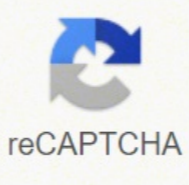


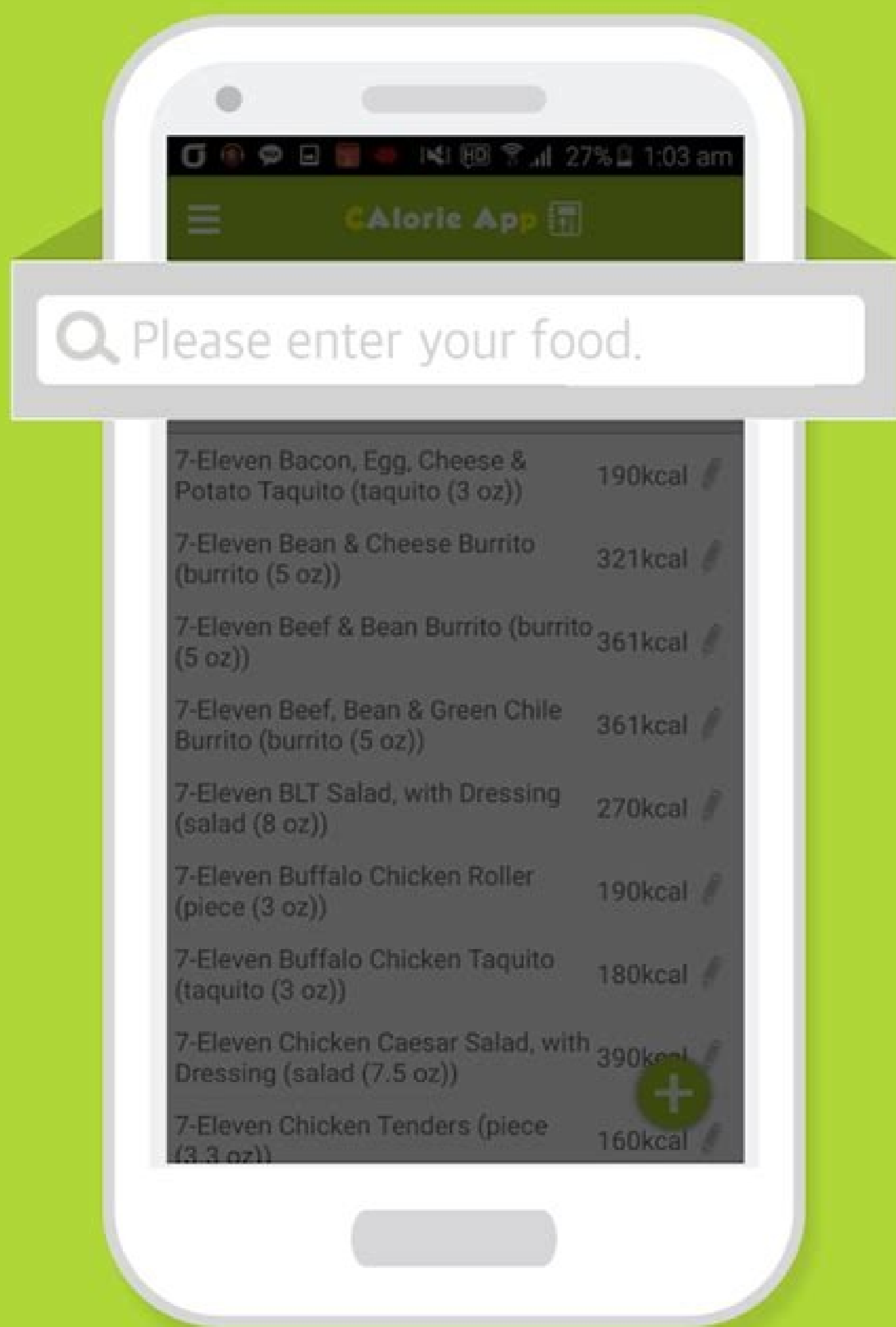


I'm not robot



**Open**

This app is devoted to an easy view and fast search results.



### NUTRITION LABEL CONVERSION TOOL

Did you know the nutrition labels on most snack foods are based on the average 2000-calorie diet? Here's a nifty tool that will convert any adult Daily Values into the Daily Values based on the recommended daily allowances for kids.

#### ADULT Nutrition Label

Select your child's age:

	Amount Per Serving
Calories	0
Protein	0 g
Total Fat	0 g
Saturated Fat	0 g
Sodium	0 mg
Carbohydrates	0 g
Fiber	0 g
Calcium	0 %
Iron	0 %
Zinc	0 %
Vitamin C	0 %

#### KID Nutrition Label

	%DV — Adult	Kid
Calories	0	0
Protein	0	0
Total Fat	0	0
Saturated Fat	0	0
Sodium	0	0
Carbohydrates	0	0
Fiber	0	0
Calcium	0	0
Iron	0	0
Zinc	0	0
Vitamin C	0	0

Age-Specific Information

Adult and kid percent Daily Values outlined against the Institute of Medicine DRI reports. For more info, visit [www.ihm.edu](http://www.ihm.edu).

