

Product	CHO g	PRO g	FAT g	ENERGY(KJ)	Select	Change	Maximize	701.5664
Vegetable Lasagna	0.08	0.03	0.08	5.16	1	0	0	Subject to
baked beans canned in tomato sauce	0.1	0.05	0	3.55	1	0	0	Match
Bean cannellini, canned , drained	0.12	0.06	0.01	3.87	1	0	0	Standard
Red Lentil Soup	0.07	0.03	0.01	2.39	1	0	0	228
Zucchini,golden,fresh,peeled,boiled	0.01	0.03	0	0.93	1	505.6747	0	
Grilled tofu with Quinoa and spinach	0.11	0.07	0.04	4.73	1	0	0	
Mushroom,fresh,common,baked,no added fat	0	0.04	0.01	1.62	1	0	0	
Thai vegetable curry	0.05	0.02	0.05	3.46	1	0	0	
Bread soy and linseed, toasted	0.39	0.14	0.1	13.53	1	0	0	
Rice, white, cooked	0.36	0.03	0	6.71	1	27.00286	0	
Broccoli baked no fat	0	0.06	0	1.6	1	0	0	
								OD Beef and Rice
Nuts pistachio roasted unsalted	0.16	0.2	0.51	25.42	1	0	0	Beef,bbq cut,semi-trimmed,grilled 1 medium steak
Vege sausage chickpea and spinach	0.07	0.19	0.09	8.07	1	168.8889	0	Rice,brown,cooked,boiled 1/2 cup
Sweet potato, peeled, fresh, baked, olive oil	0.16	0.02	0.06	5	1	0	0	
Beetroot baked, no added fat	0.1	0.02	0	2.45	1	0	0	
Broccolini, fresh, steamed	0.02	0.03	0	1.56	1	0	0	
Seeds Chia cooked	0.06	0.05	0.05	3.92	0	0	0	
Pumpkin roasted no fat	0.08	0.02	0.01	2.22	0	0	0	
Cauliflower baked no added fat	0.02	0.03	0	1.26	0	0	0	
Salad garden avocado	0.02	0.01	0.05	2.72	0	0	0	
Peanut butter crunchy regular	0.14	0.22	0.5	25.09	0	0	0	
Tofu, grilled no fat	0	0.16	0.1	6.88	0	0	0	
Sushi vegetable with seaweed	0.27	0.03	0.03	6.28	0	0	0	
Oil Olive	0	0	1	37	0	0	0	
Brussel sprout,fresh, boiled	0.02	0.04	0	1.56	0	0	0	
Capsicum stuffed with tomato rice	0.17	0.02	0.01	4.04	0	0	0	
Quinoa cooked in water no added fat	0.16	0.04	0.02	4.14	0	0	0	
Cashew roasted, unsalted	0.23	0.17	0.5	25.83	0	0	0	
Lemon Dill Rice	0.2	0.03	0.3	5.47	0	0	0	
Pumpkin butternut baked, no fat	0.08	0.02	0.01	2.22	0	0	0	
Ice Coffee with soy milk	0.02	0.02	0.01	1.15	0	0	0	
Porridge,flavoured sachet,with dried fruit,with soy milk	0.19	0.05	0.03	5.17	0	0	0	
Peanut butter and berry soothie	0.1	0.03	0.05	4.02	0	0	0	
Chai latte made up Soy milk	0.1	0.04	0.02	3.45	0	0	0	
Avocado	0.03	0.09	0.18	9.06	0	0	0	
Cherry dried	0.5	0.04	0.01	11.36	0	0	0	
Yougurt soybased with mongo	0.08	0.04	0.02	2.88	0	0	0	
Lasagne Vegetable(vegan)	0.16	0.05	0.09	6.74	0	0	0	
Bean red kidney, canned, drained	0.14	0.07	0.01	4.26	0	0	0	
Soy yougurt with mango & peach	0.13	0.04	0.04	4.16	0	0	0	
Strawberry, fresh	0.04	0.01	0	1.08	0	0	0	
Sago cooked in water	0.13	0	0	2.29	0	0	0	
Mandarin	0.08	0.01	0	1.65	0	0	0	
Sugar raw	1	0	0	15.97	0	0	0	
Margarine monounsaturated	0	0.01	0.62	23.06	0	0	0	
