



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Heart Disease - Day 01							
Breakfast							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				14.39	72.46	2.58	356.15
Snack 1							
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				3.70	14.78	8.47	138.55
Lunch							
6	0.3	1 cup	Alfalfa seeds, sprouted, raw	0.33	0.17	0.06	1.90
16	2.0	1 slice	Bread, oat bran, toasted	6.16	23.60	2.59	139.86
6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				34.01	69.65	17.28	570.77
Snack 2							
7	1.0	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	3.00	55.37	0.45	212.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				3.00	56.08	0.45	214.87
Dinner							
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
14	0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.49	1.49	3.72	42.38
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
Totals for Dinner				26.98	31.22	9.73	310.61
Snack 3							
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 3				8.60	15.23	2.53	122.04
Totals For 1700 Calories Heart Disease - Day 01				90.68	259.42	41.04	1712.99

1700 Calories Heart Disease - Day 02

Breakfast

15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				14.75	69.86	6.31	377.46

Snack 1

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				28.00	6.91	2.30	166.37

Lunch

6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
5	0.5	1 oz	Cheese, mozzarella, part skim milk	3.44	0.39	2.26	36.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	1.5	1 tablespoon	Sauce, salsa, ready-to-serve	0.37	1.61	0.04	6.96
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
<i>Totals for Lunch</i>				26.36	41.17	7.43	325.76

Snack 2

0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				4.17	6.78	15.20	180.37

Dinner

3	5.0	ounce(s)	Green beans - string boiled & drained	2.62	11.12	0.38	50.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	0.3	1 cup pieces	Mushrooms, shiitake, cooked, without salt	0.57	5.22	0.08	20.30
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
17	1.5	1 cup	Rice, brown, long-grain, cooked	7.55	67.16	2.63	324.68
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Dinner</i>				39.69	95.39	6.88	582.98

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	2.88	18.70	1.01	91.68
<i>Totals for Snack 3</i>				2.88	18.70	1.01	91.68

Totals For 1700 Calories Heart Disease - Day 02				115.85	238.81	39.13	1724.62
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1700 Calories Heart Disease - Day 03

Breakfast

16	1.0	1 slice	Bread, oat bran, toasted	3.08	11.80	1.30	69.93
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.5	1 tablespoon	Jams and preserves	0.04	6.89	0.01	27.80
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				22.12	45.20	1.81	282.10

Snack 1

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				12.16	31.75	1.76	187.85

Lunch

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
0	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	15.58	40.61	3.00	251.68
0	0.5	1 teaspoon	Spices, garlic powder	0.26	1.13	0.01	5.13
<i>Totals for Lunch</i>				20.69	60.43	12.55	423.31

Snack 2

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				0.70	25.81	0.00	100.37

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
17	1.3	cup	Spaghetti - whole wheat, cooked, Health Valley	11.25	50.00	1.25	212.50
21	1.3	cup	Spaghetti sauce - no salt, Prego	5.00	27.50	15.00	150.00
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				28.88	88.61	22.65	497.10

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				10.74	32.08	9.61	247.80

Totals For 1700 Calories Heart Disease - Day 03				95.29	283.88	48.38	1738.53
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1700 Calories Heart Disease - Day 04

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				14.99	85.81	2.88	408.65

Snack 1

4	0.3	1 cup	Soybeans, mature seeds, roasted, no salt added	15.14	14.43	10.92	202.53
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				15.14	15.14	10.92	204.90

Lunch

6	0.5	1 cup	Alfalfa seeds, sprouted, raw	0.66	0.35	0.11	3.80
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
7	5.0	ounce(s)	Tangerine - fresh peeled	1.00	16.00	0.50	60.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				22.10	51.70	10.50	377.48

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				14.00	3.81	1.15	84.37

Dinner

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
<i>Totals for Dinner</i>				34.72	45.47	9.71	403.34

