.11 RE
Vitamin E:	5.35 mg
Thiamin (B1):	1.24 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	17.75 mg
Vitamin (B6):	1.41 mg
Vitamin B12:	6.48 mcg
Folacin:	294.81 mcg
Pantothenic Acid:	7.22 mg
Vitamin C:	89.88 mg
Vitamin D:	483.91* IU
Vitamin K:	40.07 mcg

Fatty Acids

Linoleic:	11.61 g
Oleic:	19.84 g

Other Information

Calories from Protein:	22%
Calories from Carbohydrates:	47%
Calories from Fat:	32%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.13:1
Calcium/Phosphorus:	0.86:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,179 Kcal
Protein:	94.20 g
Carbohydrates:	262.06 g
Total Fat:	85.92 g
Monounsaturat Fat:	33.28 g
Polyunsaturat Fat:	21.07 g
Saturated Fat:	25.75 g
Trans Fat:	4.46* g
Water:	1,712 ml
Total Sugar:	81.02* g
Total Dietary Fiber:	11.14* g
Cholesterol:	327.78 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,215.56 mg
Magnesium:	275.67 mg
Phosphorus:	1,784.42 mg
Potassium:	2,961.26 mg
Sodium:	3,374.89 mg
Copper:	0.831* mg
Iron:	16.55 mg
Manganese:	2.753* mg
Zinc:	9.454 mg

Vitamins

Vitamin A:	612.94* RE
Vitamin E:	4.96* mg
Thiamin (B1):	1.82 mg
Riboflavin (B2):	2.58 mg
Niacin (B3):	24.89 mg
Vitamin (B6):	1.56 mg
Vitamin B12:	5.90* mcg
Folacin:	326.22 mcg
Pantothenic Acid:	5.88 mg
Vitamin C:	141.44* mg
Vitamin D:	385.24* IU
Vitamin K:	104.83* mcg

Fatty Acids

Linoleic:	18.75 g
Oleic:	31.88 g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	47%
Calories from Fat:	35%
Poly/SatFat:	0.82:1
Sodium/Potassium:	1.14:1
Calcium/Phosphorus:	0.68:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,116 Kcal
Protein:	86.99 g
Carbohydrates:	261.54 g
Total Fat:	82.29 g
Monounsaturat Fat:	32.52* g
Polyunsaturat Fat:	19.13* g
Saturated Fat:	25.16* g
Trans Fat:	4.40* g
Water:	1,734 ml
Total Sugar:	85.71* g
Total Dietary Fiber:	10.75 g
Cholesterol:	308.52* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,220.79 mg
Magnesium:	264.89 mg
Phosphorus:	1,695.21 mg
Potassium:	2,847.02 mg
Sodium:	3,591.25 mg
Copper:	0.816* mg
Iron:	16.43 mg
Manganese:	2.699* mg
Zinc:	9.288 mg

Vitamins

Vitamin A:	614.93* RE
Vitamin E:	4.71* mg
Thiamin (B1):	1.80 mg
Riboflavin (B2):	2.55 mg
Niacin (B3):	23.55 mg
Vitamin (B6):	1.43 mg
Vitamin B12:	5.29* mcg
Folacin:	321.21* mcg
Pantothenic Acid:	5.76* mg
Vitamin C:	141.84* mg
Vitamin D:	385.57* IU
Vitamin K:	113.02* mcg

Fatty Acids

Linoleic:	17.08* g
Oleic:	31.03* g

Other Information

Calories from Protein:	16%
Calories from Carbohydrates:	49%
Calories from Fat:	35%
Poly/SatFat:	0.76:1
Sodium/Potassium:	1.26:1
Calcium/Phosphorus:	0.72:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,201 Kcal
Protein:	87.66 g
Carbohydrates:	262.47 g
Total Fat:	90.98 g
Monounsaturat Fat:	34.49 g
Polyunsaturat Fat:	24.00 g
Saturated Fat:	26.86 g
Trans Fat:	4.40* g
Water:	2,030 ml
Total Sugar:	84.36* g
Total Dietary Fiber:	10.84* g
Cholesterol:	314.79 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,238.18 mg
Magnesium:	269.64 mg
Phosphorus:	1,696.82 mg
Potassium:	2,866.82 mg
Sodium:	4,379.50 mg
Copper:	0.845 mg
Iron:	16.52 mg
Manganese:	2.728* mg
Zinc:	9.288 mg

Vitamins

Vitamin A:	617.53 RE
Vitamin E:	5.58* mg
Thiamin (B1):	1.80 mg
Riboflavin (B2):	2.55 mg
Niacin (B3):	23.54 mg
Vitamin (B6):	1.43 mg
Vitamin B12:	5.29 mcg
Folacin:	320.31 mcg
Pantothenic Acid:	5.75* mg
Vitamin C:	142.68 mg
Vitamin D:	386.28* IU
Vitamin K:	137.25* mcg

Fatty Acids

Linoleic:	21.37 g
Oleic:	33.09 g

Other Information

Calories from Protein:	16%
Calories from Carbohydrates:	47%
Calories from Fat:	37%
Poly/SatFat:	0.89:1
Sodium/Potassium:	1.53:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,145 Kcal
Protein:	93.90 g
Carbohydrates:	254.88 g
Total Fat:	85.85 g
Monounsaturat Fat:	33.27 g
Polyunsaturat Fat:	21.06 g
Saturated Fat:	25.74 g
Trans Fat:	4.46* g
Water:	1,656 ml
Total Sugar:	74.53* g
Total Dietary Fiber:	11.13* g
Cholesterol:	327.78 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,209.26 mg
Magnesium:	269.58 mg
Phosphorus:	1,776.37 mg
Potassium:	2,887.72 mg
Sodium:	3,370.90 mg
Copper:	0.803* mg
Iron:	16.47 mg
Manganese:	2.740* mg
Zinc:	9.426 mg

Vitamins

Vitamin A:	612.64* RE
Vitamin E:	4.94* mg
Thiamin (B1):	1.80 mg
Riboflavin (B2):	2.56 mg
Niacin (B3):	24.78 mg
Vitamin (B6):	1.54 mg
Vitamin B12:	5.90* mcg
Folacin:	324.00 mcg
Pantothenic Acid:	5.78 mg
Vitamin C:	123.25* mg
Vitamin D:	385.24* IU
Vitamin K:	104.81* mcg

Fatty Acids

Linoleic:	18.74 g
Oleic:	31.87 g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	46%
Calories from Fat:	36%
Poly/SatFat:	0.82:1
Sodium/Potassium:	1.17:1
Calcium/Phosphorus:	0.68:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,082 Kcal
Protein:	86.69 g
Carbohydrates:	254.36 g
Total Fat:	82.22 g
Monounsaturat Fat:	32.51* g
Polyunsaturat Fat:	19.13* g
Saturated Fat:	25.16* g
Trans Fat:	4.40* g
Water:	1,677 ml
Total Sugar:	79.22* g
Total Dietary Fiber:	10.73 g
Cholesterol:	308.52* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,214.49 mg
Magnesium:	258.80 mg
Phosphorus:	1,687.16 mg
Potassium:	2,773.48 mg
Sodium:	3,587.25 mg
Copper:	0.788* mg
Iron:	16.34 mg
Manganese:	2.686* mg
Zinc:	9.260 mg

Vitamins

Vitamin A:	614.64* RE
Vitamin E:	4.68* mg
Thiamin (B1):	1.78 mg
Riboflavin (B2):	2.53 mg
Niacin (B3):	23.44 mg
Vitamin (B6):	1.40 mg
Vitamin B12:	5.29* mcg
Folacin:	318.98* mcg
Pantothenic Acid:	5.66* mg
Vitamin C:	123.64* mg
Vitamin D:	385.57* IU
Vitamin K:	113.00* mcg

Fatty Acids

Linoleic:	17.07* g
Oleic:	31.02* g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	48%
Calories from Fat:	36%
Poly/SatFat:	0.76:1
Sodium/Potassium:	1.29:1
Calcium/Phosphorus:	0.72:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,168 Kcal
Protein:	87.36 g
Carbohydrates:	255.29 g
Total Fat:	90.92 g
Monounsaturat Fat:	34.48 g
Polyunsaturat Fat:	23.99 g
Saturated Fat:	26.85 g
Trans Fat:	4.40* g
Water:	1,973 ml
Total Sugar:	77.87* g
Total Dietary Fiber:	10.83* g
Cholesterol:	314.79 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,231.88 mg
Magnesium:	263.55 mg
Phosphorus:	1,688.77 mg
Potassium:	2,793.28 mg
Sodium:	4,375.51 mg
Copper:	0.817 mg
Iron:	16.43 mg
Manganese:	2.715* mg
Zinc:	9.260 mg

Vitamins

Vitamin A:	617.24 RE
Vitamin E:	5.55* mg
Thiamin (B1):	1.78 mg
Riboflavin (B2):	2.53 mg
Niacin (B3):	23.42 mg
Vitamin (B6):	1.41 mg
Vitamin B12:	5.29 mcg
Folacin:	318.08 mcg
Pantothenic Acid:	5.65* mg
Vitamin C:	124.48 mg
Vitamin D:	386.28* IU
Vitamin K:	137.23* mcg

Fatty Acids

Linoleic:	21.37 g
Oleic:	33.08 g

Other Information

Calories from Protein:	16%
Calories from Carbohydrates:	46%
Calories from Fat:	38%
Poly/SatFat:	0.89:1
Sodium/Potassium:	1.57:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,129 Kcal
Protein:	93.22 g
Carbohydrates:	262.36 g
Total Fat:	80.41 g
Monounsaturat Fat:	30.80 g
Polyunsaturat Fat:	20.13 g
Saturated Fat:	23.98 g
Trans Fat:	4.61* g
Water:	1,741 ml
Total Sugar:	81.04* g
Total Dietary Fiber:	11.14 g
Cholesterol:	506.30 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,256.46 mg
Magnesium:	274.48 mg
Phosphorus:	1,836.18 mg
Potassium:	2,895.30 mg
Sodium:	3,091.11 mg
Copper:	0.830* mg
Iron:	17.03 mg
Manganese:	2.762* mg
Zinc:	9.149 mg