Bread soy and linseed, fresh	0.33	0.12	0.09	11.5	0	0	0	
Eggplant peeled fresh baked no added fat	0.03	0.01	0	1.09	0	0	0	
carrot, baked no added fat	0.06	0.01	0	1.46	0	0	0	
Casserole,home made,vegetable & legumes	0.1	0.04	0.03	3.9	0	0	0	
Oil canola	0	0	1	37	0	0	0	
Chana dhal cooked	0.49	0.24	0.02	14.39	0	0	0	
Spinach baked no added fat	0.01	0.03	0	1.36	0	0	0	
Pasta & sauce, tomato based prepared as directed	0.14	0.03	0.01	3.46	0	0	0	
Pea green cooked no added fat	0.06	0.05	0	2.46	0	0	0	
Sweet potato mashed	0.13	0.02	0.07	5.41	0	0	0	
Eggplant,peeled,fresh,baked, olive oil	0.03	0.01	0.14	6.05	0	0	0	
Bean Lupin Canned	0.03	0.14	0.02	4.72	0	0	0	
Bread dinner roll	0.45	0.1	0.03	10.6	0	0	0	
Mung bean	0.61	0.13	0.02	14.04	0	0	0	
Margarine cooking	0.01	0.01	0.8	29.83	0	0	0	
Couscous with roast vegetable	0.2	0.04	0.04	5.86	0	0	0	
Snow pea baked no added fat	0.06	0.04	0	1.96	0	0	0	
Mushroom,fresh,common,baked,canola oil	0	0.04	0.1	5.03	0	0	0	
Tomato sundried	0.35	0.11	0.05	11.01	0	0	0	
Patty lentil baked no added fat	0.26	0.06	0.05	7.58	0	0	0	
Tomato, cherry	0.02	0.01	0	0.65	0	0	0	
Mashed potato	0.64	0.07	0.06	15.07	0	0	0	
Avocado cooked	0	0.02	0.23	9.13	0	0	0	
Snow pea boiled no added fat	0.05	0.03	0	1.69	0	0	0	
Tofu smoked	0.05	0.17	0.1	7.51	0	0	0	
sprout alfalfa	0.01	0.03	0	0.91	0	0	0	
Salad three beans	0.08	0.04	0.04	3.76	0	0	0	
Mixed nuts with peanuts	0.09	0.19	0.57	26.68	0	0	0	
Bean soya dried, boiled, drained	0.01	0.14	0.08	5.97	0	0	0	
Pumpkin seeds	0.03	0.3	0.49	24.24	0	0	0	
	1	0.02	0.09	0.06	4.38	0	0	
Onion ring breadcrumb coated	0.12	0.04	0.01	3.42	0	0	0	
Wheat biscuit	0.67	0.13	0.02	15.07	0	0	0	
Vegetable fruit/ blend	0.15	0.18	0.05	10.82	0	0	0	
Tomato Sauce	0.24	0.01	0	4.35	0	0	0	
Tomato paste,regular	0.1	0.03	0	2.81	0	0	0	
Cheese Soy	0.05	0.07	0.28	12.38	0	0	0	
sweet chillie sauce	0.57	0	0	9.47	0	0	0	
Sushi,fish,with seaweed	0.27	0.07	0.01	6.38	0	0	0	
Sushi,beef,with seaweed	0.26	0.08	0.02	6.84	0	0	0	
Sunflower seed	0.02	0.27	0.51	24.65	0	0	0	
Sultanas	0.75	0.03	0.01	13.29	0	0	0	
Stir fry, commercial, noodles, chicken & vegetable	0.15	0.1	0.09	7.6	0	0	0	
Squash,button,fresh,boiled	0.04	0.03	0	1.31	0	0	0	
Split Pea boiled	0.09	0.07	0	3.64	0	0	0	
Soy protein powder	0.09	0.76	0.01	15.14	0	0	0	
Soy milk plain, low fat	0.09	0.03	0	2.1	0	0	0	
Soy milk flavoured choclate low fat	0.1	0.03	0.02	2.78	0	0	0	
Soy drink	0.03	0.03	0.02	1.57	0	0	0	
Soup vegetable canned	0.07	0.02	0	1.86	0	0	0	
Smoothie,rice milk based	0.16	0.01	0.01	3.35	0	0	0	
smoked salmon	0	0.16	0.17	9.18	0	0	0	
Seaweed steamed	0	0.08	0.01	2.28	0	0	0	
salmon pink canned in brine drained	0	0.29	0.04	6.37	0	0	0	

