

### **Lesson Plan**

### **Lesson to Calculate Nutrient Analysis**

#### Time Needed: 20–30 minutes

#### Materials:

- Instructor's Resource—**Replacing** *SuperTracker*
- Student Handout—How to Calculate Nutrient Analysis Manually
- Student Worksheet—Calculating Nutrient Analysis and answer key
- Computer
- Classroom projection system
- Internet access
- *Nutritive Value of Foods* PDF downloaded on computer or in print (found here www.ars.usda.gov); a condensed version can be found as an appendix in some of our nutrition textbooks
- Calculators

#### **Procedure:**

- 1. Review **Replacing** *SuperTracker* Instructor's Resource before class.
- 2. Distribute How to Calculate Nutrient Analysis Manually Student Handout to students.
- 3. Review the Student Handout with students and work through sample calculations as needed. Explain to students that nutrient analysis is not a precise science so that values may vary based on the nutrient database used and the food description the student chooses.
- 4. Use the computer and classroom projection system to demonstrate how to use the spreadsheets on the Jean Mayer USDA Human Nutrition Research Center on Aging website. Inform students that the spreadsheets do not include all the nutrients included in the chart for the manual calculation. If the student is familiar with Excel spreadsheets, he or she could download the spreadsheet and add additional columns and formulas or change headings in the existing columns. For example, the column heading for *Saturated Fat* (*g*) could be changed to *Vitamin D* (*mcg*). If there are different nutrients that you would like students to focus on, you could add them to the spreadsheet or replace one of the nutrients listed in the spreadsheet with the nutrient of your choosing. Also, the students can leave the column headed *Gram weight* (*g*) blank because the recipe does not provide that information.
- 5. Distribute the **Calculating Nutrient Analysis** Student Worksheet to students.



## Instructor's Resource Replacing SuperTracker

On June 30, 2018, the USDA discontinued *SuperTracker*. Although this was an unfortunate decision, there are other resources and options available to replace those previously provided on the *SuperTracker* website. Additionally, it is important to remember that ChooseMyPlate.gov is still supported and provides many useful resources such as the personalized food plan called *MyPlate Plan* (formerly *MyPlate Daily Checklist*).

The resources previously supported on the SuperTracker website include

- Food-A-Pedia;
- Food Tracker;
- Physical Activity Tracker;
- My Weight Manager;
- My Top 5 Goals; and
- Group Challenges.

The *SuperTracker* website was popular because it stored and tracked results in addition to providing a nutrient database and performing nutrient analysis on food and meal entries. The second section of this resource explains two alternatives for calculating nutrient analysis if individuals are willing to track progress themselves.

#### SuperTracker Features

Following are replacement options for each of the bulleted resources above:

#### Food-A-Pedia

The *Food-A-Pedia* tool was a food composition database that provided nutrition information for over 8,000 foods. The *USDA National Nutrient Database* is a good alternative. This database includes over 259,000 foods and offers comprehensive nutrient reporting. You can search individual foods or use the *Nutrient Search* function to compare the nutrient content of foods within a nutrient group.

The Dietitians of Canada created a resource that is very similar to *SuperTracker* called *eaTracker*. This resource requires users to be 14 years or older and offers a food composition database along with other features that will be described in later sections of this document. The *eaTracker* uses a standard reference food composition database that is very similar to the *USDA National Nutrient Database*. Quantities can be easily converted from metric units to US customary units.

#### **Food Tracker**

The *SuperTracker Food Tracker* tool allowed individuals to track the foods they ate and compare them to their nutrition targets electronically. Using *eaTracker*, you can enter foods you eat each day and it will track them for you. When you select *My Eating Feedback* on the left side of the *My Food* tab, you can view how the day's food intake compares with your nutrition targets.

The comparison is offered based on food groups or by nutrients. At this time, the Canada Food Guide organizes foods into four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. (The Canada Food Guide is being revised at this time.) This could cause some confusion because the US MyPlate food guidance system organizes foods into five food groups: fruits, vegetables, grains, protein foods, and dairy. To avoid confusion, use the comparison by nutrients.

