

2600 Men  
5 day pre-Race  
SMTTH



Food Nutrition Information - Denise  
Meals: 05/15/2006 through 05/15/2006

	Qty	Units	Calories		Fats		Carbohydrate		Protein (g)	Cholest. (mg)	Sodium (mg)	Vitamins		Minerals	
			Total (cal)	Sat. (g)	Total (g)	Fiber (g)	Sugars (g)	A %RDA				C %RDA	Calcium %RDA	Iron %RDA	
Breakfast at 7:00 am on 05/15/2006															
Raisin Bran Cereal, Kellogg's	1.5	cups	476	3.31	0.47	105.73	14.74	57.52	17.02	4	593	34.35	21.37	36.82	39.40
Milk, Skim	1	cups	285	2.25	0.00	67.50	12.00	28.50	7.50	0	465	22.50	0.00	6.00	37.50
Banana	1	each	86	0.49	0.25	12.01	0.00	10.78	8.35	4	127	10.00	4.08	30.14	0.00
			105	0.57	0.23	26.22	2.74	18.24	1.17	0	1	1.85	17.29	0.68	1.90
Snack at 10:00 am on 05/15/2006															
great harvest honey whole wheat Honey	2	each	274	3.83	2.37	53.67	6.00	17.33	8.04	10	519	2.90	0.00	0.11	0.06
Butter	1	tsp	220	0.00	0.00	48.00	6.00	12.00	8.00	0	480	0.00	0.00	0.00	0.00
	1	tsp	34	3.83	2.37	0.00	0.00	0.00	0.04	10	39	2.90	0.00	0.11	0.06
Lunch at 12:00 pm on 05/15/2006															
Lentil with Couscous Soup in a Cup, Fat Free, Health \	2	cups	788	6.61	0.00	163.62	25.68	28.85	31.24	5	1841	44.24	45.16	20.15	44.71
Corn Bread Mix, Unenriched, Dry	1	srv	520	0.00	0.00	112.00	20.00	4.00	28.00	0	1440	40.00	32.00	16.00	40.00
Baby Carrots costco	1	cups	117	3.36	0.00	19.60	1.79	3.36	1.96	0	311	0.64	0.00	1.60	0.93
Oatmeal Cookies, Homemade	1	each	67	2.70	0.00	9.90	0.00	3.30	1.02	5	90	2.14	0.05	1.58	2.25
Apple	1	each	81	0.55	0.00	21.70	3.73	17.94	0.26	0	0	1.45	13.11	0.97	1.53
Snack at 2:00 pm on 05/15/2006															
Yogurt, Light, Yoplait	1	each	198	0.62	0.09	43.39	2.17	22.75	7.08	3	175	5.59	6.13	26.79	12.78
Grapes	1	cups	58	0.37	0.09	15.64	0.92	13.00	0.58	0	85	0.00	0.00	25.00	0.00
Grape-Nuts Cereal	2	tbsp	50	0.25	0.00	11.75	1.25	1.75	1.50	0	88	3.75	0.00	0.50	11.25
Dinner at 5:00 pm on 05/15/2006															
Long-Grain Brown Rice, Cooked	1	cups	218	1.76	0.00	45.08	3.53	1.37	5.06	0	10	0.00	0.00	1.96	4.36
Chicken Breast, Boneless, Skinless	6	oz (wf)	194	5.53	1.38	0.00	0.00	0.00	35.96	111	290	2.77	2.77	0.00	2.77
Broccoli steamed	1	cups	44	0.62	0.00	7.96	4.52	1.56	4.64	0	40	43.30	195.00	7.18	6.94
Cauliflower steamed	1	cups	28	0.62	0.00	5.08	3.35	0.99	2.28	0	18	0.42	90.94	1.98	2.06
Milk, Skim	1	cups	86	0.49	0.25	12.01	0.00	10.78	8.35	4	127	10.00	4.08	30.14	0.00
costco spinach	2	cups	60	0.00	0.00	10.00	10.00	0.00	6.00	0	0	0.00	0.00	0.00	0.00
Ranch Salad Dressing, Reduced Fat and Calories, Hid	1	tbsp	30	2.50	0.50	1.00	0.00	0.50	0.00	5	120	0.00	0.00	1.00	0.00
Tomato	1/2	cups	18	0.25	0.00	3.81	0.91	2.32	0.71	0	7	10.32	26.22	0.42	2.30
Cucumber	3	tbsp	3	0.02	0.00	0.55	0.16	0.39	0.14	0	0	0.84	1.72	0.27	0.33
Croutons	10	each	57	0.92	0.22	10.36	0.71	0.84	1.66	0	98	0.00	0.00	1.07	3.19
Sourdough Bread	2	srv	140	2.00	0.00	26.00	2.00	2.00	6.00	0	400	0.00	0.00	4.00	8.00
Daily Total			2614	29.09	5.28	478.26	73.77	147.21	134.17	142	4238	154.73	393.39	131.89	126.89
Percentage of Daily Goal			131%	45%	26%	159%	295%	147%	268%	47%	177%	155%	393%	132%	127%
Weekly Average			2614	29.09	5.28	478.26	73.77	147.21	134.17	142	4238	154.73	393.39	131.89	126.89
Percentage of Daily Goal			131%	45%	26%	159%	295%	147%	268%	47%	177%	155%	393%	132%	127%