Vitamins

Vitamin A:	703.98* RE
Vitamin E:	5.04* mg
Thiamin (B1):	1.75 mg
Riboflavin (B2):	2.81 mg
Niacin (B3):	22.18 mg
Vitamin (B6):	1.58 mg
Vitamin B12:	6.08* mcg
Folacin:	376.88 mcg
Pantothenic Acid:	6.45 mg
Vitamin C:	141.46* mg
Vitamin D:	423.75* IU
Vitamin K:	105.86* mcg

Fatty Acids

Linoleic:	17.90 g
Oleic:	29.68 g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	48%
Calories from Fat:	34%
Poly/SatFat:	0.84:1
Sodium/Potassium:	1.07:1
Calcium/Phosphorus:	0.68:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,055 Kcal
Protein:	85.67 g
Carbohydrates:	259.96 g
Total Fat:	76.48 g
Monounsaturat Fat:	29.91* g
Polyunsaturat Fat:	18.14* g
Saturated Fat:	23.30* g
Trans Fat:	4.55* g
Water:	1,732 ml
Total Sugar:	85.74* g
Total Dietary Fiber:	10.75 g
Cholesterol:	486.46* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,256.34 mg
Magnesium:	262.18 mg
Phosphorus:	1,739.38 mg
Potassium:	2,768.45 mg
Sodium:	3,180.02 mg
Copper:	0.808* mg
Iron:	16.86 mg
Manganese:	2.702* mg
Zinc:	8.941 mg

Vitamins

Vitamin A:	704.82* RE
Vitamin E:	4.78* mg
Thiamin (B1):	1.72 mg
Riboflavin (B2):	2.76 mg
Niacin (B3):	20.72 mg
Vitamin (B6):	1.44 mg
Vitamin B12:	5.45* mcg
Folacin:	368.05* mcg
Pantothenic Acid:	6.29* mg
Vitamin C:	141.83* mg
Vitamin D:	424.08* IU
Vitamin K:	114.05* mcg

Fatty Acids

Linoleic:	16.23* g
Oleic:	28.82* g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	50%
Calories from Fat:	34%
Poly/SatFat:	0.78:1
Sodium/Potassium:	1.15:1
Calcium/Phosphorus:	0.72:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Tuesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,149 Kcal
Protein:	86.49 g
Carbohydrates:	262.47 g
Total Fat:	85.42 g
Monounsaturat Fat:	31.98 g
Polyunsaturat Fat:	23.04 g
Saturated Fat:	25.08 g
Trans Fat:	4.55* g
Water:	2,031 ml
Total Sugar:	84.38* g
Total Dietary Fiber:	10.84* g
Cholesterol:	493.14 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,275.79 mg
Magnesium:	267.45 mg
Phosphorus:	1,746.10 mg
Potassium:	2,795.73 mg
Sodium:	3,782.99 mg
Copper:	0.841 mg
Iron:	16.97 mg
Manganese:	2.732* mg
Zinc:	8.980 mg

Vitamins

Vitamin A:	708.58 RE
Vitamin E:	5.65* mg
Thiamin (B1):	1.72 mg
Riboflavin (B2):	2.78 mg
Niacin (B3):	20.78 mg
Vitamin (B6):	1.46 mg
Vitamin B12:	5.46 mcg
Folacin:	370.55 mcg
Pantothenic Acid:	6.32* mg
Vitamin C:	142.68 mg
Vitamin D:	424.79* IU
Vitamin K:	138.28* mcg

Fatty Acids

Linoleic:	20.50 g
Oleic:	30.87 g

Other Information

Calories from Protein:	16%
Calories from Carbohydrates:	48%
Calories from Fat:	36%
Poly/SatFat:	0.92:1
Sodium/Potassium:	1.35:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,942 Kcal
Protein:	92.15 g
Carbohydrates:	259.11 g
Total Fat:	61.46 g
Monounsaturat Fat:	23.03 g
Polyunsaturat Fat:	11.81 g
Saturated Fat:	21.21 g
Trans Fat:	3.71* g
Water:	1,852 ml
Total Sugar:	121.58* g
Total Dietary Fiber:	17.37* g
Cholesterol:	173.00 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,452.25 mg
Magnesium:	286.00 mg
Phosphorus:	1,592.49 mg
Potassium:	3,116.97 mg
Sodium:	3,023.56 mg
Copper:	0.925* mg
Iron:	16.18 mg
Manganese:	3.226* mg
Zinc:	14.666 mg

Vitamins

Vitamin A:	1,491.22* RE
Vitamin E:	3.91* mg
Thiamin (B1):	1.81 mg
Riboflavin (B2):	2.78 mg
Niacin (B3):	20.75 mg
Vitamin (B6):	1.66 mg
Vitamin B12:	6.75* mcg
Folacin:	338.36 mcg
Pantothenic Acid:	6.25 mg
Vitamin C:	72.52* mg
Vitamin D:	362.75* IU
Vitamin K:	62.15* mcg

Fatty Acids

Linoleic:	10.55 g
Oleic:	18.72 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	53%
Calories from Fat:	28%
Poly/SatFat:	0.56:1
Sodium/Potassium:	0.97:1
Calcium/Phosphorus:	0.91:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,917 Kcal
Protein:	91.59 g
Carbohydrates:	254.67 g
Total Fat:	60.95 g
Monounsaturat Fat:	22.91 g
Polyunsaturat Fat:	11.52 g
Saturated Fat:	21.11 g
Trans Fat:	3.70* g
Water:	1,853 ml
Total Sugar:	121.50* g
Total Dietary Fiber:	17.20* g
Cholesterol:	173.00 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,451.14 mg
Magnesium:	284.63 mg
Phosphorus:	1,586.37 mg
Potassium:	3,107.86 mg
Sodium:	2,967.13 mg
Copper:	0.917* mg
Iron:	15.84 mg
Manganese:	3.185* mg
Zinc:	14.624 mg

Vitamins

Vitamin A:	1,491.16* RE
Vitamin E:	3.84* mg
Thiamin (B1):	1.77 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	20.37 mg
Vitamin (B6):	1.66 mg
Vitamin B12:	6.75* mcg
Folacin:	330.32 mcg
Pantothenic Acid:	6.21 mg
Vitamin C:	72.52* mg
Vitamin D:	362.75* IU
Vitamin K:	60.62* mcg

Fatty Acids

Linoleic:	10.30 g
Oleic:	18.60 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	52%
Calories from Fat:	29%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.95:1
Calcium/Phosphorus:	0.91:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,958 Kcal
Protein:	92.10 g
Carbohydrates:	257.57 g
Total Fat:	65.40 g
Monounsaturat Fat:	23.66 g
Polyunsaturat Fat:	13.16 g
Saturated Fat:	21.63 g
Trans Fat:	3.71* g
Water:	2,139 ml
Total Sugar:	122.47* g
Total Dietary Fiber:	17.21* g
Cholesterol:	176.91 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,462.67 mg
Magnesium:	288.29 mg
Phosphorus:	1,589.29 mg
Potassium:	3,120.93 mg
Sodium:	3,477.08 mg
Copper:	0.946* mg
Iron:	15.87 mg
Manganese:	3.190* mg
Zinc:	14.640 mg

Vitamins

Vitamin A:	1,491.16* RE
Vitamin E:	4.15* mg
Thiamin (B1):	1.77 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	20.42 mg
Vitamin (B6):	1.66 mg
Vitamin B12:	6.75* mcg
Folacin:	330.83 mcg
Pantothenic Acid:	6.22 mg
Vitamin C:	72.54* mg
Vitamin D:	362.75* IU
Vitamin K:	66.95* mcg

Fatty Acids

Linoleic:	11.68 g
Oleic:	19.31 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	51%
Calories from Fat:	30%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.11:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,814 Kcal
Protein:	91.23 g
Carbohydrates:	238.28 g
Total Fat:	57.33 g
Monounsaturat Fat:	20.70 g
Polyunsaturat Fat:	11.29 g
Saturated Fat:	20.16 g
Trans Fat:	3.71* g
Water:	1,794 ml
Total Sugar:	106.88* g
Total Dietary Fiber:	17.23* g
Cholesterol:	170.69 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,445.36 mg
Magnesium:	281.58 mg
Phosphorus:	1,552.60 mg
Potassium:	3,019.42 mg
Sodium:	2,947.61 mg
Copper:	0.899* mg
Iron:	15.64 mg
Manganese:	3.125* mg
Zinc:	14.595 mg

Vitamins

Vitamin A:	1,488.92* RE
Vitamin E:	3.87* mg
Thiamin (B1):	1.76 mg
Riboflavin (B2):	2.74 mg
Niacin (B3):	20.23 mg
Vitamin (B6):	1.64 mg
Vitamin B12:	6.75* mcg
Folacin:	324.68 mcg
Pantothenic Acid:	6.16 mg
Vitamin C:	59.17* mg
Vitamin D:	362.75* IU
Vitamin K:	60.30* mcg

Fatty Acids

Linoleic:	10.05 g
Oleic:	16.39 g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	51%
Calories from Fat:	28%
Poly/SatFat:	0.56:1
Sodium/Potassium:	0.98:1
Calcium/Phosphorus:	0.93:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,789 Kcal
Protein:	90.66 g
Carbohydrates:	233.84 g
Total Fat:	56.82 g
Monounsaturat Fat:	20.58 g
Polyunsaturat Fat:	11.00 g
Saturated Fat:	20.06 g
Trans Fat:	3.70* g
Water:	1,795 ml
Total Sugar:	106.80* g
Total Dietary Fiber:	17.06* g
Cholesterol:	170.69 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,444.25 mg
Magnesium:	280.21 mg
Phosphorus:	1,546.48 mg
Potassium:	3,010.31 mg
Sodium:	2,891.18 mg
Copper:	0.891* mg
Iron:	15.31 mg
Manganese:	3.084* mg
Zinc:	14.554 mg