The *MyPlate Plan* on ChooseMyPlate.gov offers a manual option for tracking food by food groups. A personalized *MyPlate Plan* is generated when an individual inputs his or her age, sex, height, weight, and activity level. The second page of the personalized *MyPlate Plan* is a form that lists food group targets along the left and space for tracking daily food choices for each food group in the middle column.

od group ta	rgets for a 2,000 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
Fruits	2 cups 1 cup of fruits counts as 1 cup raw or cooked fruit; or 1/2 cup dried fruit; or 1 cup 100% fruit juice.		Y N	Limit Sodium to 2,300 milligrams a day Saturated fat to 22 grams a day Added sugars to 50 grams a day
egetables	<b>2 1/2 cups</b> 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.		Y	Activity Be active your way:
Grains	<ul> <li>6 ounce equivalents</li> <li>1 ounce of grains counts as <ul> <li>1 slice bread; or</li> <li>1 ounce ready-to-eat cereal; or</li> <li>1/2 cup cooked rice, pasta, or cereal.</li> </ul> </li> </ul>		Y N	Adults: • Be physically active at least 2 1/2 hours per week. Children 6 to 17 years old:
Protein	5 1/2 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.		Y N	• Move at least 60 minutes every
Dairy	<b>3 cups</b> 1 cup of dairy counts as 1 cup milk; or 1 cup yogurt; or 1 cup fortified soy beverage; or 1 1/2 ounces natural cheese or 2 ounces processed cheese.		Y N	* This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

#### **Physical Activity Tracker**

The *Physical Activity Tracker* tool allowed individuals to track their physical activity and compare it with activity targets. Using *eaTracker*, you can enter your daily physical activity and it will track it for you. When you select *My Activity Feedback* on the left side of the *My Activities* tab, you can view how your daily activity compares with your activity targets. The targets used are from the Canadian Society for Exercise Physiology activity guidelines, but they are nearly identical to the *Physical Activity Guidelines for Americans*.

#### My Weight Manager

The *My Weight Manager* on the *SuperTracker* website provided weight management guidance and allowed you to track progress over time. Although you can still obtain a personalized food plan (*MyPlate Plan*) based on your age, sex, height, weight, and physical activity level on ChooseMyPlate.gov, the NIH's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) offers a similar tool. The NIDDK tool is called the *Body Weight Planner* and is more comprehensive. Please note that the *Body Weight Planner* is intended for use by individuals who are 18 years of age or older and not intended for use by women who are pregnant or breastfeeding.

Neither the NIDDK website nor ChooseMyPlate.gov will allow you to track your weight; however, you can track your weight on *eaTracker* by periodically updating your weight on the *My Profile* tab under *My Details*. You can view progress under the *My Activities* tab by selecting *Activity History* on the left side and scrolling down the page.

#### My Top 5 Goals

This *SuperTracker* feature allowed you to choose up to five personal goals and then sign up for tips and support from a virtual coach. A similar feature is offered on *eaTracker*, but you must be a client of a registered dietitian before you can be coached on *eaTracker*.

#### **Group Challenges**

The *SuperTracker Challenges and Groups* as well as the *Presidential Champions* and the electronic versions of *PALA*+ programs are no longer available. However, the *Presidential Active Lifestyle Award* (*PALA*+) is still viable, but progress must be logged manually. This challenge can be found on the US Department of Health and Human Services website.

#### **Options for Calculating Nutrient Analysis**

This section explains how to manually calculate nutrient analysis. It also describes a spreadsheet resource offered by the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, which can be used to perform nutrient analysis. Students could then track their results on paper, in a Word<sup>®</sup> document, or even create a spreadsheet to track and graph their results over time.

#### **Calculating Nutrient Analysis Manually**

A recipe or meal can be analyzed with manual calculation. The following steps describe how to perform a nutrient analysis.

1. Make a chart. List the foods consumed in the first column and their amounts in the second column. Determine which nutrients you want to include in your analysis and add a column for each nutrient. Label each column with the nutrient and its unit of measure.

