

Food Synergy Report

www.foodsynergy.com.au

Summary of Foods eaten over 3 days

Grouped into food categories

Client Name : Your name here

February 2011

Age group and Gender used to determine RDI values >> Men 51-70 Years

Food, Single serving size (gr) and Number of Nutrients Analysed

Average weight of serving eaten per day

Cereal Grains (Grasses) Containing GLUTEN PEPTIDES

20005	Barley, pearled, raw (100 gr) 89	3.3 grams
20140	Spelt, uncooked (87 gr) 97	2.9 grams
20087	Wheat, sprouted (108 gr) 76	3.6 grams

Cereal Grains (Grasses) NO GLUTEN

20008	Buckwheat (85 gr) 77	2.8 grams
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Dairy Butter

01145	Butter, without salt (5 gr) 106	3.3 grams
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Dairy Cheese

01033	Cheese, parmesan, hard (28.35 gr) 90	9.5 grams
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Dairy Milk and Cream

01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D (244 gr) 109	81.3 grams
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Drinks

14003	Alcoholic beverage, beer, regular, all (356 gr) 101	118.7 grams
14209	Coffee, brewed from grounds, prepared with tap water (237 gr) 116	79.0 grams
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated (30 gr) 88	50.0 grams

Eggs

01123	Egg, whole, raw, fresh (44 gr) 130	14.7 grams
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Fruits

09003	Apples, raw, with skin (182 gr) 103	182.0 grams
09037	Avocados, raw, all commercial varieties (100 gr) 117	100.0 grams
09040	Bananas, raw (118 gr) 103	78.7 grams
09152	Lemon juice, raw (48 gr) 106	16.0 grams
09176	Mangos, raw (165 gr) 97	55.0 grams
09195	Olives, pickled, canned or bottled, green (27 gr) 73	9.0 grams
09226	Papayas, raw (145 gr) 98	48.3 grams
09429	Pineapple, raw, traditional varieties (165 gr) 45	55.0 grams

Herbs, Spices and Essential Oils (Volatile Plant Extracts))

02044	Basil, fresh (2.5 gr) 100	0.8 grams
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Legumes/Beans

43449	Baked beans, canned, no salt added (253 gr) 69	25.3 grams
16114	Tempeh (166 gr) 76	55.3 grams

Meat Offal Lamb

17201	Lamb, variety meats and by-products, liver, cooked, pan-fried (85 gr) 74	28.3 grams
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Nuts

12078	Nuts, brazilnuts, dried, unblanched (5 gr) 112	5.0 grams
12104	Nuts, coconut meat, raw (45 gr) 93	15.0 grams
12154	Nuts, walnuts, black, dried (7.8 gr) 114	5.2 grams

Oils Plant

42231	Oil, flaxseed (13.6 gr) 69	4.5 grams
04053	Oil, olive, salad or cooking (4.5 gr) 101	3.0 grams

Processed and Pre-made Foods - Baked Products

18035	Bread, Multi-Grain (includes whole-grain) (26 gr) 111	34.7 grams
18042	Bread, pita, whole-wheat (28 gr) 89	9.3 grams
18235	Crackers, whole-wheat (4.6 gr) 129	7.7 grams
18239	Croissants, butter (57 gr) 89	19.0 grams
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins) (113 gr) 106	37.7 grams
18349	Rolls, french (38 gr) 89	12.7 grams

Processed and Pre-made Foods - Breakfast Cereals

08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes (28 gr) 109	9.3 grams
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL (18 gr) 69	24.0 grams

Processed and Pre-made Foods - Sweets

19904	Chocolate, dark, 70-85% cacao solids (50 gr) 101	16.7 grams
43541	Ice creams, chocolate, rich (148 gr) 79	49.3 grams
19719	Jams and preserves, apricot (20 gr) 71	6.7 grams
19334	Sugars, brown (3 gr) 78	5.0 grams

Seeds

12014	Seeds, pumpkin and squash seed kernels, dried (33 gr) 129	11.0 grams
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels (28.35 gr) 63	9.5 grams