Vitamins

Vitamin A:	1,488.86* RE
Vitamin E:	3.80* mg
Thiamin (B1):	1.72 mg
Riboflavin (B2):	2.71 mg
Niacin (B3):	19.84 mg
Vitamin (B6):	1.64 mg
Vitamin B12:	6.74* mcg
Folacin:	316.64 mcg
Pantothenic Acid:	6.13 mg
Vitamin C:	59.17* mg
Vitamin D:	362.75* IU
Vitamin K:	58.78* mcg

Fatty Acids

Linoleic:	9.80 g
Oleic:	16.28 g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	51%
Calories from Fat:	29%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.96:1
Calcium/Phosphorus:	0.93:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,831 Kcal
Protein:	91.18 g
Carbohydrates:	236.75 g
Total Fat:	61.27 g
Monounsaturat Fat:	21.33 g
Polyunsaturat Fat:	12.63 g
Saturated Fat:	20.58 g
Trans Fat:	3.71* g
Water:	2,051 ml
Total Sugar:	107.76* g
Total Dietary Fiber:	17.07* g
Cholesterol:	174.60 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,454.90 mg
Magnesium:	283.58 mg
Phosphorus:	1,549.40 mg
Potassium:	3,023.08 mg
Sodium:	3,400.24 mg
Copper:	0.917* mg
Iron:	15.34 mg
Manganese:	3.089* mg
Zinc:	14.570 mg

Vitamins

Vitamin A:	1,488.85* RE
Vitamin E:	4.10* mg
Thiamin (B1):	1.72 mg
Riboflavin (B2):	2.72 mg
Niacin (B3):	19.90 mg
Vitamin (B6):	1.64 mg
Vitamin B12:	6.75* mcg
Folacin:	317.16 mcg
Pantothenic Acid:	6.14 mg
Vitamin C:	59.18* mg
Vitamin D:	362.75* IU
Vitamin K:	65.11* mcg

Fatty Acids

Linoleic:	11.18 g
Oleic:	16.99 g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	50%
Calories from Fat:	30%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.12:1
Calcium/Phosphorus:	0.94:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,920 Kcal
Protein:	91.53 g
Carbohydrates:	255.56 g
Total Fat:	60.85 g
Monounsaturat Fat:	22.72 g
Polyunsaturat Fat:	11.71 g
Saturated Fat:	21.08 g
Trans Fat:	3.73* g
Water:	1,854 ml
Total Sugar:	121.59* g
Total Dietary Fiber:	17.05* g
Cholesterol:	173.00 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,447.13 mg
Magnesium:	281.54 mg
Phosphorus:	1,576.54 mg
Potassium:	3,131.91 mg
Sodium:	2,624.20 mg
Copper:	0.917* mg
Iron:	16.00 mg
Manganese:	3.187* mg
Zinc:	14.632 mg

Vitamins

Vitamin A:	1,490.40* RE
Vitamin E:	3.90* mg
Thiamin (B1):	1.79 mg
Riboflavin (B2):	2.74 mg
Niacin (B3):	20.47 mg
Vitamin (B6):	1.65 mg
Vitamin B12:	6.71* mcg
Folacin:	337.97 mcg
Pantothenic Acid:	6.22* mg
Vitamin C:	72.48* mg
Vitamin D:	362.75* IU
Vitamin K:	61.47* mcg

Fatty Acids

Linoleic:	10.48 g
Oleic:	18.50 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	52%
Calories from Fat:	29%
Poly/SatFat:	0.56:1
Sodium/Potassium:	0.84:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,894 Kcal
Protein:	90.96 g
Carbohydrates:	251.10 g
Total Fat:	60.32 g
Monounsaturat Fat:	22.58 g
Polyunsaturat Fat:	11.46 g
Saturated Fat:	20.96 g
Trans Fat:	3.70* g
Water:	1,854 ml
Total Sugar:	121.45* g
Total Dietary Fiber:	16.88* g
Cholesterol:	173.00 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,440.02 mg
Magnesium:	280.05 mg
Phosphorus:	1,569.88 mg
Potassium:	3,088.48 mg
Sodium:	2,612.35 mg
Copper:	0.908* mg
Iron:	15.69 mg
Manganese:	3.137* mg
Zinc:	14.582 mg

Vitamins

Vitamin A:	1,490.40* RE
Vitamin E:	3.83* mg
Thiamin (B1):	1.75 mg
Riboflavin (B2):	2.72 mg
Niacin (B3):	20.15 mg
Vitamin (B6):	1.65 mg
Vitamin B12:	6.71* mcg
Folacin:	329.57 mcg
Pantothenic Acid:	6.19* mg
Vitamin C:	72.48* mg
Vitamin D:	362.75* IU
Vitamin K:	60.55* mcg

Fatty Acids

Linoleic:	10.26 g
Oleic:	18.36 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	52%
Calories from Fat:	29%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.85:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Wednesday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,936 Kcal
Protein:	91.47 g
Carbohydrates:	254.01 g
Total Fat:	64.78 g
Monounsaturat Fat:	23.33 g
Polyunsaturat Fat:	13.09 g
Saturated Fat:	21.48 g
Trans Fat:	3.71* g
Water:	2,140 ml
Total Sugar:	122.42* g
Total Dietary Fiber:	16.89* g
Cholesterol:	176.91 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,451.55 mg
Magnesium:	283.71 mg
Phosphorus:	1,572.81 mg
Potassium:	3,101.55 mg
Sodium:	3,122.29 mg
Copper:	0.937* mg
Iron:	15.72 mg
Manganese:	3.142* mg
Zinc:	14.598 mg

Vitamins

Vitamin A:	1,490.40* RE
Vitamin E:	4.13* mg
Thiamin (B1):	1.75 mg
Riboflavin (B2):	2.73 mg
Niacin (B3):	20.21 mg
Vitamin (B6):	1.65 mg
Vitamin B12:	6.71* mcg
Folacin:	330.08 mcg
Pantothenic Acid:	6.20* mg
Vitamin C:	72.50* mg
Vitamin D:	362.75* IU
Vitamin K:	66.88* mcg

Fatty Acids

Linoleic:	11.64 g
Oleic:	19.08 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	51%
Calories from Fat:	30%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.01:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,907 Kcal
Protein:	98.41 g
Carbohydrates:	220.90 g
Total Fat:	72.23 g
Monounsaturat Fat:	21.75 g
Polyunsaturat Fat:	10.59 g
Saturated Fat:	29.48 g
Trans Fat:	3.59* g
Water:	1,719 ml
Total Sugar:	109.42* g
Total Dietary Fiber:	20.35 g
Cholesterol:	389.58 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,557.36 mg
Magnesium:	309.30 mg
Phosphorus:	1,696.79 mg
Potassium:	2,992.68 mg
Sodium:	2,312.39 mg
Copper:	1.020* mg
Iron:	10.85 mg
Manganese:	3.663* mg
Zinc:	10.866 mg

Vitamins

Vitamin A:	1,443.51* RE
Vitamin E:	5.16 mg
Thiamin (B1):	1.18 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	17.35 mg
Vitamin (B6):	1.70 mg
Vitamin B12:	5.78* mcg
Folacin:	282.43 mcg
Pantothenic Acid:	6.78* mg
Vitamin C:	129.65* mg
Vitamin D:	480.72* IU
Vitamin K:	38.00 mcg

Fatty Acids

Linoleic:	9.21 g
Oleic:	20.11 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	45%
Calories from Fat:	34%
Poly/SatFat:	0.36:1
Sodium/Potassium:	0.77:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,919 Kcal
Protein:	98.73 g
Carbohydrates:	222.89 g
Total Fat:	72.45 g
Monounsaturat Fat:	21.83 g
Polyunsaturat Fat:	10.66 g
Saturated Fat:	29.54 g
Trans Fat:	3.59* g
Water:	1,750 ml
Total Sugar:	109.42* g
Total Dietary Fiber:	20.35 g
Cholesterol:	390.01 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,562.73 mg
Magnesium:	310.95 mg
Phosphorus:	1,704.53 mg
Potassium:	3,006.04 mg
Sodium:	2,447.20 mg
Copper:	1.027* mg
Iron:	10.95 mg
Manganese:	3.670* mg
Zinc:	10.904 mg

Vitamins

Vitamin A:	1,443.75* RE
Vitamin E:	5.16 mg
Thiamin (B1):	1.19 mg
Riboflavin (B2):	2.76 mg
Niacin (B3):	17.43 mg
Vitamin (B6):	1.71 mg
Vitamin B12:	5.80* mcg
Folacin:	284.93 mcg
Pantothenic Acid:	6.81* mg
Vitamin C:	129.66* mg
Vitamin D:	480.72* IU
Vitamin K:	38.00 mcg

Fatty Acids

Linoleic:	9.27 g
Oleic:	20.18 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	45%
Calories from Fat:	34%
Poly/SatFat:	0.36:1
Sodium/Potassium:	0.81:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,870 Kcal
Protein:	93.97 g
Carbohydrates:	225.92 g
Total Fat:	68.54 g
Monounsaturat Fat:	21.36* g
Polyunsaturat Fat:	11.52* g
Saturated Fat:	25.44 g
Trans Fat:	4.06* g
Water:	2,039* ml
Total Sugar:	111.20* g
Total Dietary Fiber:	20.35 g
Cholesterol:	365.37 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,418.04 mg
Magnesium:	311.62* mg
Phosphorus:	1,617.32* mg
Potassium:	3,054.41* mg
Sodium:	2,624.36 mg
Copper:	1.052* mg
Iron:	11.03 mg
Manganese:	3.672* mg
Zinc:	10.087* mg