	Nutrient Analysis													
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)						
Oatmeal	1 cup													
Milk, nonfat, fortified	V2 сир													
Walnuts	2 <b>7</b> bsp.													

2. Using a nutrient database such as the *USDA National Nutrient Database for Standard Reference* (ndb.nal.usda.gov), find the food you want to analyze. Select the amount on the database that reflects the amount you ate.

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Nutrient values and weights are for	edible portion.				
Search nutrient table:					
Nutrient	Unit	Value per 100 g	1 cup 234 g	1 tbsp 14.6 g	0.75 cup 175 g
Proximates					
Water	9	83.61	195.65	12.21	146.3
Energy	koal	71	166	10	1
Protein	9	2.54	5.94	0.37	4.
Total lipid (fat)	9	1.52	3.56	0.22	2.
Carbohydrate, by difference	9	12.00	28.08	1.75	21.
Fiber, total dietary	9	1.7	4.D	0.2	्र १
Sugars, total	9	0.27	0.63	0.04	0.
Minerals	ma	9	21	1	
Minerals Galcium, Ca					
Minerals Calcium, Ca Showing 33 nutrients					

If Internet access is not available, the *Nutritive Value of Foods* is available in portable document format (PDF) on the USDA website (www.ars.usda.gov). This can be downloaded to your computer and/ or printed when you are in a location that does have Internet access so it is available for use in the classroom.

3. Enter the nutrient amounts in your chart.

	Nutrient Analysis													
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)						
Oatmeal	1 cup	166	5.9	3.6	28	4	9	0						
Milk, nonfat, fortified	1/2 cup	45	4.4	0.3	6.2	0	65	60						
Walnuts	2 <b>7</b> bsp.	65	1.5	6.5	1.4	0.7	0	0						

4. After all the foods and their nutrients are entered in your chart, total the columns to determine the nutrient analysis for that meal.

	Nutrient Analysis													
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)						
Oatmeal	1 cup	166	5.9	3.6	28	4	9	0						
Milk, nonfat, fortified	1/2 <b>сир</b>	45	4.4	0.3	6.2	0	65	60						
Walnuts	2 7bsp.	65	1.5	6.5	1.4	0.7	0	0						
Banana, sliced	1/2 cup	67	0.8	0.3	17.1	1.9	1	0						
TOTAL		343	12.6	10.7	52.7	6.6	75	60						

5. To determine the nutrient analysis for one serving of a recipe manually, the procedure is essentially the same with one additional step. The additional step is to divide the totals by the number of servings to ascertain the nutrient amount for one serving. Therefore, a nutrient analysis for a *Spinach Omelet* recipe that yields three servings would be calculated as follows:

Recipe Nutrient Analysis Spinach Omelet (3 servings)												
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)				
Eggs	6	429	37.7	28.5	2.2	0	426	246				
Milk, nonfat	3 <b>7</b> bsp.	17	1.6	0.1	2.3	0	24	22				
Butter	1 Tbsp.	100	0	11	0	0	110	<b>2</b> .3				
Spinach, fresh, chopped	1½ cup	15	1.5	0	2.3	1.5	48	0				
Montery Jack cheese, low fat	<sup>3</sup> /4 сир	480	42	30	6	0	1,320	0				
Nutmeg	pinch	0	0	0	0	0	0	0				
TOTAL		1,041	82.8	69.6	12.8	1.5	1,928	270.3				
Divide by # of servings		÷3	÷3	÷3	÷3	÷3	÷3	÷3				
Nutrients per serving		347	27.6	23.2	4.3	0.5	642.7	90.1				

#### **Calculating Nutrient Analysis with Spreadsheets**

The Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University offers many useful resources including spreadsheet tools for calculating calories and nutrients in meals (hnrca.tufts. edu/flipbook/resources/restaurant-meal-calculator/#). This website offers three ready-to-use MS Excel® spreadsheets with formulas for calculating either single ingredient meals, recipes and mixed dishes, or full meals. This resource also suggests using the USDA National Nutrient Database to determine nutrient content of various foods.

