

<b>Breakfast</b>		<b>Category</b>	<b>Portions</b>	<b>Weight (g/ml)</b>	<b>Water</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>All per 100g...</b>			<b>Cals</b>
								<b>Carbs (g)</b>	<b>Check</b>	<b>Sugar (g)</b>	
X	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	Dairy & alternatives	1	200	175.4	7.8	4	11	198.2	0	112
X	Wholegrain cereal (weetabix)	Starchy carbs	1	1 cup (57g)	2.9	6.6	1.6	44.1	55.2	1	213
X	Orange	Fruit & Vegetables	1	1 med (131g)	114	1.2	0.2	15.4	130.8	12	61.6
X	Chicken, broilers or fryers, breast, meat only, cooked, roasted	Beans, pulses etc	1	50	33.9	16.1	1.9	0	51.9	0	85.8
X	Yogurt, plain, low fat, 12 grams protein per 8 ounce	Dairy & alternatives	1	1/2 cup (113g)	96.1	5.9	1.8	8	111.8	8	71.2
X	Bread, whole-wheat, commercially prepared, toasted (2+2 slices)	Starchy carbs	2	112	43.2	14.4	3.6	46.4	107.6	8	276.8
X	Tomatoes, red, ripe, raw (appears twice = doubled)	Fruit & Vegetables	2	2 med (246g)	232	2.2	0.4	9.6	244.2	6	44.2
X	Banana	Fruit & Vegetables	1	1 med (118g)	88.4	1.3	0.4	27	117.1	14	105
X	Lean mince & kidney beans	Beans, pulses etc	1	50g	37.75	2.85	2.75	5.95	49.3	0.5	56
X	Brown rice	Starchy carbs	1	1 cup (195g)	143	5	1.8	44.8	194.6	1	216
X	Cucumber (appears twice = doubled)	Fruit & Vegetables	1	52g	49.5	0.3	0.1	1.9	51.8	1	7.8
X	Pear	Fruit & Vegetables	1	1 med (178g)	149	0.7	0.2	27.5	177.4	17	103
X	Reduced fat cheese (25g)	Dairy & alternatives	1	28	13.5	7.6	5.1	0.6	26.8	0	79
X	Whole wheat crackers	Starchy carbs	1	6 (56g)	1.6	5	9.6	38.4	54.6	0	248
X	Peanut butter (1/2 dessert spoon)	Fats, oils & spreads	0.5	5g	0.09	1.26	2.52	1	4.87	0.5	29.4
	UNITS		16.5		ml	grams	grams	grams		From F&V	calories
	TOTAL				1180.34	78	36	282		50	1709
	WHO RNI = World Health Organisation Recommended Nutritional Intakes					313	324	1127			1763
	AS % OF CALORIE INTAKE					18%	18%	64%			

**NOTES**

- 1 1709 cals is sum of line entries; 1763 cals is calc using C/P/F 4/4/9 cals/gram
- 2 US Dietary Reference Intakes were used in the presentation (not WHO RNIs)

Sat (g)	Retinol (mcg)	Vit A (mcg)	Vit D (mcg)	Vit E (mg)	Vit K (mcg)	Iron (mg)	Zinc (mg)	Calcium (mg)	Magnesium (mg)	B12 (mcg)	
2.4	32	34	0	0	0	0.2	0.8	286	30	0.8	<a href="http://nutritiondata.self.com/facts/dairy-and-egg-products/140/2">http://nutritiondata.self.com/facts/dairy-and-egg-products/140/2</a>
0.3	0	0	0	1	1.1	2.9	1	57	52.4	0	<a href="http://nutritiondata.self.com/facts/breakfast-cereals/7557/2">http://nutritiondata.self.com/facts/breakfast-cereals/7557/2</a>
0	0	14.4	0	0.2	0	0.1	0.1	52.4	13.1	0	<a href="http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1966/2">http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1966/2</a>
0.5	3.1	3.1	0	0.1	0.2	0.5	0.5	7.8	15.1	0.2	<a href="http://nutritiondata.self.com/facts/poultry-products/703/2">http://nutritiondata.self.com/facts/poultry-products/703/2</a>
1.1	15.8	15.8	0	0	0.2	0.1	1	207	19.2	0.6	<a href="http://nutritiondata.self.com/facts/dairy-and-egg-products/105/2">http://nutritiondata.self.com/facts/dairy-and-egg-products/105/2</a>
0.8	0	0	0	0.4	8.8	2.8	2	120	92	0	<a href="http://nutritiondata.self.com/facts/baked-products/4876/2">http://nutritiondata.self.com/facts/baked-products/4876/2</a>
0	0	103.4	0	1.4	19.4	0.6	0.4	24.6	27	0	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2682/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2682/2</a>
0.1	0	3.5	0	0.1	0.6	0.3	0.2	5.9	31.9	0	<a href="http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1846/2">http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1846/2</a>
1.2	0	8.5	0	0.25	0.95	1.7	1	23.5	22.5	0	<a href="http://nutritiondata.self.com/facts/legumes-and-legume-products/4328/2">http://nutritiondata.self.com/facts/legumes-and-legume-products/4328/2</a>
0.4	0	0	0	0.1	1.2	0.8	1.2	19.5	83.9	0	<a href="http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5707/2">http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5707/2</a>
0	0	2.6	0	0	8.5	0.1	0.1	8.3	6.8	0	<a href="http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2439/2">http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2439/2</a>
0	0	1.8	0	0.2	8	0.3	0.2	16	12.5	0	<a href="http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2005/2">http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2005/2</a>
3.2	39.8	42	0	0	0.4	0	1.2	253	9.8	0.5	<a href="http://nutritiondata.self.com/facts/dairy-and-egg-products/9117/2">http://nutritiondata.self.com/facts/dairy-and-egg-products/9117/2</a>
2	0	0	0	0.4	4.6	1.8	1.2	28	55.4	0	<a href="http://nutritiondata.self.com/facts/baked-products/5006/2">http://nutritiondata.self.com/facts/baked-products/5006/2</a>
0.515	0	0	0	0.45	0.03	0.095	0.145	2.15	7.7	0	<a href="http://nutritiondata.self.com/facts/legumes-and-legume-products/4453/2">http://nutritiondata.self.com/facts/legumes-and-legume-products/4453/2</a>

grams	mcg	mcg	mcg	mg	mcg	mg	mg	mg	mg	mcg
12.52	90.70	229.10	0.00	4.60	53.98	12.30	11.05	1111.15	479.30	2.10
	600 mcg		10 mcg	10 mg	65 mcg	13.7 mg	14 mg	1000-1300mg	260 mg	2.4mcg

6%