Vitamins

Vitamin A:	1,370.01* RE
Vitamin E:	5.22* mg
Thiamin (B1):	1.20* mg
Riboflavin (B2):	2.72* mg
Niacin (B3):	17.55* mg
Vitamin (B6):	1.71* mg
Vitamin B12:	5.70* mcg
Folacin:	281.80* mcg
Pantothenic Acid:	6.86* mg
Vitamin C:	129.74* mg
Vitamin D:	491.35* IU
Vitamin K:	40.91* mcg

Fatty Acids

Linoleic:	10.09* g
Oleic:	20.18* g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	47%
Calories from Fat:	33%
Poly/SatFat:	0.45:1
Sodium/Potassium:	0.86:1
Calcium/Phosphorus:	0.88:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,871 Kcal
Protein:	98.00 g
Carbohydrates:	212.97 g
Total Fat:	72.20 g
Monounsaturat Fat:	21.74 g
Polyunsaturat Fat:	10.59 g
Saturated Fat:	29.47 g
Trans Fat:	3.59* g
Water:	1,667 ml
Total Sugar:	103.03* g
Total Dietary Fiber:	20.23 g
Cholesterol:	389.58 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,548.89 mg
Magnesium:	303.04 mg
Phosphorus:	1,685.83 mg
Potassium:	2,886.15 mg
Sodium:	2,307.84 mg
Copper:	1.000* mg
Iron:	10.78 mg
Manganese:	3.640* mg
Zinc:	10.838 mg

Vitamins

Vitamin A:	1,441.35* RE
Vitamin E:	5.06 mg
Thiamin (B1):	1.13 mg
Riboflavin (B2):	2.71 mg
Niacin (B3):	17.17 mg
Vitamin (B6):	1.66 mg
Vitamin B12:	5.78* mcg
Folacin:	269.36 mcg
Pantothenic Acid:	6.66* mg
Vitamin C:	105.07* mg
Vitamin D:	480.72* IU
Vitamin K:	37.94 mcg

Fatty Acids

Linoleic:	9.21 g
Oleic:	20.10 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	44%
Calories from Fat:	35%
Poly/SatFat:	0.36:1
Sodium/Potassium:	0.80:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,882 Kcal
Protein:	98.32 g
Carbohydrates:	214.96 g
Total Fat:	72.42 g
Monounsaturat Fat:	21.82 g
Polyunsaturat Fat:	10.66 g
Saturated Fat:	29.53 g
Trans Fat:	3.59* g
Water:	1,698 ml
Total Sugar:	103.03* g
Total Dietary Fiber:	20.23 g
Cholesterol:	390.01 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,554.26 mg
Magnesium:	304.69 mg
Phosphorus:	1,693.58 mg
Potassium:	2,899.50 mg
Sodium:	2,442.64 mg
Copper:	1.007* mg
Iron:	10.88 mg
Manganese:	3.647* mg
Zinc:	10.877 mg

Vitamins

Vitamin A:	1,441.60* RE
Vitamin E:	5.06 mg
Thiamin (B1):	1.14 mg
Riboflavin (B2):	2.72 mg
Niacin (B3):	17.25 mg
Vitamin (B6):	1.66 mg
Vitamin B12:	5.80* mcg
Folacin:	271.86 mcg
Pantothenic Acid:	6.69* mg
Vitamin C:	105.08* mg
Vitamin D:	480.72* IU
Vitamin K:	37.94 mcg

Fatty Acids

Linoleic:	9.27 g
Oleic:	20.17 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	44%
Calories from Fat:	35%
Poly/SatFat:	0.36:1
Sodium/Potassium:	0.84:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,833 Kcal
Protein:	93.56 g
Carbohydrates:	218.00 g
Total Fat:	68.51 g
Monounsaturat Fat:	21.35* g
Polyunsaturat Fat:	11.52* g
Saturated Fat:	25.43 g
Trans Fat:	4.06* g
Water:	1,987* ml
Total Sugar:	104.81* g
Total Dietary Fiber:	20.23 g
Cholesterol:	365.37 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,409.56 mg
Magnesium:	305.37* mg
Phosphorus:	1,606.37* mg
Potassium:	2,947.87* mg
Sodium:	2,619.80 mg
Copper:	1.032* mg
Iron:	10.96 mg
Manganese:	3.650* mg
Zinc:	10.060* mg

Vitamins

Vitamin A:	1,367.86* RE
Vitamin E:	5.12* mg
Thiamin (B1):	1.15* mg
Riboflavin (B2):	2.69* mg
Niacin (B3):	17.37* mg
Vitamin (B6):	1.66* mg
Vitamin B12:	5.70* mcg
Folacin:	268.73* mcg
Pantothenic Acid:	6.73* mg
Vitamin C:	105.17* mg
Vitamin D:	491.35* IU
Vitamin K:	40.85* mcg

Fatty Acids

Linoleic:	10.09* g
Oleic:	20.17* g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	46%
Calories from Fat:	34%
Poly/SatFat:	0.45:1
Sodium/Potassium:	0.89:1
Calcium/Phosphorus:	0.88:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,907 Kcal
Protein:	98.41 g
Carbohydrates:	220.90 g
Total Fat:	72.23 g
Monounsaturat Fat:	21.75 g
Polyunsaturat Fat:	10.59 g
Saturated Fat:	29.48 g
Trans Fat:	3.59* g
Water:	1,719 ml
Total Sugar:	109.42* g
Total Dietary Fiber:	20.35 g
Cholesterol:	389.58 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,557.36 mg
Magnesium:	309.30 mg
Phosphorus:	1,696.79 mg
Potassium:	2,992.68 mg
Sodium:	2,312.39 mg
Copper:	1.020* mg
Iron:	10.85 mg
Manganese:	3.663* mg
Zinc:	10.866 mg

Vitamins

Vitamin A:	1,443.51* RE
Vitamin E:	5.16 mg
Thiamin (B1):	1.18 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	17.35 mg
Vitamin (B6):	1.70 mg
Vitamin B12:	5.78* mcg
Folacin:	282.43 mcg
Pantothenic Acid:	6.78* mg
Vitamin C:	129.65* mg
Vitamin D:	480.72* IU
Vitamin K:	38.00 mcg

Fatty Acids

Linoleic:	9.21 g
Oleic:	20.11 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	45%
Calories from Fat:	34%
Poly/SatFat:	0.36:1
Sodium/Potassium:	0.77:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,919 Kcal
Protein:	98.73 g
Carbohydrates:	222.89 g
Total Fat:	72.45 g
Monounsaturat Fat:	21.83 g
Polyunsaturat Fat:	10.66 g
Saturated Fat:	29.54 g
Trans Fat:	3.59* g
Water:	1,750 ml
Total Sugar:	109.42* g
Total Dietary Fiber:	20.35 g
Cholesterol:	390.01 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,562.73 mg
Magnesium:	310.95 mg
Phosphorus:	1,704.53 mg
Potassium:	3,006.04 mg
Sodium:	2,447.20 mg
Copper:	1.027* mg
Iron:	10.95 mg
Manganese:	3.670* mg
Zinc:	10.904 mg

Vitamins

Vitamin A:	1,443.75* RE
Vitamin E:	5.16 mg
Thiamin (B1):	1.19 mg
Riboflavin (B2):	2.76 mg
Niacin (B3):	17.43 mg
Vitamin (B6):	1.71 mg
Vitamin B12:	5.80* mcg
Folacin:	284.93 mcg
Pantothenic Acid:	6.81* mg
Vitamin C:	129.66* mg
Vitamin D:	480.72* IU
Vitamin K:	38.00 mcg

Fatty Acids

Linoleic:	9.27 g
Oleic:	20.18 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	45%
Calories from Fat:	34%
Poly/SatFat:	0.36:1
Sodium/Potassium:	0.81:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Thursday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,870 Kcal
Protein:	93.97 g
Carbohydrates:	225.92 g
Total Fat:	68.54 g
Monounsaturat Fat:	21.36* g
Polyunsaturat Fat:	11.52* g
Saturated Fat:	25.44 g
Trans Fat:	4.06* g
Water:	2,039* ml
Total Sugar:	111.20* g
Total Dietary Fiber:	20.35 g
Cholesterol:	365.37 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,418.04 mg
Magnesium:	311.62* mg
Phosphorus:	1,617.32* mg
Potassium:	3,054.41* mg
Sodium:	2,624.36 mg
Copper:	1.052* mg
Iron:	11.03 mg
Manganese:	3.672* mg
Zinc:	10.087* mg

Vitamins

Vitamin A:	1,370.01* RE
Vitamin E:	5.22* mg
Thiamin (B1):	1.20* mg
Riboflavin (B2):	2.72* mg
Niacin (B3):	17.55* mg
Vitamin (B6):	1.71* mg
Vitamin B12:	5.70* mcg
Folacin:	281.80* mcg
Pantothenic Acid:	6.86* mg
Vitamin C:	129.74* mg
Vitamin D:	491.35* IU
Vitamin K:	40.91* mcg

Fatty Acids

Linoleic:	10.09* g
Oleic:	20.18* g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	47%
Calories from Fat:	33%
Poly/SatFat:	0.45:1
Sodium/Potassium:	0.86:1
Calcium/Phosphorus:	0.88:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,902* Kcal
Protein:	85.53* g
Carbohydrates:	244.11* g
Total Fat:	68.61* g
Monounsaturat Fat:	18.64* g
Polyunsaturat Fat:	15.76* g
Saturated Fat:	21.92* g
Trans Fat:	3.70* g
Water:	1,862* ml
Total Sugar:	83.70* g
Total Dietary Fiber:	18.43* g
Cholesterol:	170.20* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,257.80 mg
Magnesium:	268.55* mg
Phosphorus:	1,554.22* mg
Potassium:	2,550.18* mg
Sodium:	3,066.58 mg
Copper:	0.828* mg
Iron:	16.06 mg
Manganese:	3.460* mg
Zinc:	7.735* mg