Vegetables

11052	Beans, snap, green, raw (55 gr) 98	36.7 grams
11090	Broccoli, raw (91 gr) 111	60.7 grams
11110	Cabbage, cooked, boiled, drained, without salt (75 gr) 110	25.0 grams
11113	Cabbage, red, cooked, boiled, drained, without salt (75 gr) 98	25.0 grams
11124	Carrots, raw (61 gr) 113	20.3 grams
11215	Garlic, raw (9 gr) 89	3.0 grams
11248	Lentils, sprouted, raw (77 gr) 59	28.2 grams
11253	Lettuce, green leaf, raw (36 gr) 102	12.0 grams
11260	Mushrooms, white, raw (35 gr) 121	23.3 grams
11282	Onions, raw (115 gr) 113	19.2 grams
11297	Parsley, raw (15 gr) 93	5.0 grams
11670	Peppers, hot chili, green, raw (75 gr) 89	25.0 grams
11367	Potatoes, boiled, cooked without skin, flesh, without salt (167 gr) 99	111.3 grams
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt (180 gr) 91	60.0 grams
11954	Tomatillos, raw (66 gr) 71	22.0 grams
11530	Tomatoes, red, ripe, cooked (240 gr) 100	80.0 grams
11956	Tomatoes, sun-dried, packed in oil, drained (110 gr) 64	36.7 grams
43406	Yeast extract spread (6 gr) 69	2.0 grams

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Summary of Foods eaten PER DAY over 3 days

Client Name : Your name here

February 2011

Age group and Gender used to determine RDI values >> Men 51-70 Years

Foods consumed on Day 1 Total weight of servings on Day 1 = **1358 gr**

Food, Single serving size (gr) and total weight of serving consumed on the Day

09003	Apples, raw, with skin (182gr)	182 gr consumed on the day
09037	Avocados, raw, all commercial varieties (100gr)	100 gr consumed on the day
09040	Bananas, raw (118gr)	118 gr consumed on the day
20005	Barley, pearled, raw (100gr)	10 gr consumed on the day
02044	Basil, fresh (2.5gr)	2.5 gr consumed on the day
11052	Beans, snap, green, raw (55gr)	55 gr consumed on the day
20008	Buckwheat (85gr)	8.5 gr consumed on the day
01145	Butter, without salt (5gr)	5 gr consumed on the day
14209	Coffee, brewed from grounds, prepared with tap water (237gr)	237 gr consumed on the day
01123	Egg, whole, raw, fresh (44gr)	44 gr consumed on the day
11215	Garlic, raw (9gr)	9 gr consumed on the day
43541	Ice creams, chocolate, rich (148gr)	148 gr consumed on the day
19719	Jams and preserves, apricot (20gr)	20 gr consumed on the day
09152	Lemon juice, raw (48gr)	48 gr consumed on the day
11248	Lentils, sprouted, raw (77gr)	7.7 gr consumed on the day
12078	Nuts, brazilnuts, dried, unblanched (5gr)	10 gr consumed on the day
12154	Nuts, walnuts, black, dried (7.8gr)	7.8 gr consumed on the day
42231	Oil, flaxseed (13.6gr)	13.6 gr consumed on the day
04053	Oil, olive, salad or cooking (4.5gr)	4.5 gr consumed on the day
11367	Potatoes, boiled, cooked without skin, flesh, without salt (167gr)	167 gr consumed on the day
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels (28.35gr)	28.35 gr consumed on the day
20140	Spelt, uncooked (87gr)	8.7 gr consumed on the day
19334	Sugars, brown (3gr)	3 gr consumed on the day
11956	Tomatoes, sun-dried, packed in oil, drained (110gr)	110 gr consumed on the day
20087	Wheat, sprouted (108gr)	10.8 gr consumed on the day

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Summary of Foods eaten PER DAY over 3 days

Client Name : Your name here

February 2011

Age group and Gender used to determine RDI values >> Men 51-70 Years

Foods consumed on Day 2 Total weight of servings on Day 2 = **1494 gr**

Food, Single serving size (gr) and total weight of serving consumed on the Day

09037	Avocados, raw, all commercial varieties (100gr)	100 gr consumed on the day
18035	Bread, Multi-Grain (includes whole-grain) (26gr)	52 gr consumed on the day
18042	Bread, pita, whole-wheat (28gr)	28 gr consumed on the day
11090	Broccoli, raw (91gr)	91 gr consumed on the day
01145	Butter, without salt (5gr)	5 gr consumed on the day
11113	Cabbage, red, cooked, boiled, drained, without salt (75gr)	75 gr consumed on the day
11124	Carrots, raw (61gr)	61 gr consumed on the day
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes (28gr)	28 gr consumed on the day
19904	Chocolate, dark, 70-85% cacao solids (50gr)	50 gr consumed on the day
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated (30gr)	60 gr consumed on the day
18235	Crackers, whole-wheat (4.6gr)	23 gr consumed on the day
18239	Croissants, butter (57gr)	57 gr consumed on the day
09176	Mangos, raw (165gr)	165 gr consumed on the day
11260	Mushrooms, white, raw (35gr)	35 gr consumed on the day
11282	Onions, raw (115gr)	57.5 gr consumed on the day
11297	Parsley, raw (15gr)	15 gr consumed on the day
11670	Peppers, hot chili, green, raw (75gr)	75 gr consumed on the day
09429	Pineapple, raw, traditional varieties (165gr)	165 gr consumed on the day
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt (180gr)	180 gr consumed on the day
19334	Sugars, brown (3gr)	6 gr consumed on the day
16114	Tempeh (166gr)	166 gr consumed on the day