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	2.88	18.70	1.01	91.68
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				10.83	33.96	5.26	222.90

Totals For 1700 Calories Heart Disease - Day 04				111.78	235.89	40.42	1701.64
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1700 Calories Heart Disease - Day 05

Breakfast

15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	1.0	50 raisins	Raisins, seedless	0.80	20.59	0.12	77.74
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				11.17	72.53	4.25	350.72

Snack 1

16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				3.99	28.24	4.22	156.27

Lunch

6	0.5	1 cup, slices	Beets, pickled, canned, solids and liquids	0.91	18.48	0.09	73.78
1	0.8	cup	Egg Beaters - Fleischmann's	15.00	3.00	0.00	75.00
7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
<i>Totals for Lunch</i>				19.25	49.21	5.78	323.88

Snack 2

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				4.47	27.88	15.20	261.37

Dinner

6	1.0	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
12	1.0	3 oz	Fish, trout, mixed species, cooked, dry heat	22.64	0.00	7.20	161.50
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	1.0	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	2.29	23.61	0.17	102.60
<i>Totals for Dinner</i>				36.36	49.44	10.34	408.14

Snack 3

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				11.34	45.43	9.91	300.30

Totals For 1700 Calories Heart Disease - Day 05				86.58	272.73	49.70	1800.68
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1700 Calories Heart Disease - Day 06

Breakfast

16	2.0	1 slice	Bread, oat bran, toasted	6.16	23.60	2.59	139.86
1	0.8	cup	Egg Beaters - Fleischmann's	15.00	3.00	0.00	75.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.5	1 tablespoon	Jams and preserves	0.04	6.89	0.01	27.80
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				30.20	58.00	3.10	377.03

Snack 1

7	1.0	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	3.00	55.37	0.45	212.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				3.00	56.08	0.45	214.87

Lunch

4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, with salt	7.70	22.42	0.56	122.27
6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				19.88	53.80	6.10	345.77

Snack 2

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				12.36	28.58	1.92	178.50

Dinner

6	0.5	0.5 cup	Asparagus, cooked, boiled, drained	1.08	1.85	0.10	9.90
6	1.0	1 cup pieces	Mushrooms, shiitake, cooked, without salt	2.26	20.87	0.32	81.20
23	0.8	tablespoon	Olive oil - pure	0.00	0.00	10.50	97.50
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Dinner</i>				25.10	67.90	21.22	507.60

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	2.88	18.70	1.01	91.68
<i>Totals for Snack 3</i>				2.88	18.70	1.01	91.68

Totals For 1700 Calories Heart Disease - Day 06				93.42	283.06	33.80	1715.45
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1700 Calories Heart Disease - Day 07

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				14.99	85.81	2.88	408.65

Snack 1

16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				3.99	28.24	4.22	156.27

Lunch

6	0.3	1 cup	Alfalfa seeds, sprouted, raw	0.33	0.17	0.06	1.90
4	2.0	ounce(s)	Garbanzo - boiled	5.00	15.55	1.45	92.00
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
14	0.3	1 cup	Seeds, sunflower seed kernels, dried	7.27	7.00	18.01	204.40
6	0.3	1 can (11.5 oz), prepared	Spinach, raw	0.21	0.27	0.03	1.73
7	5.0	ounce(s)	Tangerine - fresh peeled	1.00	16.00	0.50	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				17.41	68.99	23.85	524.03

Snack 2

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				22.55	21.58	2.15	191.67

Dinner

6	1.0	0.5 cup slices	Carrots, cooked, boiled, drained, without salt	0.59	6.41	0.14	27.30
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				24.27	33.48	2.39	250.63

Snack 3

7	0.3	1 cup, unthawed	Blueberries, raw	0.27	5.25	0.12	20.66
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				10.41	23.98	9.43	215.96

Totals For 1700 Calories Heart Disease - Day 07				93.62	262.08	44.92	1747.21
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