Vitamins

Vitamin A:	475.25* RE
Vitamin E:	4.80* mg
Thiamin (B1):	1.54* mg
Riboflavin (B2):	2.22* mg
Niacin (B3):	16.79* mg
Vitamin (B6):	1.18* mg
Vitamin B12:	4.36* mcg
Folacin:	225.96* mcg
Pantothenic Acid:	4.80* mg
Vitamin C:	92.61* mg
Vitamin D:	364.27* IU
Vitamin K:	78.84* mcg

Fatty Acids

Linoleic:	14.35* g
Oleic:	17.83* g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	50%
Calories from Fat:	32%
Poly/SatFat:	0.72:1
Sodium/Potassium:	1.20:1
Calcium/Phosphorus:	0.81:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,925* Kcal
Protein:	86.22* g
Carbohydrates:	247.89* g
Total Fat:	69.20* g
Monounsaturat Fat:	18.92* g
Polyunsaturat Fat:	15.87* g
Saturated Fat:	22.10* g
Trans Fat:	3.70* g
Water:	1,922* ml
Total Sugar:	83.70* g
Total Dietary Fiber:	18.43* g
Cholesterol:	171.35* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,268.48 mg
Magnesium:	271.58* mg
Phosphorus:	1,569.40* mg
Potassium:	2,575.40* mg
Sodium:	3,321.49 mg
Copper:	0.841* mg
Iron:	16.14 mg
Manganese:	3.474* mg
Zinc:	7.820* mg

Vitamins

Vitamin A:	477.57* RE
Vitamin E:	4.80* mg
Thiamin (B1):	1.55* mg
Riboflavin (B2):	2.26* mg
Niacin (B3):	17.03* mg
Vitamin (B6):	1.19* mg
Vitamin B12:	4.39* mcg
Folacin:	233.58* mcg
Pantothenic Acid:	4.88* mg
Vitamin C:	92.64* mg
Vitamin D:	364.27* IU
Vitamin K:	78.84* mcg

Fatty Acids

Linoleic:	14.35* g
Oleic:	17.85* g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	50%
Calories from Fat:	32%
Poly/SatFat:	0.72:1
Sodium/Potassium:	1.29:1
Calcium/Phosphorus:	0.81:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,861 Kcal
Protein:	85.64 g
Carbohydrates:	234.50 g
Total Fat:	68.44 g
Monounsaturat Fat:	19.94 g
Polyunsaturat Fat:	16.32 g
Saturated Fat:	21.93 g
Trans Fat:	3.85* g
Water:	2,249 ml
Total Sugar:	84.66* g
Total Dietary Fiber:	17.72 g
Cholesterol:	172.56 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,241.29 mg
Magnesium:	294.30 mg
Phosphorus:	1,515.03 mg
Potassium:	2,581.92 mg
Sodium:	4,009.82 mg
Copper:	0.913* mg
Iron:	15.88 mg
Manganese:	3.523* mg
Zinc:	8.130 mg

Vitamins

Vitamin A:	478.81* RE
Vitamin E:	4.89* mg
Thiamin (B1):	1.81 mg
Riboflavin (B2):	2.15 mg
Niacin (B3):	18.82 mg
Vitamin (B6):	1.40 mg
Vitamin B12:	4.45* mcg
Folacin:	239.70 mcg
Pantothenic Acid:	5.44 mg
Vitamin C:	108.86* mg
Vitamin D:	364.27* IU
Vitamin K:	82.27* mcg

Fatty Acids

Linoleic:	14.75 g
Oleic:	18.83 g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	49%
Calories from Fat:	33%
Poly/SatFat:	0.74:1
Sodium/Potassium:	1.55:1
Calcium/Phosphorus:	0.82:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,868* Kcal
Protein:	85.23* g
Carbohydrates:	236.93* g
Total Fat:	68.55* g
Monounsaturat Fat:	18.63* g
Polyunsaturat Fat:	15.75* g
Saturated Fat:	21.91* g
Trans Fat:	3.70* g
Water:	1,806* ml
Total Sugar:	77.21* g
Total Dietary Fiber:	18.41* g
Cholesterol:	170.20* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,251.50 mg
Magnesium:	262.45* mg
Phosphorus:	1,546.17* mg
Potassium:	2,476.64* mg
Sodium:	3,062.59 mg
Copper:	0.800* mg
Iron:	15.98 mg
Manganese:	3.447* mg
Zinc:	7.707* mg

Vitamins

Vitamin A:	474.95* RE
Vitamin E:	4.77* mg
Thiamin (B1):	1.51* mg
Riboflavin (B2):	2.20* mg
Niacin (B3):	16.67* mg
Vitamin (B6):	1.16* mg
Vitamin B12:	4.36* mcg
Folacin:	223.73* mcg
Pantothenic Acid:	4.70* mg
Vitamin C:	74.41* mg
Vitamin D:	364.27* IU
Vitamin K:	78.83* mcg

Fatty Acids

Linoleic:	14.34* g
Oleic:	17.82* g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	49%
Calories from Fat:	33%
Poly/SatFat:	0.72:1
Sodium/Potassium:	1.24:1
Calcium/Phosphorus:	0.81:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,891* Kcal
Protein:	85.92* g
Carbohydrates:	240.71* g
Total Fat:	69.14* g
Monounsaturat Fat:	18.91* g
Polyunsaturat Fat:	15.86* g
Saturated Fat:	22.09* g
Trans Fat:	3.70* g
Water:	1,865* ml
Total Sugar:	77.21* g
Total Dietary Fiber:	18.41* g
Cholesterol:	171.35* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,262.17 mg
Magnesium:	265.48* mg
Phosphorus:	1,561.35* mg
Potassium:	2,501.87* mg
Sodium:	3,317.49 mg
Copper:	0.813* mg
Iron:	16.06 mg
Manganese:	3.461* mg
Zinc:	7.792* mg

Vitamins

Vitamin A:	477.27* RE
Vitamin E:	4.77* mg
Thiamin (B1):	1.53* mg
Riboflavin (B2):	2.24* mg
Niacin (B3):	16.92* mg
Vitamin (B6):	1.17* mg
Vitamin B12:	4.39* mcg
Folacin:	231.35* mcg
Pantothenic Acid:	4.78* mg
Vitamin C:	74.45* mg
Vitamin D:	364.27* IU
Vitamin K:	78.83* mcg

Fatty Acids

Linoleic:	14.34* g
Oleic:	17.84* g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	49%
Calories from Fat:	33%
Poly/SatFat:	0.72:1
Sodium/Potassium:	1.33:1
Calcium/Phosphorus:	0.81:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,827 Kcal
Protein:	85.34 g
Carbohydrates:	227.32 g
Total Fat:	68.38 g
Monounsaturat Fat:	19.93 g
Polyunsaturat Fat:	16.32 g
Saturated Fat:	21.92 g
Trans Fat:	3.85* g
Water:	2,192 ml
Total Sugar:	78.16* g
Total Dietary Fiber:	17.70 g
Cholesterol:	172.56 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,234.99 mg
Magnesium:	288.20 mg
Phosphorus:	1,506.98 mg
Potassium:	2,508.38 mg
Sodium:	4,005.82 mg
Copper:	0.884* mg
Iron:	15.80 mg
Manganese:	3.510* mg
Zinc:	8.103 mg

Vitamins

Vitamin A:	478.52* RE
Vitamin E:	4.86* mg
Thiamin (B1):	1.78 mg
Riboflavin (B2):	2.14 mg
Niacin (B3):	18.70 mg
Vitamin (B6):	1.38 mg
Vitamin B12:	4.45* mcg
Folacin:	237.48 mcg
Pantothenic Acid:	5.34 mg
Vitamin C:	90.67* mg
Vitamin D:	364.27* IU
Vitamin K:	82.26* mcg

Fatty Acids

Linoleic:	14.74 g
Oleic:	18.82 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	48%
Calories from Fat:	34%
Poly/SatFat:	0.74:1
Sodium/Potassium:	1.60:1
Calcium/Phosphorus:	0.82:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,896* Kcal
Protein:	82.89* g
Carbohydrates:	237.77* g
Total Fat:	71.80* g
Monounsaturat Fat:	19.67* g
Polyunsaturat Fat:	16.58* g
Saturated Fat:	22.93* g
Trans Fat:	3.72* g
Water:	1,867* ml
Total Sugar:	83.88* g
Total Dietary Fiber:	18.32* g
Cholesterol:	345.76* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,275.13 mg
Magnesium:	268.75* mg
Phosphorus:	1,460.60* mg
Potassium:	2,529.86* mg
Sodium:	2,416.61 mg
Copper:	0.838* mg
Iron:	16.69 mg
Manganese:	3.436* mg
Zinc:	7.942* mg

Vitamins

Vitamin A:	554.76* RE
Vitamin E:	5.33* mg
Thiamin (B1):	1.36* mg
Riboflavin (B2):	2.38* mg
Niacin (B3):	15.56* mg
Vitamin (B6):	1.15* mg
Vitamin B12:	4.59* mcg
Folacin:	248.14* mcg
Pantothenic Acid:	5.44* mg
Vitamin C:	92.30* mg
Vitamin D:	405.27* IU
Vitamin K:	78.99* mcg