1. Instructions are included with the spreadsheets.



**2.** The spreadsheet calculates the nutrient analysis for a recipe once the number of servings, ingredients, and their nutrients are entered.

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**3.** This spreadsheet will provide a nutrient analysis for an entire meal once the recipes' ingredients, number of servings, and nutrients are entered.

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**4.** A completed spreadsheet shows the nutrient analysis for a chicken stir-fry meal as an example.

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Example scenario: Rice and sauce are ma	de ahead o	of time in	large qua	ntities. Stir-f	ry is made to	order by s	scooping out	pre-cut ingre	edients. A	single orde	r is compose	d of 1 cu
of rice, 1/2 cup of sauce and 1 order of st	ir fry.											
	_											
Meal: Chicken Stir Fry				Values are	rounded to ti	he nearest	whole numb	er				
	1	_										
and the state of the			Amount	Gram	Calories,			Carbo-			Saturated	Choles
Ingredient	Servings	Amount	Unit	weight	"Energy"	Protein	Total Fat	hydrate	Fiber	Sodium	Fat	terc
	-	1		(9)	(calories)	(9)	(9)	(g)	(9)	(mg)	(g)	(mg
Recipe 1: Rice	60					1.000		1000				
Rice, white, long-grain, regular, cooked	-	60	Cups	9480	12323	255	27	2670	38	98	7	
Recipe 2: Souce	80		-									
soy sauce (Tamari)	-	25	Cups	7200	4320	757	7	401	58	402192	1	
brown sugar	-	0.5	Cups	1375	5225	2	0	1349	0	385	0	
s cornstarch			Cups	200	9/5	1	1262	234	4	25	102	
Pasina 2: Stir Env		0.5	cups	1303	12044	0	1303	0	0	0	193	
Decrystell		1.4	The	17	220	0	37	0	0	0		
7 chicken broast ment only cooked fried		0.5	nound	117	434	76	11	1	0	170	0	-
alloger root row		1	Tso	227	2	0	0	0	0	1	0	
a orde row			Ten	2	2	0	0	1	0	,	0	
red or cavenne nenner		0.125	Tso	0	1	0	0	0	0	0	0	
areen bell pepper (chopped)		0.5	Cups	75	15	1	0	3	1	2	0	
2 broccoli (chopped or diced)		0.5	Cups	44	15	1	0	3	1	15	0	
3 carrots (chopped)		0.5	Cups	64	26	1	0	6	2	44	0	
a onion (chopped)		0.5	Cups	80	32	1	0	7	1	3	0	
5												
Totals per Serving								<u>_</u>				
7 Recipe 1: Rice	Per single	e serving		158	205	4	0	45	1	2	0	8
8 Recipe 2: Souce	Per single	e serving		127	282	9	17	25	1	5033	2	
Recipe 3: Stir Fry	Per single	serving		522	757	79	38	23	б	244	5	2
Meal: Chicken Stir Fry	Per single	e serving		807	1244	93	56	92	7	5278	8	2
1	1											
2												
3												



### **Student Handout**

How to Calculate Nutrient Analysis Manually

When nutrient analysis software is unavailable, a recipe or meal can be analyzed by calculating manually.

1. Make a chart. List the foods you want to analyze in the first column and their amounts in the second column. Determine which nutrients you want to include in your analysis and add a column for each nutrient. Label each column with the nutrient and its unit of measure.

	Nutrient Analysis													
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)						
Oatmeal	1 cup													
Milk, nonfat, fortified	V2 cup													
Walnuts	2 <b>7</b> bsp.													

2. Using a nutrient database such as the *USDA National Nutrient Database for Standard Reference* (ndb.nal. usda.gov), find the food you want to analyze. Select the amount on the database that reflects the amount you ate.



If Internet access is not available, the *Nutritive Value of Foods* is available in portable document format (PDF) on the USDA website (www.ars.usda.gov). This can be downloaded to your computer and/or printed when you are in a location that does have Internet access so it is available for use in the classroom.

