



BIONUTRITION DEPARTMENT

SAMPLE – ARGININE DIET

**Description:** Arginine Controlled (Vegan)

- 3000 Kcals
- 58% CHOs
- 30% FAT
- 12% PRO
- **5.0 +/- 0.25 grams Arginine**

**Category:** Arginine      **Created By:** Kathleen Farrell

**Date Created:** July 24, 2003

**Breakfast**

Food Item Description	Food Code	Amount	Measure	Weight (g)	Arginine
Oatmeal	08120	90.00	Gram	90.00	1.02
Applesauce	09019	1.00	Each	113.00	0.01
Honey	19296	1.00	Each	14.00	0.00
Orange Juice	B-40	1.00	Box	208.00	0.06
Yogurt Plain FF Dannon	01118	1.00	6 oz. carton	170.00	0.29

**AM Snack**

Food Item Description	Food Code	Amount	Measure	Weight (g)	Arginine
Bagel Cinnamon- Raisin	18005	1.00	Each	71.00	0.27
Banana	09040	136.00	Gram	136.00	0.06

**Lunch**

Food Item Description	Food Code	Amount	Measure	Weight (g)	Arginine
Pita Bread	18041	2.00	Each	112.00	6.20
Green Peppers	11333	50.00	Gram	50.00	0.44
Tomato, Raw	11529	60.00	Gram	60.00	0.51
Olive Oil	04053	20.00	Gram	20.00	0.00
Vinegar cider	02048	10.00	Gram	10.00	0.00
Lettuce looseleaf	11253	50.00	Gram	50.00	0.65
Carrot Baby	11960	65.00	Gram	65.00	0.55
Cucumber Raw	11205	40.00	Gram	40.00	0.28

**Supper**

Food Item Description	Food Code	Amount	Measure	Weight (g)	Arginine
Spaghetti Dry Enriched	20120	90.00	Gram	90.00	0.42

Tofu White Wave	16159	63.00	Gram	63.00	<b>0.44</b>
Tomato Raw	11529	50.00	Gram	50.00	0.01
Onions Raw	11282	40.00	Gram	40.00	0.06
Olive Oil	04053	28.00	Gram	28.00	0.00

#### PM Snack

Food Item Description	Food Code	Amount	Measure	Weight (g)	Arginine
Apple Raw with Skin	09003	1.00	Each	138.00	<b>0.01</b>
Tea Brewed Herb	14381	1.00	Each	237.00	<b>0.00</b>
Bread Wheat	18064	4.00	Slice	112.00	<b>0.43</b>
Peanut Butter	16096	44.00	Gram	44.00	<b>1.33</b>
Cashew Planters	12586	20.00	Gram	20.00	<b>0.37</b>
Sugar Granulated White	19335	1.00	Each	3.00	<b>0.00</b>

#### Diet Analysis

Nutrient	Energy (kcal)	Arginine	Protein (g)	Lipid (g)	Carb (g)
<b>Target Amount</b>	3000.00	<b>5.00</b>	90.00	100.00	435.00
<b>Diet Amount</b>	2932.74	<b>5.25</b>	89.08	100.82	434.63