Fatty Acids

Linoleic:	15.00* g
Oleic:	18.78* g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	48%
Calories from Fat:	34%
Poly/SatFat:	0.72:1
Sodium/Potassium:	0.96:1
Calcium/Phosphorus:	0.87:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,908* Kcal
Protein:	83.23* g
Carbohydrates:	239.67* g
Total Fat:	72.10* g
Monounsaturat Fat:	19.81* g
Polyunsaturat Fat:	16.64* g
Saturated Fat:	23.02* g
Trans Fat:	3.72* g
Water:	1,897* ml
Total Sugar:	83.88* g
Total Dietary Fiber:	18.32* g
Cholesterol:	346.34* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,280.47 mg
Magnesium:	270.27* mg
Phosphorus:	1,468.19* mg
Potassium:	2,542.48* mg
Sodium:	2,544.07 mg
Copper:	0.845* mg
Iron:	16.73 mg
Manganese:	3.443* mg
Zinc:	7.984* mg

Vitamins

Vitamin A:	555.92* RE
Vitamin E:	5.33* mg
Thiamin (B1):	1.37* mg
Riboflavin (B2):	2.40* mg
Niacin (B3):	15.68* mg
Vitamin (B6):	1.16* mg
Vitamin B12:	4.60* mcg
Folacin:	251.95* mcg
Pantothenic Acid:	5.48* mg
Vitamin C:	92.32* mg
Vitamin D:	405.27* IU
Vitamin K:	78.99* mcg

Fatty Acids

Linoleic:	15.01* g
Oleic:	18.80* g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	49%
Calories from Fat:	34%
Poly/SatFat:	0.72:1
Sodium/Potassium:	1.00:1
Calcium/Phosphorus:	0.87:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Friday

Item Type : Menu Analysis

Macro Nutrients		Vitamins	
Calories:	1,834 Kcal	Vitamin A:	556.01* RE
Protein:	82.41 g	Vitamin E:	5.42* mg
Carbohydrates:	224.54 g	Thiamin (B1):	1.61 mg
Total Fat:	71.07 g	Riboflavin (B2):	2.28 mg
Monounsaturat Fat:	20.71 g	Niacin (B3):	17.37 mg
Polyunsaturat Fat:	17.05 g	Vitamin (B6):	1.36 mg
Saturated Fat:	22.77 g	Vitamin B12:	4.65* mcg
Trans Fat:	3.87* g	Folacin:	254.48 mcg
Water:	2,223 ml	Pantothenic Acid:	6.01* mg
Total Sugar:	84.84* g	Vitamin C:	108.53* mg
Total Dietary Fiber:	17.61 g	Vitamin D:	405.27* IU
Cholesterol:	347.05 mg	Vitamin K:	82.42* mcg
Alcohol:	0.00* g	Fatty Acids	
Caffeine:	0.00* mg	Linoleic:	15.41 g
		Oleic:	19.77 g
Minerals		Other Information	
Calcium:	1,250.03 mg	Calories from Protein:	18%
Magnesium:	292.12 mg	Calories from Carbohydrates:	47%
Phosphorus:	1,407.48 mg	Calories from Fat:	35%
Potassium:	2,539.10 mg		
Sodium:	3,261.75 mg		
Copper:	0.913* mg	Poly/SatFat:	0.75:1
Iron:	16.44 mg	Sodium/Potassium:	1.28:1
Manganese:	3.487* mg	Calcium/Phosphorus:	0.89:1
Zinc:	8.254 mg		

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,910 Kcal
Protein:	93.11 g
Carbohydrates:	248.30 g
Total Fat:	63.52 g
Monounsaturat Fat:	24.28 g
Polyunsaturat Fat:	12.47 g
Saturated Fat:	22.21 g
Trans Fat:	2.99* g
Water:	1,859 ml
Total Sugar:	109.20* g
Total Dietary Fiber:	16.89* g
Cholesterol:	394.58 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,268.69 mg
Magnesium:	316.54 mg
Phosphorus:	1,685.68 mg
Potassium:	3,118.94 mg
Sodium:	2,724.74 mg
Copper:	1.197* mg
Iron:	16.53 mg
Manganese:	3.381* mg
Zinc:	10.986 mg

Vitamins

Vitamin A:	770.98* RE
Vitamin E:	2.97* mg
Thiamin (B1):	2.09 mg
Riboflavin (B2):	2.81 mg
Niacin (B3):	25.19 mg
Vitamin (B6):	1.86 mg
Vitamin B12:	6.58* mcg
Folacin:	329.29 mcg
Pantothenic Acid:	7.14 mg
Vitamin C:	72.80* mg
Vitamin D:	467.01* IU
Vitamin K:	66.38* mcg

Fatty Acids

Linoleic:	11.03 g
Oleic:	23.28 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	51%
Calories from Fat:	30%
Poly/SatFat:	0.56:1
Sodium/Potassium:	0.87:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,896 Kcal
Protein:	92.87 g
Carbohydrates:	245.67 g
Total Fat:	63.29 g
Monounsaturat Fat:	24.30 g
Polyunsaturat Fat:	12.19 g
Saturated Fat:	22.21 g
Trans Fat:	2.98* g
Water:	1,890 ml
Total Sugar:	109.12* g
Total Dietary Fiber:	16.78* g
Cholesterol:	394.67 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,272.50 mg
Magnesium:	316.50 mg
Phosphorus:	1,685.75 mg
Potassium:	3,118.12 mg
Sodium:	2,816.82 mg
Copper:	1.197* mg
Iron:	16.25 mg
Manganese:	3.352* mg
Zinc:	10.978 mg

Vitamins

Vitamin A:	771.16* RE
Vitamin E:	2.90* mg
Thiamin (B1):	2.06 mg
Riboflavin (B2):	2.79 mg
Niacin (B3):	24.92 mg
Vitamin (B6):	1.86 mg
Vitamin B12:	6.60* mcg
Folacin:	322.20 mcg
Pantothenic Acid:	7.11 mg
Vitamin C:	72.81* mg
Vitamin D:	467.01* IU
Vitamin K:	64.86* mcg

Fatty Acids

Linoleic:	10.78 g
Oleic:	23.28 g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	50%
Calories from Fat:	30%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.90:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,150 Kcal
Protein:	96.21 g
Carbohydrates:	279.07 g
Total Fat:	75.26 g
Monounsaturat Fat:	29.91 g
Polyunsaturat Fat:	15.06 g
Saturated Fat:	25.01 g
Trans Fat:	2.98* g
Water:	2,174 ml
Total Sugar:	125.98* g
Total Dietary Fiber:	17.49* g
Cholesterol:	404.89 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,299.03 mg
Magnesium:	327.01 mg
Phosphorus:	1,776.45 mg
Potassium:	3,208.84 mg
Sodium:	3,531.04 mg
Copper:	1.259* mg
Iron:	17.36 mg
Manganese:	3.566* mg
Zinc:	11.215 mg

Vitamins

Vitamin A:	776.71* RE
Vitamin E:	3.32* mg
Thiamin (B1):	2.18 mg
Riboflavin (B2):	2.88 mg
Niacin (B3):	26.62 mg
Vitamin (B6):	1.89 mg
Vitamin B12:	6.68* mcg
Folacin:	355.88 mcg
Pantothenic Acid:	7.28 mg
Vitamin C:	72.86* mg
Vitamin D:	468.04* IU
Vitamin K:	75.43* mcg

Fatty Acids

Linoleic:	13.33 g
Oleic:	28.86 g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	51%
Calories from Fat:	32%
Poly/SatFat:	0.60:1
Sodium/Potassium:	1.10:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,783 Kcal
Protein:	92.18 g
Carbohydrates:	227.47 g
Total Fat:	59.38 g
Monounsaturat Fat:	21.96 g
Polyunsaturat Fat:	11.94 g
Saturated Fat:	21.16 g
Trans Fat:	2.99* g
Water:	1,801 ml
Total Sugar:	94.49* g
Total Dietary Fiber:	16.74* g
Cholesterol:	392.27 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,261.81 mg
Magnesium:	312.12 mg
Phosphorus:	1,645.79 mg
Potassium:	3,021.39 mg
Sodium:	2,648.78 mg
Copper:	1.171* mg
Iron:	16.00 mg
Manganese:	3.280* mg
Zinc:	10.915 mg

Vitamins

Vitamin A:	768.67* RE
Vitamin E:	2.93* mg
Thiamin (B1):	2.05 mg
Riboflavin (B2):	2.77 mg
Niacin (B3):	24.66 mg
Vitamin (B6):	1.84 mg
Vitamin B12:	6.58* mcg
Folacin:	315.62 mcg
Pantothenic Acid:	7.05 mg
Vitamin C:	59.45* mg
Vitamin D:	467.01* IU
Vitamin K:	64.54* mcg

Fatty Acids

Linoleic:	10.53 g
Oleic:	20.95 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	49%
Calories from Fat:	30%
Poly/SatFat:	0.56:1
Sodium/Potassium:	0.88:1
Calcium/Phosphorus:	0.77:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,769 Kcal
Protein:	91.94 g
Carbohydrates:	224.84 g
Total Fat:	59.16 g
Monounsaturat Fat:	21.97 g
Polyunsaturat Fat:	11.66 g
Saturated Fat:	21.16 g
Trans Fat:	2.98* g
Water:	1,831 ml
Total Sugar:	94.42* g
Total Dietary Fiber:	16.64* g
Cholesterol:	392.36 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,265.61 mg
Magnesium:	312.08 mg
Phosphorus:	1,645.86 mg
Potassium:	3,020.56 mg
Sodium:	2,740.87 mg
Copper:	1.171* mg
Iron:	15.72 mg
Manganese:	3.252* mg
Zinc:	10.908 mg

Vitamins

Vitamin A:	768.85* RE
Vitamin E:	2.86* mg
Thiamin (B1):	2.01 mg
Riboflavin (B2):	2.75 mg
Niacin (B3):	24.39 mg
Vitamin (B6):	1.84 mg
Vitamin B12:	6.59* mcg
Folacin:	308.52 mcg
Pantothenic Acid:	7.02 mg
Vitamin C:	59.46* mg
Vitamin D:	467.01* IU
Vitamin K:	63.01* mcg

