

MARCH

FOODS TO EAT - MARCH 2000

3	4	5	6	7	Avg Nutrients Target
Nutrients Target Cals... 676 135% Fiber.. 5.4* g Calcium 504.5 mg Sugar 2.9*g 1.7%Cal Carb 139.5g 82.5%Cal T.Fat 6.3g 8.4%Cal S.Fat 1.3g 1.8%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	Nutrients Target Cals... 587 117% Fiber.. 4.8* g Calcium 317.4 mg Sugar 33.4*g 22.8%Cal Carb 116.2g 79.1%Cal T.Fat 8.1g 12.5%Cal S.Fat 4.1g 6.3%Cal	Nutrients Target Cals... 672 134% Fiber.. 9.1* g Calcium 499.3 mg Sugar 20.2*g 12.0%Cal Carb 117.8g 70.1%Cal T.Fat 11.6g 15.5%Cal S.Fat 3.2g 4.3%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... 611 122% Fiber.. 5.9* g Calcium 413.8 mg Sugar 21.0*g 13.8%Cal Carb 115.5g 75.6%Cal T.Fat 9.6g 14.2%Cal S.Fat 3.5g 5.1%Cal
10	11	12	13	14	Avg Nutrients Target
Nutrients Target Cals... 403 100% Fiber.. 5.1* g Calcium 527.7 mg Sugar 4.1*g 4.1%Cal Carb 77.8g 77.1%Cal T.Fat 3.8g 8.4%Cal S.Fat 1.0g 2.1%Cal	Nutrients Target Cals... 512 102% Fiber.. 3.7* g Calcium 362.1 mg Sugar 39.7*g 31.1%Cal Carb 94.6g 74.0%Cal T.Fat 7.0g 12.3%Cal S.Fat 2.1g 3.7%Cal	Nutrients Target Cals... 693 139% Fiber.. 9.0* g Calcium700.0* mg Sugar 35.2*g 20.3%Cal Carb 140.6g 81.1%Cal T.Fat 10.2g 13.3%Cal S.Fat 1.4g 1.9%Cal			Cals... 536 107% Fiber.. 5.9* g Calcium529.9* mg Sugar 26.4*g 19.7%Cal Carb 104.3g 77.9%Cal T.Fat 7.0g 11.8%Cal S.Fat 1.5g 2.5%Cal
17	18	19	20	21	Avg Nutrients Target
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium376.1* 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 Calcium499.4* 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 Calcium319.6* 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 Calcium363.8* 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 Calcium362.3* 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 Calcium384.2* 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
24	25	26	27	28	Avg Nutrients Target
Nutrients Target Cals... 502 100% Fiber.. 6.1* g Calcium725.4* 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 Calcium363.0* 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 Calcium319.6* 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 Calcium360.7* 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 Calcium322.4* 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... 564 113% Fiber.. 6.0* g Calcium418.2* mg Sugar 23.3*g 16.5%Cal Carb 107.9g 76.5%Cal T.Fat 8.6g 13.6%Cal S.Fat 3.1g 5.0%Cal
31					Avg Nutrients Target
Nutrients Target Cals... 431 100% Fiber.. 6.7* g Calcium430.2* mg Sugar 1.0*g 1.0%Cal Carb 89.3g 82.9%Cal T.Fat 1.9g 3.9%Cal S.Fat 0.6g 1.3%Cal					Cals... 431 100% Fiber.. 6.7* g Calcium430.2* mg Sugar 1.0*g 1.0%Cal Carb 89.3g 82.9%Cal T.Fat 1.9g 3.9%Cal S.Fat 0.6g 1.3%Cal

NUTRIENTS