Weight	Energy	Protein	Fat	CHO
267.8	2014.4	58.3	15.2	26.6

salmon atlantic grilled	0	0.23	0.09	7.24	0
Salad pasta with vegetable	0.14	0.03	0.01	3.46	0
Salad chick pea	0.07	0.03	0.01	2.53	0
Rich Beef Gravy	0.06	0.04	0.02	2.33	0
Rice white steamed	0.36	0.03	0	6.71	0
Rambutan	0.16	0.01	0	3.12	0
Pumpkin jarrahdale fresh steamed	0.04	0.01	0	1.16	0
Prune(dried plum)	0.44	0.02	0	8.41	0
Potato ,plain,coliban,baked,no added fat	0.17	0.03	0	3.68	0
Potato wedges, baked,no fat	0.2	0.03	0	4.27	0
Potato scallops	0.11	0.02	0.11	6.48	0
Potato mashed	0.13	0.03	0	2.89	0
Potato hash brown	0.23	0.02	0.13	9.34	0
Potato crisps or chips,plain,salted	0.46	0.06	0.34	21.6	0
Potato bake,+bacon+cheese+cream	0.09	0.06	0.14	7.92	0
Porridge,plain,unfortified,with soy milk	0.14	0.05	0.03	4.71	0
Porridge,plain,unfortified,with rice milk	0.22	0.02	0.02	5.11	0
Pork sausages	0	0.24	0.16	9.87	0
Peaches fresh unpeeled	0.07	0.01	0	1.57	0
Pasta, wheat flour fresh boiled no added salt	0.27	0.06	0.03	6.91	0
Passionfruit raw/canned	0.06	0.03	0	3.04	0
Parsley	0.01	0.02	0	1	0
Orange juice	0.04	0	0	0.81	0
Orange	0.08	0.01	0	1.83	0
Olive oil extra virgin	0	0	1	37	1
Okra cooked no added fat	0.02	0.03	0	1.2	0
Okra cooked added fat	0.01	0.03	0.05	3.1	0
Oats,rolled,boiled,added salt (porridge)	0.1	0.02	0.01	2.73	0
Oats, cooked with water	0.1	0.02	0.02	2.87	0
Oats, cooked with rice milk	0.22	0.02	0.02	5.11	0
Oat bran	0.58	0.14	0.08	16.2	0
Nuts,macadamia,roasted,unsalted	0.04	0.09	0.75	30.62	0
Nuts mixed (almond+cashew+peanut)unsalted	0.15	0.22	0.53	26.43	0
Nuts macadamia roasted unsalted	0.04	0.09	0.75	30.62	0
Nuts cashew roasted unsalted	0.23	0.17	0.5	25.83	0
Noodles boiled no flavour drained	0.23	0.04	0.08	7.78	0
Noodles – instant	0.23	0.04	0.08	7.78	0
Nectarine,fresh,white,unpeeled	0.08	0.01	0	1.81	0
Mushroom,fresh,common,fresh	0	0.02	0	0.86	0
Mixed vegetables,fresh,asian greens,steamed,added fat	0.01	0.02	0.05	2.4	0
Mixed vegetables,fresh,asian greens,steamed, no added fat	0.01	0.02	0	0.78	0
Mixed nuts without peanut	0.07	0.18	0.59	26.85	0
Mixed berry fresh	0.06	0.01	0	1.38	0
Milk cow ready to drink	0.06	0.04	0.02	2.33	0
Milk cow dry powder regular fat	0.47	0.1	0.02	10.64	0
Mango	0.13	0.01	0	2.49	0
lamb filly trimmed baked no added fat	0	0.19	0.11	7.22	0
Kiwifruit,green (hayward),peeled	0.09	0.01	0	2.18	0
Kale cooked	0.04	0.02	0	1.14	0
Juice pomegranate	0.15	0	0	2.71	0
Jackfruit cooked	0.17	0.02	0	3.47	0