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Summary of Foods eaten PER DAY over 3 days

Client Name : Your name here

February 2011

Age group and Gender used to determine RDI values >> Men 51-70 Years

Foods consumed on Day 3 Total weight of servings on Day 3 = 2858 gr

Food, Single serving size (gr) and total weight of serving consumed on the Day

14003	Alcoholic beverage, beer, regular, all (356gr)	356 gr consumed on the day
09003	Apples, raw, with skin (182gr)	364 gr consumed on the day
09037	Avocados, raw, all commercial varieties (100gr)	100 gr consumed on the day
43449	Baked beans, canned, no salt added (253gr)	75.9 gr consumed on the day
09040	Bananas, raw (118gr)	118 gr consumed on the day
11052	Beans, snap, green, raw (55gr)	55 gr consumed on the day
18035	Bread, Multi-Grain (includes whole-grain) (26gr)	52 gr consumed on the day
11090	Broccoli, raw (91gr)	91 gr consumed on the day
11110	Cabbage, cooked, boiled, drained, without salt (75gr)	75 gr consumed on the day
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL (18gr)	72 gr consumed on the day
01033	Cheese, parmesan, hard (28.35gr)	28.35 gr consumed on the day
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated (30gr)	90 gr consumed on the day
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried (85gr)	85 gr consumed on the day
11248	Lentils, sprouted, raw (77gr)	77 gr consumed on the day
11253	Lettuce, green leaf, raw (36gr)	36 gr consumed on the day
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D (244gr)	244 gr consumed on the day
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins) (113gr)	113 gr consumed on the day
11260	Mushrooms, white, raw (35gr)	35 gr consumed on the day
12078	Nuts, brazilnuts, dried, unblanched (5gr)	5 gr consumed on the day
12104	Nuts, coconut meat, raw (45gr)	45 gr consumed on the day
12154	Nuts, walnuts, black, dried (7.8gr)	7.8 gr consumed on the day
04053	Oil, olive, salad or cooking (4.5gr)	4.5 gr consumed on the day
09195	Olives, pickled, canned or bottled, green (27gr)	27 gr consumed on the day
09226	Papayas, raw (145gr)	145 gr consumed on the day
11367	Potatoes, boiled, cooked without skin, flesh, without salt (167gr)	167 gr consumed on the day
18349	Rolls, french (38gr)	38 gr consumed on the day
12014	Seeds, pumpkin and squash seed kernels, dried (33gr)	33 gr consumed on the day
19334	Sugars, brown (3gr)	6 gr consumed on the day
11954	Tomatillos, raw (66gr)	66 gr consumed on the day
11530	Tomatoes, red, ripe, cooked (240gr)	240 gr consumed on the day
43406	Yeast extract spread (6gr)	6 gr consumed on the day

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This analysis is based on recording foods eaten over 3 days.

Final result is averaged to show values per day.

Client Name : Your name here

February 2011

Age group and Gender used to determine RDI values >> Men 51-70 Years

Nutrient Common Name	Amount of nutrient consumed per day	Value used for RDI calculations	Amount of nutrient consumed
			per day as a percentage of the RDI for that Nutrient HIGHER values BETTER
Amino Acids			
Glycine	2.43 g	2.20 gr/day	110.29%
Histidine	1.53 g	1.57 gr/day	96.86%
Arginine	3.96 g	4.18 gr/day	94.68%
Tryptophan	0.75 g	0.85 gr/day	88.41%
Phenylalanine	2.80 g	3.46 gr/day	80.89%
Threonine	2.27 g	2.83 gr/day	80.24%
Leucine	4.42 g	5.53 gr/day	79.92%
Tyrosine	1.95 g	2.54 gr/day	76.71%
Isoleucine	2.52 g	3.42 gr/day	73.75%
Valine	3.12 g	4.37 gr/day	71.28%
Lysine	3.05 g	4.65 gr/day	65.56%
Cystine	0.89 g	1.39 gr/day	63.88%
Methionine	1.08 g	1.94 gr/day	55.77%
Serine	2.97 g		
Proline	3.61 g		
Hydroxyproline	0.00 g		
Glutamic acid	11.89 g		
Aspartic acid	6.17 g		
Alanine	2.74 g		

