



Nutritional Analysis

Regular Diet

PARSLEY Spring/Summer 2010

	Calories KCAL	Protein g	Total Carbs g	Total LIPID Fat g	Cholesterol mg	Total Diet Fib g	Calcium mg	Iron mg	Potassium mg	Vit A IU	Folacin ug	Thiamin mg	Vit B6 mg	Niacin mg	Total Sodium mg	Vit C mg	Riboflavin ug	Phosphorus mg
Week 1																		
Weekly average	2687.84	95.05	336.03	110.49	439.48	19.25	1314.89	14.66	3762.29	12406.62	453.49	2.4	2.45	25.44	4662.73	126.37	2.96	1925.92
Day 1	2761.22	94.93	390.85	93.14	265.54	20.25	1203.18	12.52	4052.62	4407.96	411.31	3.78	3.17	30.06	4530.00	112.57	3.29	2020.11
Day 2	2394.14	82.39	267.42	113.66	562.46	18.42	1376.74	14.76	3208.12	29539.95	372.11	1.55	2.21	22.11	3260.29	122.79	2.75	1641.14
Day 3	2226.04	97.98	280.97	80.37	438.19	14.51	1233.63	13.91	3521.35	3545.13	370.33	2.26	2.49	25.73	5345.47	168.47	2.70	2076.99
Day 4	2735.73	99.18	346.76	108.54	497.51	20.09	1142.03	15.55	3594.05	9384.01	491.15	2.18	2.26	25.94	4759.15	119.44	2.84	1822.33
Day 5	2884.54	96.41	371.67	117.92	453.92	22.00	1709.67	15.90	4162.25	4685.80	434.80	2.03	2.23	20.73	6195.34	119.79	3.16	2046.28
Day 6	2931.35	93.72	348.22	134.47	486.75	21.40	1305.73	14.84	4100.87	8602.03	615.51	2.08	2.24	24.30	5277.81	120.98	2.95	2055.89
Day 7	2881.88	100.75	346.32	125.31	371.98	18.10	1233.26	15.11	3696.74	26681.49	479.24	2.93	2.55	29.21	3271.03	120.58	3.05	1818.73
Week 2																		
Weekly average	2577.85	95.89	335.68	97.9	432.16	21.69	1407.32	16.18	3855.23	12184.72	501.69	2.34	2.51	24.8	4638.23	148.07	2.91	1919.28
Day 1	2692.90	92.02	373.07	96.67	372.37	31.21	1598.35	18.12	3987.57	11236.36	487.27	2.25	3.39	26.44	4604.63	126.67	2.88	1936.46
Day 2	2669.44	101.30	320.55	112.82	540.82	21.91	1419.48	17.14	3832.76	4111.95	408.74	2.35	1.81	20.45	5143.52	99.86	2.91	1926.04
Day 3	2260.36	90.34	334.05	67.06	531.31	21.21	1204.14	18.04	3822.66	8837.08	577.05	2.09	2.81	25.01	3661.87	193.64	2.72	1654.43
Day 4	2480.50	94.47	325.62	92.09	446.13	21.41	1503.95	13.55	3737.68	23660.53	539.34	2.86	2.59	21.43	3225.72	120.41	3.08	1890.04
Day 5	2885.24	108.93	357.19	114.80	439.03	19.26	1287.74	17.13	3752.80	5960.43	562.72	2.63	2.84	39.05	5350.74	144.06	3.11	2128.91
Day 6	2332.56	91.72	316.91	82.64	225.81	17.73	1566.18	12.20	3860.45	18670.06	473.06	1.89	2.00	20.35	5564.08	220.43	2.78	1983.89
Day 7	2723.97	92.43	322.38	119.19	469.68	19.08	1271.42	17.08	3992.70	12816.62	463.62	2.31	2.14	20.90	4917.07	131.43	2.90	1915.22
Week 3																		
Weekly average	2549.98	101.01	322.58	98.12	422.05	19.66	1351.84	15.73	3811.44	9648.94	489.73	2.53	2.46	25.85	3901.94	150.04	2.97	1893.05
Day 1	2857.83	97.74	364.86	117.30	453.84	20.36	1177.37	15.42	4352.81	5827.43	512.90	1.98	2.61	27.33	3740.17	152.05	2.75	1831.09
Day 2	2262.53	113.91	290.40	72.69	516.00	19.25	1349.94	16.00	3448.60	27600.39	456.19	3.41	3.00	28.16	3661.20	96.84	3.17	1975.10