Grilled teryaki chicken wings	0.05	0.01	0.01	1.09	0
Mayonnaise with soy	0	0.02	0.86	32.16	0
Fruit					
salad,fresh,+apple+banana+berries+mango+melon+kiwifruit	0.15	0.01	0	2.87	0
Fried Rice, white+chicken+mixed vegetable	0.09	0.06	0.14	7.92	0
Fried Rice, white + Lentils	0.21	0.05	0.05	6.43	0
Fig,fresh,peeled,baked	0.09	0.02	0	2.24	0
Fig dried	0.55	0.04	0.01	10.82	0
Farm fresh eggs	0.38	0.27	0.26	20.5	0
Dip avocado commercial	0.04	0.05	0.27	11.86	0
Curry homemade lentil	0.14	0.06	0.03	4.85	0
Crumble apple bake	0.28	0.02	0.08	8.17	0
Couscous,cooked ,with roast vegetables & meat	0.16	0.1	0.06	6.98	0
Couscous cooked no added fat	0.33	0.06	0	6.77	0
Corn,cob,fresh,baked,no added fat	0.16	0.05	0.02	4.8	0
Corn chips plain salted	0.53	0.07	0.26	20.48	0
Coriander leaves	0.04	0.03	0.01	1.67	0
Coles Kale & Beetroot Salad	0.05	0.04	0.05	3.53	0
Coffee,cappuccino,caffeinated,regular,regular fat soy milk	0.04	0.03	0.02	1.98	0
Coconut,milk,regular fat,canned	0.02	0.02	0.16	6.46	0
Coconut,fresh,mature fruit,flesh	0.03	0.03	0.3	12.9	0
Coconut desiccated	0.07	0.07	0.65	27.72	0
Cocoa powder	0.24	0.16	0.14	14.43	0
Chocolate Flavoured Soymilk regular fat	0.08	0.03	0.03	2.88	0
Chickpea, canned drained	0.13	0.06	0.02	4.49	0
Chickpea dried boiled	0.13	0.06	0.02	4.66	0
Chicken breast no skin baked no added fat	0.01	0.12	0.1	5.83	0
Cherry fresh	0.11	0.1	0	2.5	0
Cauliflower baked added fat	0.02	0.03	0.06	3.41	0
Casserole,homemade,lamb & vegetable & legume	0.06	0.1	0.06	5.15	0
Capsicum redn, fresh baked no added fat	0.04	0.02	0	1.31	0
Capsicum green, fresh baked no added fat	0.03	0.02	0	0.93	0
Canola oil	0	0	1	37	0
cannelloni, homemade,without meat	0.11	0.08	0.04	5.1	0
Bread, white,wholemeal flour toasted	0.55	0.12	0.02	12.51	0
Bread, white,wholemeal flour fresh	0.47	0.1	0.02	10.64	0
Beetroot canned	0.09	0.01	0	1.99	0
Beef semi trimmed bbq	0	0.24	0.12	8.53	0
Beans mixed canned drained	0.14	0.06	0	4.1	0
Bean green, fesh, baked added fat	0.03	0.02	0.06	3.39	0
Bean green boiled no added fat	0.02	0.02	0	0.89	0
Banana, fresh cavendish	0.2	0.01	0	3.85	0
Banana chip	0.51	0.02	0.34	21.71	0
Ayam soy sauce	0.03	0.05	0	1.36	0
avocado seasalt dip	0.04	0.05	0.27	11.86	0
Apple strudel	0.38	0.03	0.06	9.25	0
Apple	0.12	0	0	2.44	0
Sweet Kernels No Added Salt	0.17	0.03	0.01	3.91	0
Soy crisps	0.53	0.06	0.27	20.68	0
Potato stuffed with legumes or vegetable	0.21	0.11	0.05	7.34	0

