



SEATTLE SUTTON'S HEALTHY EATING WEEK 1 - 1200 CALORIE MENU ANALYSIS

Nutritional data effective 5/20/10. SSHE reserves the right to make changes or substitutions.

Always check the label for accurate nutrition and allergy information.

Menus and ingredients may vary regionally.

Name	Amount Unit	Kcal	Protein	Carb	Fat	Sodium	Vit A (IU)	Vit C	Calcium	Diet Fiber	Sugar
		kcal	g	g	g	mg	IU	mg	mg	g	g
WEEK 1 Monday		453.450	33.836	59.928	8.082	488.310	2333.944	13.625	420.625	4.678	16.208
Dinner		453.450	33.836	59.928	8.082	488.310	2333.944	13.625	420.625	4.678	16.208
Peas	2.000 oz.	44.225	2.920	8.085	0.153	40.823	1190.679	5.613	13.608	3.118	2.637
Sauce	1.900 oz.	61.956	5.889	2.697	2.997	223.203	439.544	0.358	71.173	0.077	0.355
Meatballs	2.000 oz.	67.972	9.293	1.150	3.096	81.977	6.370	0.704	19.794	0.182	0.418
Noodles	5.000 oz.	188.647	6.987	35.197	1.223	9.956				1.300	
Diced Red Peppers	0.500 oz.	0.000	0.000	0.500		2.500	200.000	4.500			0.500
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Tuesday		1285.212	59.277	181.267	38.427	830.018	6994.526	237.065	932.045	28.580	65.971
Breakfast		499.906	19.251	80.339	13.665	170.578	563.143	56.654	419.968	12.013	33.006
Pumpkin FlaxPlus Cereal	2.000 oz.	264.595	7.560	39.689	9.450	37.799			37.799	5.670	9.450
Almonds, Slivered	1.000 t.	12.938	0.477	0.488	1.112	0.023	0.023	0.000	5.940	0.275	0.088
DRIED BLUEBERRIES	0.500 oz.	42.524	0.354	10.985	0.354	1.772		0.000	35.437	2.481	
Pineapple Spears	4.000 oz.	56.699	0.612	14.878	0.136	1.134	65.771	54.204	14.742	1.588	11.170
Organic Milled Flax Seed	1.000 T.	32.500	1.500	2.000	2.000	0.000	0.000	0.000	10.000	2.000	0.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Lunch		241.765	19.639	31.183	7.445	212.800	1860.514	139.111	157.355	8.318	8.341
Brussels Sprouts	4.500 oz.	52.305	4.822	10.027	0.523	12.757	787.129	94.532	33.169	4.848	
Watermelon	4.000 oz.	34.019	0.692	8.562	0.170	1.134	645.235	9.185	7.938	0.454	7.031
Mozzarella Turkey Bake	6.000 oz.	155.440	14.125	12.594	6.752	198.908	428.151	35.393	116.248	3.017	1.310
Dinner		543.541	20.387	69.745	17.317	446.641	4570.869	41.300	354.722	8.249	24.623
Nut Clusters	1.000 oz.	140.000	4.000	10.000	10.000	40.000	150.000	1.200	20.000	1.000	4.000
Herb Wrap	1.000 item	70.000	3.000	12.000	1.000	160.000	0.000	0.000	0.000	1.000	0.000
Guacamole	1.500 oz.	52.500	0.000	0.000	2.250	97.500			0.000	1.500	
Roasted Vegetable Mix	3.500 oz.	92.503	3.108	15.558	2.175	5.205	424.174	27.144	15.685	2.796	2.614
Sweet Potato Casserole	3.000 oz.	97.888	1.533	19.888	1.279	14.086	3499.345	10.505	2.987	1.953	5.711
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Wednesday		1137.681	61.302	157.793	24.885	1446.155	8274.990	55.684	1090.699	10.823	111.358
Breakfast		367.187	13.102	60.183	8.230	233.799	508.134	2.810	338.228	2.825	46.945
Fruit Granola Bars	2.500 oz.	196.537	3.355	29.884	7.617	98.949	10.784	0.360	22.178	2.825	16.646
GRAPE JUICE	4.000 fl. oz.	80.000	1.000	18.000		5.000				0.000	18.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Lunch		360.949	26.426	39.639	6.578	476.457	4833.860	43.027	177.662	3.744	33.024
Pineapple Sauce	1.000 svg.	95.969	1.440	10.060	0.675	176.255	1939.127	4.577	19.351	1.492	15.520
Healthy Slaw	5.100 oz.	52.888	1.696	8.679	1.871	77.454	2767.433	37.595	51.911	2.252	4.204

