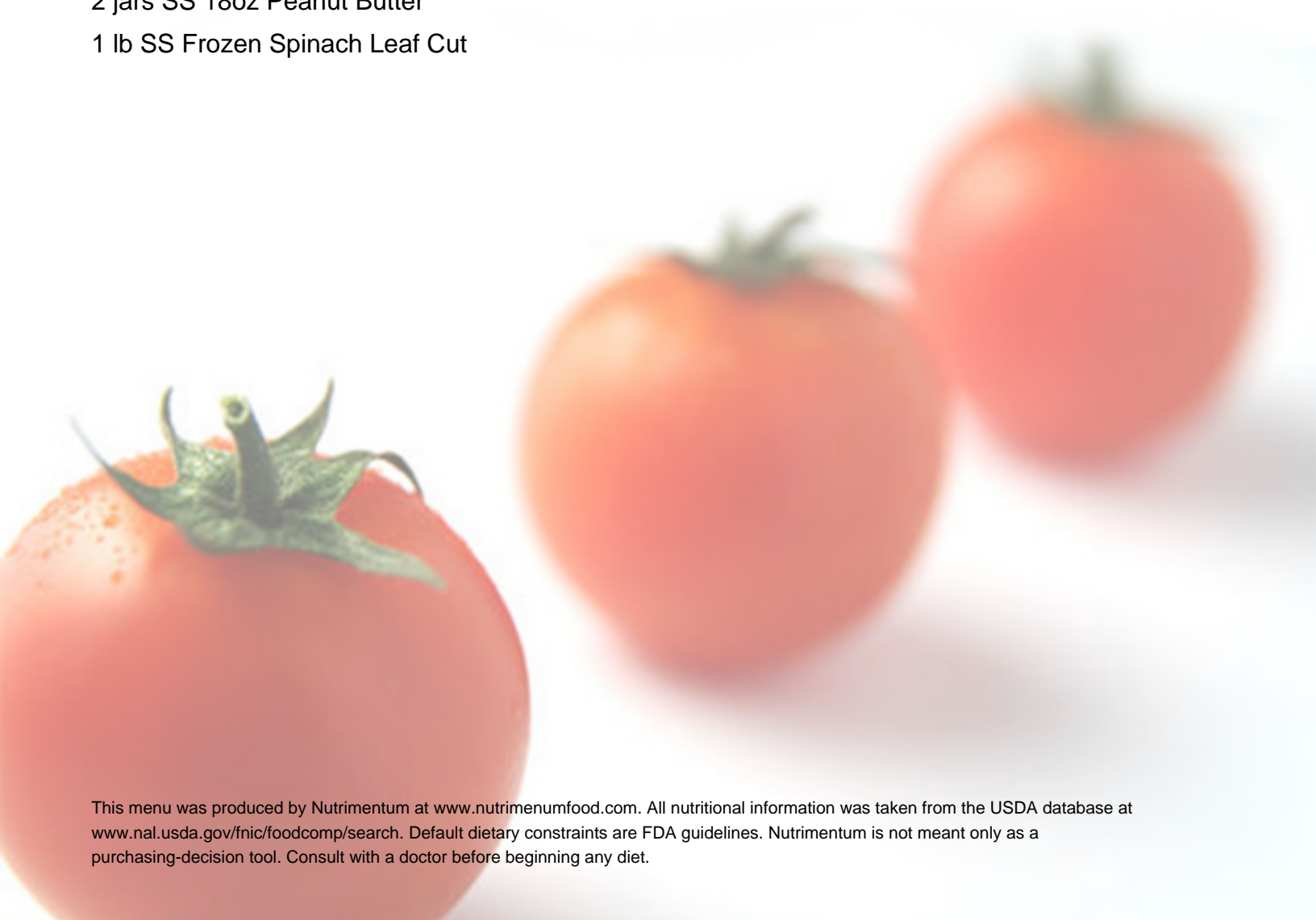


# Nutrimentum Menu

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Feed 2 people for 7 days on just \$44.92. That's only \$3.21 a person per day!

- 2 bottles 96 oz Tropicana Orange Juice + Vit D + Calcium
- 6 lbs Banana
- 3 lbs Carrots
- 1 box Cheerios 14oz box
- 1 carton Dozen Large Eggs
- 3 lbs Dry Enriched Pasta
- 4.6 lbs Potato
- 1 jar Prego Pasta Sauce
- 1 tub Smart Balance Omega Spread Buttery Soft
- 2 gallons SS 1% Fortified Milk
- 2 cans SS 15 oz Garbanzo Beans
- 2 jars SS 18oz Peanut Butter
- 1 lb SS Frozen Spinach Leaf Cut



# Nutrition Information

## Main Nutrients

Nutrient	Amount	Range
Cost	\$3.21	0 - 10
Food Weight	1800 g	454 - 3500
Calories	2060 Cal	2000 - 3000
Fat	73.8 g	40 - 75
Protein	73.1 g	50 - 100
Carbohydrates	293 g	130 - 500
Saturated Fat	19.8 g	10 - 30
Cholesterol	217 mg	200 - 600
Fiber	25.7 g	25 - 50

## Vitamins

Nutrient	Amount	Range
Vitamin A	8761 IU	900 - 10000
Vitamin B6	4.9 mcg	1.3 - 100
Vitamin B12	7.6 mcg	2.4 - Inf
Vitamin C	322 mg	90 - 2000
Vitamin D	1016 IU	600 - 4000
Vitamin E	16 IU	15 - 1000
Folate	775 mcg	400 - 1000
Vitamin K	156 mcg	120 - Inf
Lycopene	1.1 mcg	0 - Inf
Niacin	27.8 mg	16 - 35
Riboflavin	7.4 mg	1.3 - 20
Thiamin	2.4 mg	1.2 - Inf

## Minerals

Nutrient	Amount	Range
Calcium	1795 mg	1000 - 2500
Copper	1.7 mg	0.9 - 10
Fluorine	286.1 mcg	0 - Inf
Iron	18 mg	8 - 45
Magnesium	452 mg	300 - 500
Manganese	4.4 mg	2.3 - 11
Phosphorous	1563 mg	700 - 4000
Potassium	4700.0 mg	4700 - 10000
Selenium	112 mcg	55 - 400
Sodium	1519.5 mg	1500 - 2300
Zinc	12.7 mcg	11 - 40

## Special Diet Info

Not limited to nonperishable foods  
 Not limited to foods that are edible raw  
 Limited to vegetarian cuisine  
 Not limited to vegan cuisine