

Food Item	Choice	meal	Portion size	total kcals	kcals CHO	gms CHO	% CHO	kcals PRO	gms PRO	% PRO	kcals FAT	gms FAT	% FAT	Iron	Calcium
mashed potatoes	c	dinner	2 cups	475	284	71		31.4	7.9		159	18		1.1	101
salmon steak	c	dinner	.5 lbs	412	13	3		176.8	44.2		222	25		0.7	30
green beans	c	dinner	1 cup	44	31	8		9.4	2.4		3	0		0.8	55
banana	c	dinner	1 serving	121	111	28		5.9	1.5		4	0		0.4	7
blueberries	c	dinner	1 cup	84	75	19		4.4	1.1		4	0		0.4	9
2% milk	c	dinner	1 cup	122	47	12		32.2	8.1		43	5		0.1	285
bagel	c	breakfast	1	289	230	57		44.1	11.0		15	2		3.7	19
cream cheese	c	breakfast	1 oz	84	3	1		8.0	2.0		73	8		0.3	20
OJ	c	breakfast	6 oz	84	78	19		5.1	1.3		1	0		0.2	17
yogurt	c	breakfast	8 oz	218	167	42		34.5	8.6		16	2		0.2	284
baked chicken	c	lunch	1 breast	386	15	4		233.6	58.4		137	15		2.1	27
mashed potatoes	c	lunch	2 cups	475	284	71		31.4	7.9		159	18		1.1	101
tossed salad	c	lunch	1.5 cups	33	21	5		10.4	2.6		1	0		1.3	27
Italian dressing	c	lunch	2 tbsp	86	11	3		0.4	0.1		75	8		0.2	2
strawberries	c	lunch	1 serving	47	39	10		3.9	1.0		4	0		0.6	24
blueberries	c	lunch	1 cup	84	75	19		4.4	1.1		4	0		0.4	9
sport bar	c	pre-game	1	236	181	45		36.8	9.2		18	2		7.6	328
sport drink	c	pre-game	1 L	156	156	39								1.2	10
peanut butter	c	post-game	2 tbl spoon	376	22	5		64.2	16.1		290	32		1.2	28
whole wheat bread	c	post-game	2 slices	138	92	23		29.0	7.3		17	2		1.4	60
sport drink	c	post-game	1 L	156	156	39								1.2	10
24 hour total				4106	2091	523	51%	766.1	191.5	19%	1249	139	30%	26.2	1453