Chicken Breast	3.500 oz.	88.592	19.490	0.000	1.181	94.498						
Rice Pudding	3.800 oz.	123.500	3.800	20.900	2.850	128.250	127.300	0.855	106.400	0.000	13.300	
Dinner		409.545	21.774	57.971	10.078	735.898	2932.997	9.847	574.809	4.255	31.389	
Multigrain Flatbread-ss	1.000 item	140.000	4.000	23.000	3.000	250.000	0.000	0.000	20.000	2.000	1.000	
Spinach Pizza Toppings	1.000 sl.	97.896	9.028	4.043	6.465	356.048	1423.165	7.397	222.559	2.255	1.890	
TROPICAL FRUIT SALAD CUP	4.000 oz.	80.999	0.000	18.630	0.000	0.000	1012.482		16.200	0.000	16.200	
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299	
Thursday		1160.110	84.520	140.039	30.103	1897.743	1647.962	76.904	867.035	12.336	41.352	
Breakfast		445.077	23.019	63.269	9.613	681.333	497.350	32.774	336.136	3.279	23.639	
Blueberry Topping	1.300 oz.	34.427	0.272	1.970	0.001	1.483	0.000	0.324	0.086	0.279	0.840	
Veggie Breakfast Sausage Patties	1.000 item	80.000	10.000	3.000	3.000	260.000	0.000	0.000	0.000	1.000	0.500	
ORANGE PINEAPPLE JUICE	4.000 fl. oz.	60.000	1.000	13.000	0.000	20.000		30.000				
Organic Whole Grain Blueberry Pancake	2.000 item	180.000	3.000	33.000	6.000	270.000	0.000	0.000	20.000	2.000	10.000	
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299	

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Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Lunch		359.909	23.527	34.066	14.197	754.876	203.581	18.006	38.384	3.157	1.626
Tilapia Fillet with Garlic & Herb	2.500 oz.	115.000	11.000	8.000	4.500	120.000	0.000	1.800	10.000		
Herb Wrap	1.000 item	70.000	3.000	12.000	1.000	160.000	0.000	0.000	0.000	1.000	0.000
Shredded cheddar & monterey jack cheese	0.500 oz.	55.687	3.544	0.000	4.556	91.123					
Vegetarian Refried Beans-ss	2.000 oz.	55.194	3.512	10.035	0.251	125.440		0.000	10.035	1.505	
Bean Cheese Topping	0.250 oz.	27.843	1.772	0.000	2.278	45.562					
Fish Taco Slaw	2.000 oz.	36.186	0.699	4.031	1.612	212.751	203.581	16.206	18.348	0.652	1.626
Dinner		355.124	37.975	42.704	6.293	461.535	947.031	26.124	492.515	5.899	16.086
Chicken Breast	3.500 oz.	88.592	19.490	0.000	1.181	94.498					
Beans	3.500 oz.	34.728	1.875	7.819	0.278	2.977	80.371	9.625	45.643	3.274	1.538
Mozzarella Cheese	0.500 oz.	30.000	4.000	0.500	2.500	85.000	100.000		100.000		
CHICKEN PARMESAN TOPPING	0.250 oz.	13.013	1.017	1.009	0.631	108.359		1.152	29.058	0.311	0.647
PARSLEYED POTATOES	4.000 oz.	87.920	1.313	19.545	1.091	38.299	13.140	5.250	1.764	1.292	0.581
Asparagus Spears	1.500 oz.	10.220	1.533	1.533	0.000	2.551	256.170	7.647	0.000	1.022	1.022
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Friday		1315.964	66.032	187.485	35.559	1453.602	3498.032	208.670	1037.502	20.685	84.393
Breakfast		402.104	15.889	61.304	12.207	279.743	594.113	31.222	402.189	6.093	37.477
Banana Bread	1.500 sl.	258.808	6.321	35.716	11.595	143.749	36.513	1.623	69.974	4.011	15.678
Fresh Fruit Average	1.000 item	52.646	0.822	13.289	0.000	6.144	60.250	27.149	16.165	2.082	9.500

Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Lunch		398.512	12.905	61.948	9.883	431.576	1130.341	144.813	192.785	7.562	17.876
Picnic Salad	3.000 oz.	55.969	1.036	5.790	3.582	8.502	833.185	72.678	19.214	1.414	2.901
Cheese Dip	0.750 oz.	70.973	3.638	1.765	3.645	133.074	2.406	0.043	101.171	0.005	0.727
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Hearty Grain Onion Bagel	1.000 item	210.000	7.000	39.000	2.500	290.000		2.400	20.000	3.000	2.000
Dinner		515.349	37.237	64.234	13.469	742.283	1773.578	32.635	442.528	7.029	29.039
Fish Almondine	4.000 oz.	120.641	20.443	1.773	3.188	76.969	173.189	1.253	38.809	0.649	0.308
Sugar Snap Peas	3.000 oz.	30.648	2.045	6.148	0.000	10.190	102.468	4.918	40.987	2.045	4.099
Whole Grain Chocolate Chip	1.000 item	140.000	2.000	20.000	7.000	45.000			20.000	3.000	11.000
Raspberry Cookie											
Couscous	4.000 oz.	133.410	4.002	24.014	2.668	480.274	1000.571	24.014	26.682	1.334	1.334
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Saturday		1225.430	74.341	165.296	39.952	1785.425	4973.789	42.351	1068.297	21.895	57.382
Breakfast		438.922	23.392	55.087	20.127	471.976	585.942	4.222	385.972	8.063	18.299
Bing Cherries	2.500 oz.	38.272	0.645	9.788	0.014	2.126	88.592	1.772	9.922	1.063	0.000
Roasted Peanut Spread	1.000 oz.	180.000	8.000	7.000	18.000	120.000	0.000	0.000	20.000	3.000	3.000
Wheat English Muffin-	1.000 item	130.000	6.000	26.000	1.500	220.000	0.000	0.000	40.000	4.000	3.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Lunch		362.066	23.512	53.738	8.034	378.448	194.032	9.845	66.459	9.759	20.108
Apple	1.000 item	71.760	0.359	19.058	0.235	1.380	74.520	6.348	8.280	3.312	14.338
Chicken Salad	3.500 oz.	150.306	15.153	6.680	6.799	247.068	119.512	1.097	18.179	0.447	3.770
Whole Grain Rye Bread	2.000 sl.	140.000	8.000	28.000	1.000	130.000	0.000	2.400	40.000	6.000	2.000
Dinner		424.442	27.437	56.471	11.792	935.001	4193.814	28.285	615.866	4.073	18.975
Stuffed Shells Tomato Sauce	4.000 oz.	18.946	0.898	5.492	0.088	121.858	1099.424	19.358	27.483	1.198	3.598
Garden Salad	1.250 oz.	6.846	0.793	1.080	0.091	33.293	2197.040	6.477	22.333	2.374	0.478
Whole Wheat Bread Stick	1.000 item	80.000	3.000	15.000	1.000	80.000					
Balsamic Dressing-	0.800 fl. oz.	8.000	0.000	1.600	0.000	200.000					1.600
Stuffed Shells	2.000 pc.	220.000	14.000	21.000	10.000	370.000	400.000	0.000	250.000	0.500	1.000