3. Enter the nutrient amounts in your chart.

	Nutrient Analysis													
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)						
Oatmeal	1 cup	166	5.9	3.6	28	4	9	0						
Milk, nonfat, fortified	V2 сир	45	4.4	0.3	6.2	0	65	60						
Walnuts	2 <b>7</b> bsp.	65	1.5	6.5	1.4	0.7	0	0						

4. After all the foods and their nutrients are entered in your chart, total the columns to determine the nutrient analysis for that meal.

	Nutrient Analysis													
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)						
Oatmeal	1 cup	166	5.9	3.6	28	4	9	0						
Milk, nonfat, fortified	V2 сир	45	4.4	0.3	6.2	0	65	60						
Walnuts	2 <b>7</b> bsp.	65	1.5	6.5	1.4	0.7	0	0						
Banana, sliced	1/2 cup	67	0.8	0.3	17.1	1.9	1	0						
TOTAL		343	12.6	10.7	52.7	6.6	75	60						

5. To determine the nutrient analysis for one serving of a recipe manually, the procedure is essentially the same with one additional step. The additional step is to divide the totals by the number of servings to ascertain the nutrient amount for one serving. Therefore, a nutrient analysis for the following *Spinach Omelet* recipe that yields three servings would be calculated as follows:

Recipe Nutrient Analysis Spinach Omelet (3 servings)									
Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)	
Eggs	6	429	37.7	28.5	2.2	0	426	246	
Milk, nonfat	3 <b>7</b> bsp.	17	1.6	0.1	2.3	0	24	22	
Butter	1 Tbsp.	100	0	11	0	0	110	2.3	
Spinach, fresh, chopped	1½ cup	15	1.5	0	2.3	1.5	48	0	
Montery Jack cheese, low fat	<sup>3</sup> /4 сир	480	42	30	6	0	1,320	0	
Nutmeg	pinch	0	0	0	0	0	0	0	
TOTAL		1,041	82.8	69.6	12.8	1.5	1,928	270.3	
Divide by # of servings		÷3	÷3	÷3	÷3	÷3	÷3	÷3	
Nutrients per serving		347	27.6	23.2	4.3	0.5	642.7	90.1	



TOTAL

Divide by # of servings Nutrients per serving

# Student Worksheet Calculating Nutrient Analysis

Name						_Date	Pe	eriod				
1.	Manual Nutrient Analysis Calculation         1. Calculate the nutrient analysis for the following recipe. Be sure to show your work. Round numbers up to one decimal place.         Recipe: Chicken Teriyaki         Yield: 4 servings         Ingredients:         8 oz. chicken thighs, boneless, skinless         1 t. fresh ginger, grated         ¼ t. salt         2 t. vegetable oil         1 T. honey         1 T. rice wine vinegar         ½ t. granulated sugar											
	2 T. low-sodium chicken broth 1 T. soy sauce											
	Recipe Nutrient Analysis Chicken Teriyaki (4 servings)											
	Food	Amount	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Fiber (g)	Sodium (mg)	Vitamin D (mcg)			
			ļ									
			<u> </u>									

#### Nutrient Analysis Calculation Using Spreadsheets

- 2. Use the spreadsheet for Multi Ingredient Recipes found on https://hnrca.tufts.edu/flipbook/ resources/restaurant-meal-calculator/ to calculate the nutrient analysis for the *Chicken Teriyaki* recipe. Either copy and paste your completed spreadsheet below, download and print a copy to attach to this worksheet, or submit electronically as directed by your instructor.
- 3. How do the results from your manual calculation compare with those from the spreadsheet?

