

Row #	What is the common or "generic" name of the food item?	Cost	Serving size (g)	Servings per package	Calories per serving	Total fat per serving (g)	Cholesterol per serving (mg)	Sodium per serving (mg)	Protein per serving (g)	Dietary fiber (g)	Total carbohydrate (g)	How many servings do you want per day?	Cost per serving
1	McDonald's Big Mac	\$4.87	211	1	530	27	85	960	24	3	47		
2	Gatorade (16 oz bottle)	\$1.59	591	1	130	0	0	270	0	0	34		
3	one slice of pepperoni pizza	\$2.49	107	1	285	10	18	640	12	2.5	36		
4	apple, one medium	\$0.50	182	1	95	0.3	0	2	0.5	4.4	25		
5	Pepsi (20 oz bottle)	\$1.89	591	1	250	0	0	55	0	0	66		
6	Doritos (Nacho Cheese)	\$0.99	28	1	140	8	0	210	2	1	16		
7	1% milk, 1 cup	\$0.50	244	1	103	2.4	12	107	8	0	12		
8	banana, one medium	\$0.50	118	1	105	0.4	0	1	1.3	3.1	27		
9	oatmeal cooked w water, plain, 1 cup	\$0.25	234	1	166	4	0	9	6	4	32		
10	100% orange juice, 1 cup	\$0.65	248	1	111	0.5	0	0	1.7	0.5	26		
11													
12													
13													
14													
15													
Row #	Total for your servings ==>	Dollars	Calories	Total fat	Cholesterol	Sodium (salt)	Carbohydrates	Protein	Fiber				
1										<p>You may choose any of the 10 items listed above, in combination with one or more of the five items you have added.</p> <p>You may choose more than one serving of a given item.</p> <p>The goal is to stay within budget (\$10.00) while keeping calories, fat, cholesterol, salt, and carbohydrates within the specified limits.</p> <p>In addition, you need to get enough protein and dietary fiber!</p>			
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	Your totals ==>									<== YOU will calculate this row			
	Budget & Targets:	\$10.00	2000	65	300	2400	300	50	25	to see if you are over or under Budget			