Your Input

You selected 19 foods to consider for your diet.

The Optimized Menu

The cost of this optimal diet is $2.03 per day.

The Solution and Cost Breakdown by Food

<table>
<thead>
<tr>
<th>Food</th>
<th>Servings</th>
<th>Cost ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Bread</td>
<td>3.81</td>
<td>0.23</td>
</tr>
<tr>
<td>Cheddar Cheese</td>
<td>1.51</td>
<td>0.38</td>
</tr>
<tr>
<td>Chocolate Chip Cookies</td>
<td>6.78</td>
<td>0.20</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>1.01</td>
<td>0.11</td>
</tr>
<tr>
<td>Lettuce, Iceberg, Raw</td>
<td>10.00</td>
<td>0.20</td>
</tr>
<tr>
<td>Potatoes, Baked</td>
<td>3.23</td>
<td>0.19</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>1.64</td>
<td>0.21</td>
</tr>
<tr>
<td>Spaghetti W/ Sauce</td>
<td>0.64</td>
<td>0.50</td>
</tr>
</tbody>
</table>

What foods contribute to nutrient 'Total Fat'

- White Bread: 3.81 g
- Cheddar Cheese: 14.00 g
- Chocolate Chip Cookies: 38.51 g
- Scrambled Eggs: 7.39 g
- Lettuce, Iceberg, Raw: 8.00 g
- Potatoes, Baked: 6.65 g
- Skim Milk: 8.66 g
- Spaghetti W/ Sauce: 7.91 g
- Total: 65.80 g

What foods contribute to nutrient 'Calcium'

- White Bread: 99.81 mg
- Cheddar Cheese: 385.88 mg
- Chocolate Chip Cookies: 42.83 mg
- Scrambled Eggs: 43.19 mg
- Lettuce, Iceberg, Raw: 38.00 mg
- Potatoes, Baked: 73.49 mg
- Skim Milk: 498.89 mg
- Spaghetti W/ Sauce: 51.59 mg
- Total: 1150.71 mg