

daily intake

Table 1

		PROTEIN	FAT	SATURATED FATTY ACID	CALORIES	CARBOHYDRATE	FIBRE
	amount						
wheat 100g	2	28	5	1	678	142	10
corn 100g	1	9	4.7	0.7	365	74	5
brown rice 100g	5	13	4.5	1	555	115	9
potato 100G	4	8	0.4	0	308	68	8.8
yam							
vege chips 100G	2	6.2	52.6	20.2	1030	112.2	12.2
cashew nuts 100G	5	90	220	40	2765	150	16.5
chickpeas							
avocado	2	4	30	4.2	320	18	14
asparagus							
brussel sprouts 100 G	3	10.2	0.9	0.3	129	27	11.4
bananas 100G	3	3.3	0.9	0.3	267	69	7.8
apples	5	1.5	1	0	260	70	12
guava 100G	1	2.6	1	0.3	68	14	5
mango							
cheese 100G	5	125	165	105	2010	6.5	0
bread	4	52	13.6	2.8	988	164	28
filet steak 100G	2	40	36	14	496	0	0
salmon							
muesli bar 1	5	25	51.5	6	855	67	15
honey 100G	2	0.6	0	0	608	164	164
chocolate bar 1	3	15	117	72	1665	153	15
TOTALS		433.4	704.1	267.8	13367	1413.7	333.7
WEEKLY TARGET	GRAMS OR CALORIES	350	455	140	14000	2100	175
STILL NEED		-83.4	-249.1	-127.8	633	686.3	-158.7