

OCTOBER

FOODS IN THE ZOO

	1	2	3	4	Avg Nutrients Target
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium 376.1 mg Sugar 15.3*g 10.7%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 586 117% Fiber.. 6.1* g Calcium 363.0 mg Sugar 34.7*g 23.7%Cal Carb 123.8g 84.5%Cal T.Fat 4.9g 7.5%Cal S.Fat 1.1g 1.7%Cal	Nutrients Target Cals... 554 111% Fiber.. 4.2* g Calcium 319.6 mg Sugar 0.2*g 0.1%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 552 110% Fiber.. 6.5* g Calcium 360.7 mg Sugar 42.9*g 31.0%Cal Carb 110.0g 79.7%Cal T.Fat 6.0g 9.7%Cal S.Fat 1.5g 2.4%Cal	Nutrients Target Cals... 628 126% Fiber.. 7.1* g Calcium 322.4 mg Sugar 30.5*g 19.5%Cal Carb 107.0g 68.2%Cal T.Fat 16.9g 24.2%Cal S.Fat 7.5g 10.7%Cal	Cals... 580 116% Fiber.. 6.0* g Calcium 341.4 mg Sugar 27.1*g 18.7%Cal Carb 112.0g 77.2%Cal T.Fat 9.0g 14.0%Cal S.Fat 3.6g 5.5%Cal
7	8	9	10	11	Avg Nutrients Target
Nutrients Target Cals... 543 109% Fiber.. 5.2* g Calcium 499.4 mg Sugar 6.7*g 4.9%Cal Carb 101.9g 75.1%Cal T.Fat 6.7g 11.2%Cal S.Fat 3.7g 6.1%Cal	Nutrients Target Cals... 636 127% Fiber.. 4.1* g Calcium 405.1 mg Sugar 32.0*g 20.2%Cal Carb 115.8g 72.9%Cal T.Fat 14.1g 20.0%Cal S.Fat 3.5g 4.9%Cal	Nutrients Target Cals... 396 99% Fiber.. 2.5* g Calcium 313.6 mg Sugar 16.8*g 17.0%Cal Carb 77.6g 78.4%Cal T.Fat 4.5g 10.2%Cal S.Fat 2.3g 5.2%Cal	Nutrients Target Cals... 574 115% Fiber.. 4.1* g Calcium 385.7 mg Sugar 36.3*g 25.3%Cal Carb 119.6g 83.3%Cal T.Fat 5.1g 8.0%Cal S.Fat 1.1g 1.8%Cal		Cals... 537 107% Fiber.. 4.0* g Calcium 401.0 mg Sugar 22.9*g 17.1%Cal Carb 103.7g 77.3%Cal T.Fat 7.6g 12.7%Cal S.Fat 2.6g 4.4%Cal
14	15	16	17	18	Avg Nutrients Target
	Nutrients Target Cals... 487 100% Fiber.. 1.1* g Calcium 342.4 mg Sugar 16.1*g 13.2%Cal Carb 56.7g 46.6%Cal T.Fat 20.0g 36.9%Cal S.Fat 7.4g 13.7%Cal	Nutrients Target Cals... 503 101% Fiber.. 2.9* g Calcium 314.7 mg Sugar 0.2*g 0.1%Cal Carb 93.4g 74.3%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%Cal	Nutrients Target Cals... 66 16% Fiber.. 0.3* g Calcium 93.3 mg Sugar 3.5*g 21.3%Cal Carb 12.5g 75.9%Cal T.Fat 0.5g 6.3%Cal S.Fat 0.2g 3.4%Cal	Nutrients Target Cals... 546 109% Fiber.. 6.3* g Calcium 362.3 mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	Cals... 401 100% Fiber.. 2.7* g Calcium 278.2 mg Sugar 8.0*g 8.0%Cal Carb 61.7g 61.7%Cal T.Fat 11.4g 25.6%Cal S.Fat 4.8g 10.8%Cal
21	22	23	24	25	Avg Nutrients Target
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium 376.1 mg Sugar 15.3*g 10.7%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 543 109% Fiber.. 5.2* g Calcium 499.4 mg Sugar 6.7*g 4.9%Cal Carb 101.9g 75.1%Cal T.Fat 6.7g 11.2%Cal S.Fat 3.7g 6.1%Cal	Nutrients Target Cals... 554 111% Fiber.. 4.2* g Calcium 319.6 mg Sugar 0.2*g 0.1%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 480 100% Fiber.. 5.1* g Calcium 363.8 mg Sugar 25.1*g 20.9%Cal Carb 90.8g 75.7%Cal T.Fat 5.9g 11.1%Cal S.Fat 1.5g 2.8%Cal	Nutrients Target Cals... 546 109% Fiber.. 6.3* g Calcium 362.3 mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	Cals... 540 108% Fiber.. 5.0* g Calcium 384.2 mg Sugar 11.9*g 8.8%Cal Carb 97.0g 71.9%Cal T.Fat 10.4g 17.3%Cal S.Fat 4.0g 6.7%Cal
28	29	30	31		Avg Nutrients Target
Nutrients Target Cals... 502 100% Fiber.. 6.1* g Calcium 725.4 mg Sugar 8.1*g 6.4%Cal Carb 91.6g 73.0%Cal T.Fat 6.7g 12.1%Cal S.Fat 1.5g 2.6%Cal	Nutrients Target Cals... 586 117% Fiber.. 6.1* g Calcium 363.0 mg Sugar 34.7*g 23.7%Cal Carb 123.8g 84.5%Cal T.Fat 4.9g 7.5%Cal S.Fat 1.1g 1.7%Cal	Nutrients Target Cals... 554 111% Fiber.. 4.2* g Calcium 319.6 mg Sugar 0.2*g 0.1%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 552 110% Fiber.. 6.5* g Calcium 360.7 mg Sugar 42.9*g 31.0%Cal Carb 110.0g 79.7%Cal T.Fat 6.0g 9.7%Cal S.Fat 1.5g 2.4%Cal		Cals... 549 110% Fiber.. 5.7* g Calcium 442.2 mg Sugar 21.5*g 15.6%Cal Carb 108.1g 78.8%Cal T.Fat 6.5g 10.6%Cal S.Fat 2.0g 3.4%Cal

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