

A. Diet Analysis Assessment

The spreadsheet below shows summary of the one week of a diet diary.

Date	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Analysis/Comments
RECOMMENDED DAILY VALUES (DV)		70 - 90%*	7 - 15%*	10 - 15%*	< 2300	< 36	40-100*	
6/11/2016	1,607	339	11	37	250	95		
6/12/2016	1,181	238	12	36	177	77		
6/13/2016	1,641	348	11	37	110	115		
6/14/2016	1,542	323	11	37	960	98		
6/15/2016	1,423	305	6	31	1,937	96		
6/16/2016	1,013	216	4	20	259	60		
6/17/2016	1,095	238	6	20	282	68		
Daily Avg	1357.4	286.7	8.7	31.1	567.9	87.0	0.0	
		84%	6%	9%				
Total	9502	2007	61	218	3975	609		

These guidelines are established by experts in the field of plant-based nutrition based on many dietary intervention programs and scientific population studies. Such as, The McDougall Program, Dr. Caldwell Esselstyn's program and clinical studies, The China Study by T. Colin Campbell, and Physicians Committee for Responsible Medicine (PCRM).

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