4. Which method do you prefer and why?\_\_\_\_\_



## Answer Key Calculating Nutrient Analysis

Na	meDatePeriod
1.	<b>Manual Nutrient Analysis Calculation</b> Calculate the nutrient analysis for the following recipe. Be sure to show your work. Round numbers up to one decimal place.
	Recipe: Chicken Teriyaki Yield: 4 servings Ingredients:
	8 oz. chicken thighs, boneless, skinless 1 t. fresh ginger, grated ¼ t. salt 2 t. vegetable oil 1 T. honey 1 T. rice wine vinegar ½ t. granulated sugar 2 T. low-sodium chicken broth 1 T. soy sauce
Va	ues may vary based on the nutrient database used and the food description the student chooses, but answers

should be close to those provided in the following table: **Recipe Nutrient Analysis** Chicken Teriyaki (4 servings) Protein (g) Fat (g) Carbohydrates Sodium Vitamin D Food Amount Calories Fiber (g) (g) (mg) (mcg) Chicken thighs 2 8 oz. 320 56 18 0 381 0 Fresh ginger, grated 0 1 tsp. 0 0 0 0 0 0 Salt 0 0 0 0 0 147 0 1/4 tsp. 2 tsp. 9 0 Vegetable oil 80 0 0 0 0 Honey 1 Tbsp. 60 0 0 17 0 0 0 **Rice wine** 1 Tbsp. 0 0 0 0 0 9 0 vinegar 8 0 2 0 0 0 0 Sugar 1⁄2 tsp. Chicken broth, 0 0 2 Tbsp. 1 0.3 0.1 71 0 low sodium 1.9 0 0 Soy sauce 1 Tbsp. 11 1 0.1 1,005 22.1 TOTAL 480 58.2 27 0.1 1,613 0 Divide by # ÷4 ÷4 ÷4 ÷4 ÷4 ÷4 ÷4 of servings **Nutrients** 0 120 14.6 6.8 5.5 0.03 403.3 per serving

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#### Nutrient Analysis Calculation Using Spreadsheets

2. Use the spreadsheet for Multi Ingredient Recipes found on https://hnrca.tufts.edu/flipbook/ resources/restaurant-meal-calculator/ to calculate the nutrient analysis for the *Chicken Teriyaki* recipe. Either copy and paste your completed spreadsheet below, download and print a copy to attach to this worksheet, or submit electronically as directed by your instructor.

Inform students that the spreadsheets do not include all the nutrients included in the manual calculation example on previous page. If the student is familiar with  $Excel^{\oplus}$  spreadsheets, he or she could download the spreadsheet and add additional columns and formulas or change headings in the existing columns. For example, the column heading for *Saturated Fat* (g) could be changed to *Vitamin D* (mcg). Also, the students can leave the column headed *Gram weight* (g) blank because the recipe does not provide that information.

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	in the second	-		Amount	Gram	Calories		a	Carbo-	2		-
5	Ingredient	Servinas	Amount	Unit	weight	(Energy)	Protein	Total Fat	hydrate	Fiber	Sodium	Vitamin D
6					(9)	(calories)	(9)	(g)	(g)	(9)	(mg)	(mcg)
7	Recipe: Chicken Teryaki	4										
8	Chicken thighs, boneless, skinless		8.00	ounces		320	56	18	2	0	381	0
9	Fresh ginger		1.00	teaspoor	2	0	0	0	0	0	0	0
10	solt		0.25	teaspoor	2	0	0	0	0	0	147	0
11	vegetable oil		2.00	teaspoor	2	80	0	9	0	0	0	0
12	honey		1.00	tablespo	on	60	0	0	17	0	0	0
13	Rice wine vinegar		1.00	tablespo	on	0	0	0	0	0	9	0
14	Sugar		0.50	teaspoor	2	8	0	0	2	0	0	0
15	Chicken broth, low sodium		2.00	tablespo	on	1	0	0	0	0	71	0
16	Soy Sauce		1.00	tablespo	on	11	2	0	1	0	1005	0
17												
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26	26 Recipe: Chicken Teryaki Wh		ipe		0	480	58	27	22	0	1613	0
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	and the second			esonitive i								

3. How do the results from your manual calculation compare with those from the spreadsheet? Answers will vary.

#### 4. Which method do you prefer and why?\_\_\_\_\_

#### Answers will vary.

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