Fats Cholesterol

Cholesterol 273.87 mg

Fats Mono Unsaturated

TOTAL trans-monoenoic	0.02 g
TOTAL Monounsaturated Fats	36.57 g
Pentadecenoic acid 15:1	0.00 g
Palmitoleic acid trans 16:1	0.00 g
Palmitoleic acid cis 16:1	0.08 g
Palmitoleic acid 16:1	1.40 g
Oleic acid trans 18:1 (n-9)	0.12 g
Oleic acid cis 18:1 (n-9)	5.19 g
Oleic acid 18:1 (n-9)	34.78 g
Nervonic acid cis 24:1 (n-9)	0.00 g
Myristoleic acid 14:1	0.00 g

Note: RDI is Recommended Dietary Intake and is based on Australian recommended values for the specified Gender and Age Group

The quality and accuracy of this analysis is under constant improvement and development. Important information in these reports is constantly being added. Current considerations are that - Not all foods have all nutrients analysed. Not all nutrients have established RDI values yet. Final result is an approximation based largely on the accuracy of estimating the serving size and the number of servings.

Nutrient Common Name	Amount of nutrient consumed per day	Value used for RDI calculations	Amount of nutrient consumed per day as a percentage of the RDI for that Nutrient	
			HIGHER values	BETTER
heptadecenoic acid 17:1	0.05 g			
Erucic acid trans 22:1 (n-9)	0.00 g			
Erucic acid cis 22:1 (n-9)	0.00 g			
Erucic acid 22:1 (n-9)	0.00 g			
Eicosenoic acid 20:1 (n-9)	0.14 g			
Fats Poly Unsaturated				
Linolenic acid (LA) 18:3 (n-3)	4.10 g	1.30 g/day	315.46%	
Linoleic acid 18:2 (n-6)	19.03 g	13.00 g/day	146.37%	
Docosahexaenoic acid (DHA) 22:6 (n-3)	0.01 g	0.48 gr/day	1.85%	
Eicosapentaenoic acid (EPA) 20:5 (n-3)	0.00 g	0.48 gr/day	0.12%	
TOTAL Polyunsaturated Fats	23.48 g			
Parinaric acid 18:4	0.00 g			
Linoleic acid trans 18:2 (n-6)	0.01 g			
Linoleic acid mixed isomers 18:2 (n-6)	0.01 g			
Linoleic acid cis cis 18:2 (n-6)	3.24 g			
Linoleic acid as (CLA) conjugated linoleic acid 18:2 (n-6)	0.01 g			
Gamma-linolenic acid (GLA) 18:3 (n-6)	0.02 g			
Fatty acids, total trans-polyenoic	0.01 g			
Eicosatrienoic acid (ETE) 20:3 (n-3)	0.00 g			
Eicosadienoic acid cis cis 20:2 (n-6)	0.00 g			
Docosapentaenoic acid (DPA) 22:5 (n-3)	0.00 g			
Dihomo-gamma-linolenic acid (DGLA) 20:3 (n-6)	0.02 g			
Arachidonic acid (AA) 20:4 undifferentiated	0.30 g			
Alpha-linolenic acid (ALA) cis cis cis 18:3 (n-3)	0.78 g			
22:4	0.00 g			
21:5	0.00 g			
Fats Saturated				
Tridecylic acid 13:0	0.00 g			
TOTAL Saturated Fats	32.76 g			
Stearic acid 18:0	8.15 g			
Pentadecylic acid 15:0	0.01 g			
Palmitic acid 16:0	15.66 g			
Myristic acid 14:0	2.92 g			
Margaric acid 17:0	0.06 g			
Lignoceric acid 24:0	0.01 g			
Lauric acid 12:0	2.79 g			
Caprylic acid 8:0	0.61 g			
Caproic acid 6:0	0.42 g			
Capric acid 10:0	0.79 g			
Butyric acid 4:0	0.66 g			
Behenic acid 22:0	0.10 g			
Arachidic acid 20:0	0.14 g			
Fats TRANS				
TOTAL Trans Fats	0.03 g			
MacroNutrient				
Fiber, total dietary	43.52 g	30.00 g/day	145.06%	
Protein	72.32 g	64.00 g/day	113.00%	
Energy KJ	9443.92 kJ	10500.00 Kj/day	89.94%	
Water	1421.86 g	3400.00 gr/day	41.82%	
Total lipid (fat)	102.52 g			
Energy KCal	2257.53 kcal			