Chick pea salad

0.07

0.03

0.01

2.53

0

OD Chin-Moi's Diet

- 2/3 cup fried rice (I measured it in a standard cup)
- 1/2 cup boneless pan-fried chicken (3 small pieces)
- 2 fried eggs
- 4 stalks of broccoli
- 1 cube of white potato
- 1 ice cream bar with chocolate coating
- 2/3 small glass of wine (small wine glass)

Main meal	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)	(g)
Standard analysis from foodworks	73.5	39.4	13.7	2494.5	433.9	

VDA1	Item	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)	(g)
	Vege sausage chickpea and spinach	0.07	0.19	0.09	8.07	1	75
	Quinoa cooked in water no added fat	0.16	0.04	0.02	4.14	1	346.6
	baked beans canned in tomato sauce	0.1	0.05	0	3.55	1	127.3

Maximize	549.365561	Subject to	CHO g	Pro g	Fat g	Energy KJ	Cell Ref
Match			73.5	34.51582	13.7	2494.5	
Standard			73.5	39.4	13.7	2494.5	Constrain
Foodworks			73.7	34.1	13.3	2495.7	

VDA2	Item	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)	(g)
	Sweet potato, peeled, fresh, baked, olive oil	0.16	0.02	0.06	5	1	53.9
	Grilled tofu with Quinoa and spinach	0.11	0.07	0.04	4.73	1	181.45
	Bean red kidney, canned, drained	0.14	0.07	0.01	4.26	1	320.9

Maximize	556.182478	Subject to	CHO g	Pro g	Fat g	Energy KJ	Cell Ref
Match			73.5	36.23804	13.7	2494.5	433.9
Standard			73.5	39.4	13.7	2494.5	
Foodworks			73.3	34.7	12.8	2532.3	

VDA3	Item	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)	(g)
	Red Lentil Soup	0.07	0.03	0.01	2.39	1	483.3
	Zucchini, golden, fresh, peeled, boiled	0.01	0.03	0	0.93	1	312.8
	Grilled tofu with Quinoa and spinach	0.11	0.07	0.04	4.73	1	221.7

Maximize	1017.76423	Subject to	CHO g	Pro g	Fat g	Energy KJ	Cell Ref
Match			61.34289	39.4	13.7	2494.5	433.9
Standard			73.5	39.4	13.7	2494.5	
Foodworks			61.4	38.4	17.4	2495.4	

Choclate Icecream Bar	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)
	20.3	3.5	15	940.4	433.9

1	Item	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)	(g)
	Cashew roasted, unsalted	0.23	0.17	0.5	25.83	1	20.6
	Sago cooked in water	0.13	0	0	2.29	1	119.8

Maximize	140.3167	Subject to	CHO g	Pro g	Fat g	Energy KJ	Cell Ref
Match			20.3	3.5	10.29412	805.9724	Constrain
Standard			20.3	3.5	15	940.4	
Foodworks			20.7	3.6	10.4	805.8	

From food works	CHO g	Pro g	Fat g	Energy KJ
King Land Organic Soy				
Yogurt Mango & Peach	4 tb	10.48	3.08	346
Cherry, fresh	8 fruits	6.1	0.45	140
Nuts, pistachio, roasted, unsalted	1 Handfull	3.16	3.94	508
Foodworks		19.7	7.5	994.5

3	Item	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)
	Peanut butter and Berry Soothie - analysis from Food works, not possible to analyse through linear programming.	28.586	8.887	12.956	1143.4	284.5g

No analysis is needed for wine. It will be same in both occasions.