Fatty Acids

Linoleic:	10.28 g
Oleic:	20.96 g

Other Information

Calories from Protein:	21%
Calories from Carbohydrates:	49%
Calories from Fat:	30%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.91:1
Calcium/Phosphorus:	0.77:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,931 Kcal
Protein:	94.45 g
Carbohydrates:	245.40 g
Total Fat:	67.05 g
Monounsaturat Fat:	25.25 g
Polyunsaturat Fat:	14.01 g
Saturated Fat:	22.92 g
Trans Fat:	2.98* g
Water:	2,083 ml
Total Sugar:	103.62* g
Total Dietary Fiber:	17.16* g
Cholesterol:	400.27 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,289.58 mg
Magnesium:	320.83 mg
Phosphorus:	1,701.11 mg
Potassium:	3,080.15 mg
Sodium:	3,385.39 mg
Copper:	1.221* mg
Iron:	16.44 mg
Manganese:	3.400* mg
Zinc:	11.095 mg

Vitamins

Vitamin A:	772.10* RE
Vitamin E:	3.24* mg
Thiamin (B1):	2.09 mg
Riboflavin (B2):	2.82 mg
Niacin (B3):	25.59 mg
Vitamin (B6):	1.86 mg
Vitamin B12:	6.67* mcg
Folacin:	328.99 mcg
Pantothenic Acid:	7.15 mg
Vitamin C:	59.51* mg
Vitamin D:	468.04* IU
Vitamin K:	71.74* mcg

Fatty Acids

Linoleic:	12.34 g
Oleic:	24.22 g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	49%
Calories from Fat:	31%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.10:1
Calcium/Phosphorus:	0.76:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,910 Kcal
Protein:	93.11 g
Carbohydrates:	248.32 g
Total Fat:	63.53 g
Monounsaturat Fat:	24.30 g
Polyunsaturat Fat:	12.42 g
Saturated Fat:	22.23 g
Trans Fat:	3.01* g
Water:	1,859 ml
Total Sugar:	109.26* g
Total Dietary Fiber:	16.90* g
Cholesterol:	394.58 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,274.69 mg
Magnesium:	316.66 mg
Phosphorus:	1,686.22 mg
Potassium:	3,153.26 mg
Sodium:	2,680.16 mg
Copper:	1.198* mg
Iron:	16.51 mg
Manganese:	3.390* mg
Zinc:	10.993 mg

Vitamins

Vitamin A:	770.92* RE
Vitamin E:	2.97* mg
Thiamin (B1):	2.09 mg
Riboflavin (B2):	2.80 mg
Niacin (B3):	25.12 mg
Vitamin (B6):	1.86 mg
Vitamin B12:	6.58* mcg
Folacin:	329.65 mcg
Pantothenic Acid:	7.13 mg
Vitamin C:	72.80* mg
Vitamin D:	467.01* IU
Vitamin K:	65.78* mcg

Fatty Acids

Linoleic:	10.99 g
Oleic:	23.29 g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	51%
Calories from Fat:	30%
Poly/SatFat:	0.56:1
Sodium/Potassium:	0.85:1
Calcium/Phosphorus:	0.76:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	1,896 Kcal
Protein:	92.87 g
Carbohydrates:	245.67 g
Total Fat:	63.29 g
Monounsaturat Fat:	24.30 g
Polyunsaturat Fat:	12.19 g
Saturated Fat:	22.21 g
Trans Fat:	2.98* g
Water:	1,890 ml
Total Sugar:	109.12* g
Total Dietary Fiber:	16.78* g
Cholesterol:	394.67 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,272.50 mg
Magnesium:	316.50 mg
Phosphorus:	1,685.75 mg
Potassium:	3,118.12 mg
Sodium:	2,816.82 mg
Copper:	1.197* mg
Iron:	16.25 mg
Manganese:	3.352* mg
Zinc:	10.978 mg

Vitamins

Vitamin A:	771.16* RE
Vitamin E:	2.90* mg
Thiamin (B1):	2.06 mg
Riboflavin (B2):	2.79 mg
Niacin (B3):	24.92 mg
Vitamin (B6):	1.86 mg
Vitamin B12:	6.60* mcg
Folacin:	322.20 mcg
Pantothenic Acid:	7.11 mg
Vitamin C:	72.81* mg
Vitamin D:	467.01* IU
Vitamin K:	64.86* mcg

Fatty Acids

Linoleic:	10.78 g
Oleic:	23.28 g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	50%
Calories from Fat:	30%
Poly/SatFat:	0.55:1
Sodium/Potassium:	0.90:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Saturday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,150 Kcal
Protein:	96.21 g
Carbohydrates:	279.07 g
Total Fat:	75.26 g
Monounsaturat Fat:	29.91 g
Polyunsaturat Fat:	15.06 g
Saturated Fat:	25.01 g
Trans Fat:	2.98* g
Water:	2,174 ml
Total Sugar:	125.98* g
Total Dietary Fiber:	17.49* g
Cholesterol:	404.89 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,299.03 mg
Magnesium:	327.01 mg
Phosphorus:	1,776.45 mg
Potassium:	3,208.84 mg
Sodium:	3,531.04 mg
Copper:	1.259* mg
Iron:	17.36 mg
Manganese:	3.566* mg
Zinc:	11.215 mg

Vitamins

Vitamin A:	776.71* RE
Vitamin E:	3.32* mg
Thiamin (B1):	2.18 mg
Riboflavin (B2):	2.88 mg
Niacin (B3):	26.62 mg
Vitamin (B6):	1.89 mg
Vitamin B12:	6.68* mcg
Folacin:	355.88 mcg
Pantothenic Acid:	7.28 mg
Vitamin C:	72.86* mg
Vitamin D:	468.04* IU
Vitamin K:	75.43* mcg

Fatty Acids

Linoleic:	13.33 g
Oleic:	28.86 g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	51%
Calories from Fat:	32%
Poly/SatFat:	0.60:1
Sodium/Potassium:	1.10:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Regular - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,258 Kcal
Protein:	100.66 g
Carbohydrates:	269.85* g
Total Fat:	87.53 g
Monounsaturat Fat:	29.09* g
Polyunsaturat Fat:	10.58* g
Saturated Fat:	37.39 g
Trans Fat:	4.65* g
Water:	1,908* ml
Total Sugar:	114.26* g
Total Dietary Fiber:	17.20* g
Cholesterol:	416.90 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,559.01 mg
Magnesium:	323.39* mg
Phosphorus:	1,883.68* mg
Potassium:	3,326.12* mg
Sodium:	3,804.56 mg
Copper:	1.047* mg
Iron:	12.49 mg
Manganese:	2.818* mg
Zinc:	15.965* mg

Vitamins

Vitamin A:	820.60* RE
Vitamin E:	3.34* mg
Thiamin (B1):	1.72* mg
Riboflavin (B2):	2.94* mg
Niacin (B3):	23.05* mg
Vitamin (B6):	1.83* mg
Vitamin B12:	7.52* mcg
Folacin:	316.73* mcg
Pantothenic Acid:	7.98* mg
Vitamin C:	162.85* mg
Vitamin D:	445.40* IU
Vitamin K:	20.41* mcg

Fatty Acids

Linoleic:	7.98* g
Oleic:	24.45* g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	47%
Calories from Fat:	35%
Poly/SatFat:	0.28:1
Sodium/Potassium:	1.14:1
Calcium/Phosphorus:	0.83:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Mechanical Soft - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,380 Kcal
Protein:	102.66 g
Carbohydrates:	268.29 g
Total Fat:	100.92 g
Monounsaturat Fat:	31.65* g
Polyunsaturat Fat:	18.24* g
Saturated Fat:	39.84 g
Trans Fat:	4.67* g
Water:	1,883* ml
Total Sugar:	112.67* g
Total Dietary Fiber:	16.98 g
Cholesterol:	426.69 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,563.35 mg
Magnesium:	322.27* mg
Phosphorus:	1,895.06* mg
Potassium:	3,255.06* mg
Sodium:	3,492.84 mg
Copper:	1.041* mg
Iron:	12.49 mg
Manganese:	2.804* mg
Zinc:	16.373* mg

Vitamins

Vitamin A:	872.71* RE
Vitamin E:	6.42* mg
Thiamin (B1):	1.70* mg
Riboflavin (B2):	2.95* mg
Niacin (B3):	23.01* mg
Vitamin (B6):	1.90* mg
Vitamin B12:	7.51* mcg
Folacin:	321.46* mcg
Pantothenic Acid:	7.85* mg
Vitamin C:	162.21* mg
Vitamin D:	424.74* IU
Vitamin K:	18.76* mcg

Fatty Acids

Linoleic:	15.24* g
Oleic:	26.74* g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	45%
Calories from Fat:	38%
Poly/SatFat:	0.46:1
Sodium/Potassium:	1.07:1
Calcium/Phosphorus:	0.82:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Regular/Puree - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,392 Kcal
Protein:	100.76 g
Carbohydrates:	264.54 g
Total Fat:	104.58 g
Monounsaturat Fat:	33.13 g
Polyunsaturat Fat:	26.58 g
Saturated Fat:	33.93 g
Trans Fat:	5.08* g
Water:	2,265 ml
Total Sugar:	116.61* g
Total Dietary Fiber:	15.04 g
Cholesterol:	440.97 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,518.86 mg
Magnesium:	315.23 mg
Phosphorus:	1,894.73 mg
Potassium:	3,037.59 mg
Sodium:	4,281.73 mg
Copper:	0.901* mg
Iron:	12.14 mg
Manganese:	2.637* mg
Zinc:	15.579 mg

Vitamins

Vitamin A:	799.82* RE
Vitamin E:	9.34 mg
Thiamin (B1):	1.93 mg
Riboflavin (B2):	2.92 mg
Niacin (B3):	23.01 mg
Vitamin (B6):	1.93 mg
Vitamin B12:	7.60* mcg
Folacin:	361.77 mcg
Pantothenic Acid:	7.73 mg
Vitamin C:	173.11* mg
Vitamin D:	472.38* IU
Vitamin K:	30.27 mcg