Nutrient Common Name	Amount of nutrient consumed per day	Value used for RDI calculations	Amount of nutrient consumed
			per day as a percentage of the RDI for that Nutrient HIGHER values BETTER
Carbohydrate, by difference	282.93 g		g/day
Ash	18.74 g		
Alcohol, ethyl	4.63 g		
Adjusted Protein	0.51 g		
Mineral			
Copper, Cu	5.73 mg	1.70 mg/day	336.83%
Iron, Fe	23.15 mg	8.00 mg/day	289.38%
Selenium, Se	189.31 mcg	70.00 ug/day	270.45%
Sodium, Na	1379.61 mg	690.00 mg/day	199.94%
Phosphorus, P	1589.60 mg	1000.00 mg/day	158.96%
Magnesium, Mg	596.55 mg	420.00 mg/day	142.03%
Potassium, K	4936.65 mg	3800.00 mg/day	129.91%
Manganese, Mn	6.78 mg	5.50 mg/day	123.21%
Zinc, Zn	11.72 mg	14.00 mg/day	83.73%
Calcium, Ca	752.20 mg	1000.00 mg/day	75.22%
Fluoride, F	163.45 mcg	4000.00 mcg/day	4.09%
Non Nutrients			
Theobromine	192.87 mg		
Caffeine	47.41 mg		
Phytosterols			
Stigmasterol	7.17 mg		
Phytosterols	71.11 mg		
Campesterol	7.73 mg		
Beta-sitosterol	95.82 mg		
Sugars			
Sugars, total	101.97 g		
Sucrose	23.12 g		
Starch	17.58 g		
Maltose	0.95 g		
Lactose	4.43 g		
Glucose (dextrose)	17.94 g		
Galactose	0.10 g		
Fructose	24.70 g		
Vitamin Fat Soluble			
Vitamin K (phylloquinone)	276.23 mcg	70.00 ug/day	394.62%
Vitamin A, RAE	2928.86 mcg_R	900.00 ug/day	325.43%
Vitamin E (alpha-tocopherol)	9.30 mg	10.00 mg/day	93.00%
Vitamin D	39.86 IU	400.00 IU	9.96%
Vitamin D3 (cholecalciferol)	0.62 mcg		
Vitamin D2 (ergocalciferol)	0.05 mcg		
Vitamin D (D2 + D3)	1.04 mcg		
Vitamin A, IU	17155.16 IU		
Tocopherol, gamma	9.33 mg		
Tocopherol, delta	0.61 mg		
Tocopherol, beta	0.15 mg		
Retinol	2484.30 mcg		
Lycopene	3444.69 mcg		
Lutein + zeaxanthin	3464.96 mcg		
Cryptoxanthin, beta	360.71 mcg		
Carotene, beta	4431.73 mcg		
Carotene, alpha	808.17 mcg		

Nutrient Common Name

Amount of nutrient
consumed per day

Value used for
RDI calculations

Amount of nutrient consumed
per day as a percentage
of the RDI for that Nutrient
HIGHER values BETTER

Vitamin Fat Soluble Added

Vitamin E, added 0.00 mg

Vitamin Water Soluble

Vitamin B-12 Cobalamin	26.06 mcg	2.40 ug/day	1086.02%
Vitamin C, total ascorbic acid	326.86 mg	45.00 mg/day	726.35%
Riboflavin B2	3.91 mg	1.30 mg/day	300.71%
Niacin B3	30.80 mg	16.00 mg/day	192.50%
Vitamin B-6 Pyridoxine	3.10 mg	1.70 mg/day	182.15%
Thiamin B1	2.17 mg	1.20 mg/day	181.16%
Folate, DFE	709.39 mcg_D	400.00 ug/day	177.35%
Pantothenic acid B5	8.33 mg	6.00 mg/day	138.76%
Choline, total	261.08 mg	550.00 mg/day	47.47%
Menaquinone-4	0.81 mcg		
Folic acid	76.72 mcg		
Folate, total	661.83 mcg		
Folate, food	585.11 mcg		
Dihydrophyloquinone	0.29 mcg		
Betaine	4.63 mg		

Vitamin Water Soluble Added

Vitamin B-12, added 0.88 mcg