OD Fish and Potato

Fish,salmon,baked,coated,no added fat
Sweet potato,orange,plain,peeled,fresh,baked,olive oil

	CHO g	PRO g	FAT g	ENERGY KJ	WEIGHT (g)
Standard analysis from foodworks	26.7	32.5	25.7	1986.7	228

VDA 1						(g)	
	Grilled tofu with Quinoa and spinach	0.11	0.07	0.04	4.73	1	123.7
	Zucchini, golden, fresh, peeled, boiled	0.01	0.03	0	0.93	1	354.2
	Cashew roasted, unsalted	0.23	0.17	0.5	25.83	1	41.5
	Maximize	519.5					
	Subject to						
	Match	CHO g	Pro g	Fat g	Energy KJ	Cell Ref	
	Standard	26.7	26.3	25.7	1986.7	228	
	From Foodworks	27.6	24.9	27.2	1989		
VDA 2							
	Grilled tofu with Quinoa and spinach	0.11	0.07	0.04	4.73	1	102.6
	Cashew roasted, unsalted	0.23	0.17	0.5	25.83	1	22.9
	Vege sausage chickpea and spinach	0.07	0.19	0.09	8.07	1	112.8
	Maximize	238.269158					
	Subject to						
	Match	CHO g	Pro g	Fat g	Energy KJ	Cell Ref	
	Standard	24.5	32.5	25.7	1986.7	228	
	Food Works	26.7	32.5	25.7	1986.7		
		24.7	32.4	26.4	1989.7		
VDA3							(g)
	Grilled tofu with Quinoa and spinach	0.11	0.07	0.04	4.73	1	172.7
	Zucchini, golden, fresh, peeled, boiled	0.01	0.03	0	0.93	1	243.8
	Peanut butter crunchy regular	0.14	0.22	0.5	25.09	1	37.6
	Maximize	454.146251					
	Subject to						
	Match	CHO g	Pro g	Fat g	Energy KJ	Cell Ref	
	Standard	26.7	27.8	25.7	1986.7	228	
	Food works	26.7	32.5	25.7	1986.7		
		27	32.4	26.9	1987.3		
VDA 4							(g)
	Tofu, grilled no fat	0	0.16	0.1	6.88	1	147.3
	Oil Olive	0	0	1	37	1	7.6
	Quinoa cooked in water no added fat	0.16	0.04	0.02	4.14	1	166.9
	Maximize	321.810613					
	Subject to						
	Match	CHO g	Pro g	Fat g	Energy KJ	Cell Ref	
	Standard	26.7	30.3	25.7	1986.7	228	
	Food works	26.7	32.5	25.7	1986.7		
		26.6	30.8	25.2	1986.8		
VDA 5							(g)
	Nuts pistachio roasted unsalted	0.16	0.2	0.51	25.42	1	14.2
	Vege sausage chickpea and spinach	0.07	0.19	0.09	8.07	1	146.6
	Sweet potato, peeled, fresh, baked, olive oil	0.16	0.02	0.06	5	1	87.9
	Maximize	249.721554					
	Subject to						

	CHO g	Pro g	Fat g	Energy KJ	Cell Ref
Match	26.7	32.5	25.7	1986.7	
Standard	26.7	32.5	25.7	1986.7	228
Food works	27.5	32.6	26.4	2045.6	248.8