Fatty Acids

Linoleic:	23.15 g
Oleic:	28.58 g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	44%
Calories from Fat:	39%
Poly/SatFat:	0.78:1
Sodium/Potassium:	1.41:1
Calcium/Phosphorus:	0.80:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Regular - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,061 Kcal
Protein:	100.79 g
Carbohydrates:	250.27* g
Total Fat:	75.89 g
Monounsaturat Fat:	26.58* g
Polyunsaturat Fat:	9.66* g
Saturated Fat:	31.55 g
Trans Fat:	3.71* g
Water:	1,805* ml
Total Sugar:	89.72* g
Total Dietary Fiber:	21.23* g
Cholesterol:	385.22 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,602.90 mg
Magnesium:	307.02* mg
Phosphorus:	1,796.65* mg
Potassium:	3,075.71* mg
Sodium:	3,624.37 mg
Copper:	1.018* mg
Iron:	11.94 mg
Manganese:	2.790* mg
Zinc:	15.436* mg

Vitamins

Vitamin A:	733.49* RE
Vitamin E:	2.91* mg
Thiamin (B1):	1.64* mg
Riboflavin (B2):	2.71* mg
Niacin (B3):	22.77* mg
Vitamin (B6):	1.75* mg
Vitamin B12:	7.24* mcg
Folacin:	299.78* mcg
Pantothenic Acid:	7.43* mg
Vitamin C:	138.41* mg
Vitamin D:	439.64* IU
Vitamin K:	19.17* mcg

Fatty Acids

Linoleic:	7.25* g
Oleic:	22.11* g

Other Information

Calories from Protein:	20%
Calories from Carbohydrates:	47%
Calories from Fat:	33%
Poly/SatFat:	0.31:1
Sodium/Potassium:	1.18:1
Calcium/Phosphorus:	0.89:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Mechanical Soft - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,183 Kcal
Protein:	102.79 g
Carbohydrates:	248.71 g
Total Fat:	89.28 g
Monounsaturat Fat:	29.15* g
Polyunsaturat Fat:	17.32* g
Saturated Fat:	34.01 g
Trans Fat:	3.72* g
Water:	1,780* ml
Total Sugar:	88.13* g
Total Dietary Fiber:	21.00 g
Cholesterol:	395.01 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,607.25 mg
Magnesium:	305.89* mg
Phosphorus:	1,808.02* mg
Potassium:	3,004.64* mg
Sodium:	3,312.65 mg
Copper:	1.012* mg
Iron:	11.94 mg
Manganese:	2.777* mg
Zinc:	15.844* mg

Vitamins

Vitamin A:	785.59* RE
Vitamin E:	5.99* mg
Thiamin (B1):	1.63* mg
Riboflavin (B2):	2.72* mg
Niacin (B3):	22.73* mg
Vitamin (B6):	1.82* mg
Vitamin B12:	7.23* mcg
Folacin:	304.52* mcg
Pantothenic Acid:	7.31* mg
Vitamin C:	137.76* mg
Vitamin D:	418.98* IU
Vitamin K:	17.52* mcg

Fatty Acids

Linoleic:	14.51* g
Oleic:	24.40* g

Other Information

Calories from Protein:	19%
Calories from Carbohydrates:	44%
Calories from Fat:	37%
Poly/SatFat:	0.51:1
Sodium/Potassium:	1.10:1
Calcium/Phosphorus:	0.89:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - Consistent CHO/Puree - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,264 Kcal
Protein:	99.41 g
Carbohydrates:	241.95 g
Total Fat:	100.86 g
Monounsaturat Fat:	32.77 g
Polyunsaturat Fat:	25.99 g
Saturated Fat:	32.98 g
Trans Fat:	4.13* g
Water:	2,176 ml
Total Sugar:	102.35* g
Total Dietary Fiber:	14.56 g
Cholesterol:	440.97 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,504.03 mg
Magnesium:	308.65 mg
Phosphorus:	1,883.29 mg
Potassium:	2,930.17 mg
Sodium:	4,093.26 mg
Copper:	0.884* mg
Iron:	11.65 mg
Manganese:	2.618* mg
Zinc:	15.547 mg

Vitamins

Vitamin A:	797.66* RE
Vitamin E:	9.13 mg
Thiamin (B1):	1.88 mg
Riboflavin (B2):	2.87 mg
Niacin (B3):	22.81 mg
Vitamin (B6):	1.88 mg
Vitamin B12:	7.60* mcg
Folacin:	348.42 mcg
Pantothenic Acid:	7.60 mg
Vitamin C:	149.10* mg
Vitamin D:	472.38* IU
Vitamin K:	29.24 mcg

Fatty Acids

Linoleic:	22.63 g
Oleic:	28.23 g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	42%
Calories from Fat:	40%
Poly/SatFat:	0.79:1
Sodium/Potassium:	1.40:1
Calcium/Phosphorus:	0.80:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Regular - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,252 Kcal
Protein:	100.32 g
Carbohydrates:	268.85* g
Total Fat:	87.26 g
Monounsaturat Fat:	28.97* g
Polyunsaturat Fat:	10.50* g
Saturated Fat:	37.35 g
Trans Fat:	4.65* g
Water:	1,879* ml
Total Sugar:	113.91* g
Total Dietary Fiber:	16.70* g
Cholesterol:	416.90 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,539.44 mg
Magnesium:	318.79* mg
Phosphorus:	1,873.21* mg
Potassium:	3,284.61* mg
Sodium:	3,514.55 mg
Copper:	1.035* mg
Iron:	12.33 mg
Manganese:	2.777* mg
Zinc:	15.901* mg

Vitamins

Vitamin A:	818.63* RE
Vitamin E:	3.31* mg
Thiamin (B1):	1.70* mg
Riboflavin (B2):	2.92* mg
Niacin (B3):	22.99* mg
Vitamin (B6):	1.82* mg
Vitamin B12:	7.52* mcg
Folacin:	314.08* mcg
Pantothenic Acid:	7.91* mg
Vitamin C:	162.19* mg
Vitamin D:	445.40* IU
Vitamin K:	15.43* mcg

Fatty Acids

Linoleic:	7.95* g
Oleic:	24.41* g

Other Information

Calories from Protein:	18%
Calories from Carbohydrates:	47%
Calories from Fat:	35%
Poly/SatFat:	0.28:1
Sodium/Potassium:	1.07:1
Calcium/Phosphorus:	0.82:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Mechanical Soft - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,377 Kcal
Protein:	102.45 g
Carbohydrates:	267.97 g
Total Fat:	100.74 g
Monounsaturat Fat:	31.53* g
Polyunsaturat Fat:	18.19* g
Saturated Fat:	39.83 g
Trans Fat:	4.67* g
Water:	1,880* ml
Total Sugar:	112.62* g
Total Dietary Fiber:	16.76 g
Cholesterol:	426.69 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,559.92 mg
Magnesium:	319.64* mg
Phosphorus:	1,889.12* mg
Potassium:	3,246.71* mg
Sodium:	3,432.15 mg
Copper:	1.037* mg
Iron:	12.40 mg
Manganese:	2.781* mg
Zinc:	16.337* mg

Vitamins

Vitamin A:	872.43* RE
Vitamin E:	6.40* mg
Thiamin (B1):	1.69* mg
Riboflavin (B2):	2.94* mg
Niacin (B3):	22.98* mg
Vitamin (B6):	1.89* mg
Vitamin B12:	7.51* mcg
Folacin:	321.08* mcg
Pantothenic Acid:	7.84* mg
Vitamin C:	162.19* mg
Vitamin D:	424.74* IU
Vitamin K:	18.69* mcg

Fatty Acids

Linoleic:	15.22* g
Oleic:	26.69* g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	45%
Calories from Fat:	38%
Poly/SatFat:	0.46:1
Sodium/Potassium:	1.06:1
Calcium/Phosphorus:	0.83:1

* indicates 1 or more Unreported values.

Nutritional Analysis

Emergency Low Labor 7 Day - No Added Salt/Puree - Week 1, Sunday

Item Type : Menu Analysis

Macro Nutrients

Calories:	2,389 Kcal
Protein:	100.56 g
Carbohydrates:	264.22 g
Total Fat:	104.40 g
Monounsaturat Fat:	33.01 g
Polyunsaturat Fat:	26.54 g
Saturated Fat:	33.92 g
Trans Fat:	5.08* g
Water:	2,262 ml
Total Sugar:	116.56* g
Total Dietary Fiber:	14.82 g
Cholesterol:	440.97 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	1,515.43 mg
Magnesium:	312.60 mg
Phosphorus:	1,888.79 mg
Potassium:	3,029.24 mg
Sodium:	4,221.04 mg
Copper:	0.897* mg
Iron:	12.06 mg
Manganese:	2.614* mg
Zinc:	15.544 mg

Vitamins

Vitamin A:	799.54* RE
Vitamin E:	9.32 mg
Thiamin (B1):	1.92 mg
Riboflavin (B2):	2.92 mg
Niacin (B3):	22.97 mg
Vitamin (B6):	1.92 mg
Vitamin B12:	7.60* mcg
Folacin:	361.38 mcg
Pantothenic Acid:	7.71 mg
Vitamin C:	173.10* mg
Vitamin D:	472.38* IU
Vitamin K:	30.19 mcg

Fatty Acids

Linoleic:	23.13 g
Oleic:	28.54 g

Other Information

Calories from Protein:	17%
Calories from Carbohydrates:	44%
Calories from Fat:	39%
Poly/SatFat:	0.78:1
Sodium/Potassium:	1.39:1
Calcium/Phosphorus:	0.80:1

* indicates 1 or more Unreported values.