

Therapeutic Diet Week Totals

Cycle Name

Week: 1st Week

Regular	No Restriction							Primary
Nutri:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Avg
KCAL	2138.44	2357.97	2174.24	2127.13	2108.35	2421.08	2134.02	2208.75
PRO gm	108.58	90.17	105.67	105.44	88.43	102.70	83.47	97.78
CARB gm	245.31	262.71	261.32	241.64	207.66	266.56	252.49	248.24
FAT gm	75.09	100.76	80.06	79.28	97.91	100.64	88.39	88.88
SOD mg	3929.51	4874.44	3807.81	3604.66	3472.21	3347.62	3548.97	3797.89
POT mg	2783.30	3119.39	2462.28	3613.81	3107.98	3109.17	2233.79	2918.53
VITA iu	12004.56	15805.29	13116.27	21487.04	10912.02	4671.07	3459.99	11636.61
VITC mg	152.74	110.47	122.75	148.54	92.75	104.69	132.28	123.46
VITD iu	379.94	516.95	428.44	463.08	442.17	416.95	445.44	441.85
VITE mg	6.30	5.96	6.22	5.82	7.21	7.37	3.33	6.03
VITK µg	124.66	58.73	559.15	93.28	316.46	72.25	141.58	195.16
THIAM mg	3.19	1.35	1.37	1.43	1.75	1.60	1.66	1.76
RIBO mg	3.12	2.32	2.51	2.67	2.62	2.47	2.17	2.55
FOL µg	247.70	235.39	274.24	228.53	343.06	316.51	248.35	270.54
VITB6 mg	1.21	1.05	0.88	2.00	1.57	1.35	0.88	1.28
VITB12 µg	5.08	5.17	5.61	7.77	5.52	7.23	4.80	5.88
FIB gm	18.40	19.26	17.07	19.94	17.61	23.65	10.69	18.09
CHOL mg	442.42	408.27	473.77	516.28	408.50	440.81	446.00	448.01
MonoFAT gm	21.96	25.05	20.09	26.25	29.01	30.80	21.54	24.96
PolyFAT gm	18.30	16.73	9.28	11.91	24.57	19.73	10.12	15.81
SatuFAT gm	28.53	30.90	33.66	30.88	35.00	38.11	28.33	32.20
TransFAT gm	3.33	7.84	7.22	8.61	8.49	9.57	5.04	7.16
ALC gm								
CALC mg	1632.69	1661.88	1496.31	1450.10	1590.91	1413.31	1268.74	1501.99
IOD µg								
PHOS mg	1522.94	1525.80	1405.46	1792.66	1751.68	1771.71	1235.19	1572.21
MAG mg	255.43	255.92	282.82	321.90	304.51	329.95	190.34	277.27
IRON mg	12.04	12.41	12.47	13.63	10.38	14.08	10.65	12.24
ZINC mg	10.17	8.62	8.45	14.75	10.96	12.85	7.52	10.47
SEL µg	88.05	88.99	104.65	119.77	126.88	122.91	94.64	106.56

Weekly Nutrition Report for Each Diet