men

Pre-Race Day-Fri



**Food Nutrition Information - Denise**  
**Meals: 05/16/2006 through 05/16/2006**

	Qty	Units	Calories		Fats		Carbohydrate		Protein (g)	Cholest. (mg)	Sodium (mg)	Vitamins		Minerals	
			Total (cal)	Total (g)	Total (g)	Sat. (g)	Total (g)	Fiber (g)				Sugars (g)	A %RDA	C %RDA	Calcium %RDA
Breakfast at 7:00 am on 05/16/2006															
Bisclick Pancakes	4	each	518	11.26	3.34	3.34	96.51	1.34	8.59	99	757	5.04	120.91	17.76	9.75
Pancake Syrup	2	tbsp	288	11.26	3.34	3.34	37.59	1.34	8.59	99	723	5.04	0.91	15.72	9.75
Orange Juice, Tropicana Pure Premium	1	cups	120	0.00	0.00	0.00	31.92	0.00	0.00	0	34	0.00	0.00	0.04	0.00
			110	0.00	0.00	0.00	27.00	0.00	0.00	0	0	0.00	120.00	2.00	0.00
Snack at 10:00 am on 05/16/2006															
Gatorade Thirst Quencher	2	cups	280	5.00	3.00	3.00	52.00	1.00	10.00	0	345	0.00	0.00	0.00	0.00
luna protein bar	1	each	100	0.00	0.00	0.00	28.00	0.00	0.00	0	220	0.00	0.00	0.00	0.00
			180	5.00	3.00	3.00	24.00	1.00	10.00	0	125	0.00	0.00	0.00	0.00
Lunch at 12:00 pm on 05/16/2006															
Turkey Breast Meat	6	oz (wt)	594	10.74	5.70	5.70	70.06	9.43	56.27	87	3128	10.23	15.87	23.82	6.93
Mustard	1	tsp	188	2.72	0.85	0.85	0.00	0.00	38.26	68	2433	0.00	0.00	1.20	3.76
prairie grain bread honey wheat bread	1	each	0	0.00	0.00	0.00	0.00	0.00	0.00	0	65	0.00	0.00	0.00	0.00
Tomato	2	slices	240	0.00	0.00	0.00	52.00	8.00	10.00	0	380	0.00	0.00	0.00	0.00
Provolone Cheese	7	slices	7	0.09	0.00	0.00	1.41	0.34	0.26	0	3	3.83	9.74	0.16	0.86
Baby Carrots costco	1	oz (wt)	98	7.56	4.76	4.76	0.59	0.00	7.17	19	245	4.56	0.00	21.17	0.78
Grapes	1	cups	3	0.00	0.00	0.00	0.42	0.17	0.25	0	0	0.00	0.00	0.00	0.00
	1	cups	58	0.37	0.09	0.09	15.64	0.92	0.58	0	2	1.84	6.13	1.29	1.53
Snack at 2:00 pm on 05/16/2006															
costco yogurt	1	cups	180	0.00	0.00	0.00	38.00	0.00	6.00	0	130	0.00	0.00	0.00	0.00
			180	0.00	0.00	0.00	38.00	0.00	6.00	0	130	0.00	0.00	0.00	0.00
Dinner at 6:00 pm on 05/16/2006															
Baked Potato, Plain, Wendy's	2	each	1157	6.49	2.24	2.24	221.22	19.08	53.35	4	1877	60.00	174.08	36.14	74.00
costco cottage cheese lowfat	1	cups	620	0.00	0.00	0.00	142.00	14.00	14.00	0	50	0.00	120.00	4.00	40.00
Baby Carrots costco	1/2	cups	180	5.00	2.00	2.00	8.00	0.00	24.00	0	940	0.00	0.00	0.00	0.00
Sourdough Bread	1	cups	1	0.00	0.00	0.00	0.21	0.08	0.00	0	0	0.00	0.00	0.00	0.00
Corn Flakes Cereal	1	slices	70	1.00	0.00	0.00	13.00	1.00	3.00	0	200	0.00	0.00	0.00	0.00
Milk, Skim	2	cups	200	0.00	0.00	0.00	46.00	4.00	4.00	0	560	50.00	50.00	2.00	4.00
	1	cups	86	0.49	0.25	0.25	12.01	0.00	8.95	4	127	10.00	4.08	30.14	0.00
Daily Total			2729	33.50	14.29	14.29	477.79	30.84	134.21	190	6237	75.27	310.86	77.72	90.68
Percentage of Daily Goal			136%	52%	71%	71%	159%	123%	268%	63%	260%	75%	311%	78%	91%
Weekly Average															
Percentage of Daily Goal			2729	33.50	14.29	14.29	477.79	30.84	134.21	190	6237	75.27	310.86	77.72	90.68
			136%	52%	71%	71%	159%	123%	268%	63%	260%	75%	311%	78%	91%
Overall Average															
Percentage of Daily Goal			2729	33.50	14.29	14.29	477.79	30.84	134.21	190	6237	75.27	310.86	77.72	90.68
			136%	52%	71%	71%	159%	123%	268%	63%	260%	75%	311%	78%	91%
Daily Nutrition Goals															
			2000	65	20	20	300	25	50	300	2400	100	100	100	100