11:02 AM

# My Diet Diary

Friday Apr 4, 2014

## DAILY BUDGET

Cals remaining	1628	Cals consumed	890
Cals burned	188	Minutes exercised	58
12 lb to go		0 glasses	

**Beans for Baking**

When your recipe calls for a cup of flour, try swapping half of that flour with a half cup of pureed black beans (rinsed and drained). You'll bump up your intake of fiber, protein, vitamin B, omega-3 fatty acids and calcium!

Vitamins, minerals and more!

Ingredients	French Toast	Menu
<b>Vitamins</b>		
Vitamin A	317 mcg	35%
Thiamin	0.24 mg	16%
Riboflavin	0.87 mg	51%
Niacin	1.9 mg	10%
Vitamin B5	0.2 mg	2%
Vitamin B6	0.25 mg	12%
Folate	26.5 mcg	7%
Vitamin B12	0.71 mcg	12%
Vitamin C	0.11 mg	0%
Vitamin D	1.5 mcg	8%
Vitamin E	1.5 mg	8%
Vitamin K	5.7 mcg	7%
<b>Minerals</b>		
Calcium	131 mg	13%

Foods of lower caloric density Foods of higher density Caloric ã, Cálcio, Cacobre, CuFluoride, Iron, Femistry, Mgmanganãis, Mnfosforo, Potassium, Keelence, Sesódio, Nazinc, Znã, ã, Æ, ABCDEFGHIJKLMNOPQRSTU VWXYZ ã, ABCDEFGHIJKLMNOPQRSTU VWXYZ ã. let us know if you have any suggestions on how to improve this site. Disclaimer: Nutrition information is calculated based on the standardized revenues of Jersey Mike Subs and were rounded to consistency with FDA labeling standards. We do our best in the cava to eliminate cross-contamination with allergen, but due to our areas of shared kitchen preparation, we can not guarantee that any menu item will be free of allergen. Examples: avocados, onions, salami, bread, mações, tomates, 071464017187. How do you get the nutritional value of home cooking? Please consult your doctor before making any changes to your diet. How can I improve the nutritional value of a recipe? How can I calculate the nutritional value of Multiple Portions? How does the nutritional information calculate a recipe? Our nutrition calculator and calories rearn nutritional data from various different fonts, including USDA and original product labels, among others. Before you order your request, let your server know if someone has a feed allergy. If you want to adjust the size of a single portion, you will have to start session and change the total number of portions of a revenue. Manufacturer Ingredients Content of the ingredient 2,000 calories per day is used for general nutritional advice, but calorie needs vary. Name {ingredient | ExtraOradd: Collection} \* Refer to the nutritional types in the packaging for information about {Nutrient\_Type}. Each ingredient is assigned a nutritional value based on data collected from men men s³An men e levAssop ©Á soin⁹Agrela moc odazurc otatnoC .atiecer a ©Á levjAduas siam ,ed⁹Aas ed ofEÁÁAautnop a roiam otнауQ .setnof franchisees or employees take responsibility for sensitivity or allergy to any food item. Printed at Enter a food name or a ÚPC ³ to find your nutritional µ. The actual daily needs for nutrients may be different based on their age, gender, level of physical activity, medical history²rich and other factors. To calculate the nutrition information of a recipe, the quantities of ingredients are converted into grams and then multiplied by these predefined nutritional values (per 100 grams). Changes µ dose sizes, preparation techniques, ingredient µ, product testing, supply sources, regional and seasonal variations and other factors may affect the nutritional values and content of the ingredients of each product. The overall health score of the recipe is calculated by combining these individual µ scores of the ingredients with the nutritional data of the recipe. This page may contain affiliate links to products through which we earn commission used to support this development and operation µ the site. Nutritional Values For Ordinary Foods And Products Daily values are based on 2000 diet ³rich and 155 lbs body weight (change). Contact your local Jersey MikeÁ As for µ information on product availability. The nutritional value of a cooked product is provided for the given weight of cooked food. Food images may show a similar or related product and are not intended to be used for food identification. Contribute to this site | Contact webmaster NutritionValue.Org - Exposed Nutritional Facts Terms and Conditions µes | Privacy Policy Copyright 2022. NutritionValue.org All rights reserved Products may vary from one location to Data from USDA National Nutrient Database. Whisk automatically calculates the nutritional value of a single recipe based on the total of listed percentage µ a recipe. Our nutrition calculator aggregates this data to calculate the overall health score of each ingredient. Our products products handmade and can be customized. Download Cava's Nutration and AIA© rgios Guide here. This information includes a distribution of our bowls and Chef-Curated pies, ingredients used ãã in bowls. For additional nutritional µ and alÁ ©rgenos, please go to hello@cava.com. \*We are happy to help. By breaking down the ingredients of each recipe, we are able to calculate the main nutritional data for each ingredient, including calories, carbohydrates, proteins, fat, sodium³ and car. The Nutrition ³ displayed on this site are for illustration purposes only. Although a given product may not contain a specific allergen, it can be prepared in the same equipment and kitchen area as the products contain the allergen. As our nutrition calculator calculates the health score of each ingredient, you can't see how each of the ingredients in your recipe affects your overall health score. Totals \* Please note: The oven is not used during the cooking process of our bread. By reducing or omitting energy-dense ingredients or using healthier substitutes e.g., olive oil instead of butter or sour cream instead of mayonnaise), you can improve the overall nutritional value of your recipe. All data displayed on this site are for general informational purposes only and should not be considered as a substitute for the advice of a physician. Council.

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