Day 3	2390.92	95.95	308.02	88.55	427.73	15.05	1364.18	15.80	3442.70	3299.92	407.75	2.08	2.15	25.39	3885.75	74.96	2.99	1655.79
Day 4	2779.31	88.65	348.00	119.10	245.18	21.23	1191.20	15.64	4017.40	10977.29	481.78	2.11	2.40	23.58	4201.30	192.62	2.69	1894.19
Day 5	2356.43	107.70	289.84	87.93	504.19	20.24	1609.24	15.79	4440.13	5592.86	556.66	3.19	2.76	24.00	3364.79	198.16	3.36	2036.49
Day 6	2643.29	101.91	339.81	100.38	486.33	20.81	1282.87	16.93	3000.46	4818.27	463.22	2.06	1.98	23.63	3817.58	103.41	2.59	1721.73
Day 7	2559.54	101.24	317.16	100.87	321.06	20.68	1488.10	14.51	3977.95	9426.41	549.63	2.86	2.35	28.89	4642.77	232.26	3.21	2136.95
Week 4																		
Weekly average	2559.03	100.21	322.83	99.65	434.12	20.13	1431.53	15.3	3900.1	14842.6	496.4	2.39	2.49	26	4169.66	156.62	3	1821.3
Day 1	2706.36	87.04	324.10	121.31	325.70	18.16	1536.50	13.08	3335.51	16781.88	399.46	1.80	1.95	20.16	4107.53	171.03	2.58	1602.10
Day 2	2427.77	103.83	308.06	90.93	433.83	19.63	1288.91	13.84	4016.47	45257.28	453.97	2.62	2.48	23.75	4325.00	187.49	3.03	1804.28
Day 3	2674.47	117.14	333.71	100.86	548.84	27.51	1340.36	21.09	4096.03	4543.24	667.03	3.02	2.85	35.71	4810.60	146.31	3.27	2002.45
Day 4	2371.28	93.41	321.65	81.86	407.52	19.63	1538.50	14.25	4039.93	9206.30	521.06	2.10	2.67	28.96	3377.46	127.00	3.20	1992.74
Day 5	2383.27	95.61	310.40	89.94	473.26	22.80	1268.51	14.34	4541.46	18310.94	417.44	2.91	3.05	26.01	4136.75	257.91	2.89	1726.89
Day 6	2525.89	94.75	322.99	97.18	470.71	17.07	1414.16	14.71	3886.34	3797.46	464.09	1.98	2.25	20.04	3634.79	114.64	2.86	1682.22
Day 7	2824.17	109.70	338.93	115.50	378.99	16.10	1633.80	15.80	3384.98	6001.11	551.74	2.33	2.16	27.34	4795.52	91.93	3.15	1938.41
Week 5																		
Weekly average	2597.74	97.81	333.93	100.26	442.61	20.84	1429.93	16.76	3894.02	11039.62	566.43	2.36	2.31	25.16	4151.48	151	3.06	1856.88
Day 1	2899.55	89.43	333.09	135.42	323.31	20.67	1360.80	15.83	3342.78	10222.24	458.93	2.62	1.89	21.14	4686.95	126.63	2.60	1649.89
Day 2	2308.70	91.84	325.22	76.67	429.08	24.57	1210.40	17.69	3499.90	6435.33	653.44	2.35	2.23	27.79	3372.44	182.09	2.97	1721.06
Day 3	2847.04	98.04	372.96	110.98	434.09	18.66	1378.68	14.92	3756.67	3161.88	402.53	2.02	2.37	27.50	4170.69	121.82	2.97	1940.17
Day 4	2476.18	111.14	313.42	87.27	495.99	17.23	1755.55	14.47	4268.32	7583.28	659.18	2.26	2.54	28.49	3860.14	114.45	3.36	2185.89
Day 5	2246.75	90.88	316.45	73.42	367.36	23.60	1077.29	15.62	4059.08	28081.57	389.60	2.59	2.34	20.59	4609.28	196.74	2.63	1540.83
Day 6	2626.75	105.51	344.06	96.28	520.25	20.76	1557.32	20.69	4650.13	17140.20	820.55	2.07	2.81	25.31	4527.30	210.11	3.32	1919.88
Day 7	2779.18	97.84	332.34	121.75	528.20	20.38	1669.46	18.10	3681.28	4652.81	580.75	2.63	1.97	25.32	3833.55	105.17	3.60	2040.45