END OF REPORT

snack at 8:00 pm

MEN  
Rac Day



Food Nutrition Information - Denise  
Meals: 05/17/2006 through 05/17/2006

	Qty	Units	Calories Total (cal)	Fats		Carbohydrate		Protein (g)	Cholest. (mg)	Sodium (mg)	Vitamins		Minerals			
				Total (g)	Sat. (g)	Total (g)	Fiber (g)				Sugars (g)	A %RDA	C %RDA	Calcium %RDA	Iron %RDA	
Breakfast at 7:00 am on 05/17/2006																
White Rice, Enriched, Instant, Cooked	1	cups	337	0.97	0.10	73.32	1.88	21.09	8.17	1	320	1.26	0.64	8.07	13.17	
Cinnamon, Ground	1/8	tsp	160	0.33	0.00	34.44	0.98	0.33	3.38	0	4	0.00	0.00	1.32	5.46	
Milk, Skim	2	tbsp	11	0.06	0.03	0.23	0.16	0.00	0.01	0	0	0.01	0.13	0.35	0.61	
Bagel, Plain	1/2	each	98	0.57	0.07	1.50	0.00	1.35	1.04	1	16	1.25	0.51	3.77	0.00	
Strawberry Jam, Seedless, Smucker's	1	tsp	17	0.00	0.00	18.82	0.75	1.42	3.73	0	190	0.00	0.00	2.63	7.10	
Gatorade Thirst Quencher	1	cups	50	0.00	0.00	4.33	0.00	4.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00
Lunch at 12:00 pm on 05/17/2006																
propel			640	8.00	4.00	87.24	1.00	10.82	44.00	0	385	0.00	0.00	2.00	4.00	
Plain Pretzel, Pretzelmaker	12	fl oz	14	0.00	0.00	4.24	0.00	2.82	0.00	0	49	0.00	0.00	0.00	0.00	
premier protein chocolate and peanut butter	1	each	346	0.00	0.00	71.00	0.00	0.00	13.00	0	36	0.00	0.00	2.00	4.00	
	1	each	280	8.00	4.00	12.00	1.00	8.00	31.00	0	300	0.00	0.00	0.00	0.00	
Daily Total			977	8.97	4.10	160.56	2.88	31.92	52.17	1	705	1.26	0.64	10.07	17.17	
Percentage of Daily Goal			49%	14%	21%	54%	12%	32%	104%	0%	29%	1%	1%	10%	17%	
Weekly Average																
Percentage of Daily Goal			977	8.97	4.10	160.56	2.88	31.92	52.17	1	705	1.26	0.64	10.07	17.17	
Percentage of Daily Goal			49%	14%	21%	54%	12%	32%	104%	0%	29%	1%	1%	10%	17%	
Overall Average																
Percentage of Daily Goal			977	8.97	4.10	160.56	2.88	31.92	52.17	1	705	1.26	0.64	10.07	17.17	
Percentage of Daily Goal			49%	14%	21%	54%	12%	32%	104%	0%	29%	1%	1%	10%	17%	
Daily Nutrition Goals																
			2000	65	20	300	25	100	50	300	2400	100	100	100	100	

END OF REPORT