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Name	Amount Unit	Kcal	Protein	Carb	Fat	Sodium	Vit A (IU)	Vit C	Calcium	Diet Fiber	Sugar
		kcal	g	g	g	mg	IU	mg	mg	g	g
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Sunday		1128.267	73.357	160.263	24.316	1610.906	1821.229	67.326	825.558	17.989	72.785
Breakfast		305.254	18.022	47.311	4.613	276.386	497.350	44.923	316.136	1.279	27.175
Blueberry Topping	1.300 oz.	34.427	0.272	1.970	0.001	1.483	0.000	0.324	0.086	0.279	0.840
Cheese Blinze	1.000 item	130.000	8.000	21.000	4.000	130.000		0.000		1.000	4.000
ORANGE JUICE	4.000 fl. oz.	50.177	1.004	12.042	0.000	15.053		42.149		0.000	10.035

Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Lunch		328.729	28.327	52.695	2.369	321.255	41.606	10.555	54.308	10.626	16.199
Pear	5.250 oz.	86.324	0.566	23.010	0.179	1.488	34.232	6.251	13.395	4.614	14.586
Chicken Breast	3.500 oz.	88.592	19.490	0.000	1.181	94.498					
JIM'S TERIYAKI SAUCE	0.250 fl. oz.	3.812	0.272	0.686	0.009	85.268	7.374	0.704	0.913	0.012	0.613
Whole Grain Bun	1.000 item	150.000	8.000	29.000	1.000	140.000	0.000	3.600	40.000	6.000	1.000
Dinner		494.284	27.007	60.256	17.334	1013.266	1282.273	11.847	455.114	6.083	29.412
Rice Con Queso	7.000 oz.	202.660	13.661	14.163	9.722	441.616	335.480	4.004	35.094	2.484	3.517
Stewed Tomatoes	2.600 oz.	20.974	0.599	4.794	0.000	161.800	449.443	5.393	23.970	0.599	3.596
Corn Muffin Whole Grain	1.000 item	180.000	4.000	29.000	7.000	280.000	0.000	0.000	80.000	3.000	10.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Monday		997.830	43.752	148.267	28.464	829.648	3631.626	53.576	632.607	22.450	55.713
Breakfast		482.050	20.354	76.109	13.035	182.513	563.897	30.404	512.088	8.445	47.692
Fresh Fruit Average	1.000 item	52.646	0.822	13.289	0.000	6.144	60.250	27.149	16.165	2.082	9.500
WEEK 1 GRANOLA	2.500 oz.	276.218	7.867	40.099	11.380	4.829	6.297	0.304	75.647	6.363	15.471
Low Fat Vanilla Yogurt	2.500 oz.	62.536	2.918	10.423	1.042	41.690	0.000	0.500	104.226	0.000	10.423
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	497.350	2.450	316.050	0.000	12.299
Lunch		515.781	23.398	72.158	15.429	647.135	3067.729	23.173	120.520	14.005	8.021
ONION POPPY WHOLE GRAIN BUN	1.000 item	150.000	8.000	29.000	1.000	140.000	0.000	3.600	40.000	6.000	1.000
COLE SLAW	2.000 oz.	46.221	0.660	5.985	2.519	91.695	1511.269	12.221	25.735	1.046	3.642
B.B.Q.	3.000 oz.	109.560	11.738	10.173	2.909	295.440	56.460	3.752	24.784	2.458	0.379
SWEET POTATO TORTILLA CHIPS-ss	1.500 oz.	210.000	3.000	27.000	9.000	120.000	1500.000	3.600	30.000	4.500	3.000

Thursday, May 20, 2010

Axxya Systems Nutritionist Pro™

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