

Project Chimps Sample MALE Chimpanzee Menu - Calculated for one chimp

Day	Food Item	Serving Size	Weight (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Vitamin C (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Phosphorus (mg)
Sunday	Cucumber	2.00	800.00	120.00	5.20	0.80	29.00	4.00	13.40	16.00	22.40	1,176.00	128.00	2.20	192.00
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
	Purple Cabbage	0.75	595.50	195.00	9.00	0.98	46.35	13.20	24.08	169.88	358.65	1,529.10	283.20	5.03	188.78
	Green Beans (cups)	2.00	120.00	62.00	3.60	0.40	14.00	5.40	6.60	12.00	24.40	422.00	74.00	2.00	76.00
	Onion	2.00	340.00	88.00	2.40	0.20	20.60	3.80	9.40	8.80	16.20	321.20	50.60	0.40	63.80
	Sweet Potato	2.00	226.00	223.60	4.00	0.20	52.40	7.80	10.80	143.00	6.20	876.20	78.00	1.60	122.20
	Orange	2.00	280.00	137.20	2.60	0.40	35.20	6.20	23.80	2.80	165.40	464.80	120.40	0.40	64.40
(daily total)			2,501.50	1,015.00	27.80	3.58	247.75	49.20	125.88	356.08	610.05	5,178.70	756.00	12.03	747.18
Monday	Bell Pepper	2.00	200.00	47.60	2.00	0.40	11.00	4.00	5.80	7.20	191.40	416.60	23.80	0.80	47.60
	Pear	2.00	356.00	203.00	1.20	0.40	54.20	11.00	34.80	3.60	15.40	413.00	32.00	0.60	42.80
	Kale	1.50	297.00	145.50	12.75	2.70	25.95	10.65	6.75	112.80	356.40	1,458.30	445.50	4.35	273.30
	Broccoli	1.50	106.50	76.95	6.45	0.90	15.00	5.85	3.90	74.70	202.05	715.80	106.50	1.65	149.55
	Celery	0.50	227.00	36.30	1.55	0.40	6.75	3.65	3.05	181.60	7.05	590.20	90.80	0.45	54.50
	Carrot	2.00	122.00	50.00	1.20	0.20	11.60	3.40	5.80	84.20	7.20	390.40	40.20	0.40	42.60
	Banana	2.00	236.00	210.00	2.60	0.80	54.00	6.20	28.80	2.40	20.60	844.80	11.80	0.60	52.00
(daily total)			1,544.50	769.35	27.75	5.80	178.50	44.75	88.90	466.50	800.10	4,829.10	750.60	8.85	662.35
Tuesday	Butternut Squash	2.00	454.00	102.00	2.20	0.20	26.60	4.60	5.00	9.00	47.60	798.20	108.80	1.60	74.80
	Orange	2.00	280.00	137.20	2.60	0.40	35.20	6.20	23.80	2.80	165.40	464.80	120.40	0.40	64.40
	Iceburg	1.50	1,308.00	158.55	10.20	1.65	33.60	13.65	22.35	113.25	31.65	1,596.90	203.85	4.65	226.50
	Eggplant	1.50	825.00	207.00	8.10	1.50	48.45	24.75	29.10	16.50	18.15	1,889.25	73.95	1.95	197.25
	Radish (0.5 bag) (cups)	2.00	249.40	37.20	1.60	0.20	7.80	3.80	4.40	90.40	34.40	540.60	58.00	0.80	46.40
	Corn	2.00	350.00	245.00	8.20	2.00	58.80	7.00	-	12.60	18.00	735.00	10.00	1.80	217.60
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
(daily total)			3,606.40	1,076.15	33.90	6.55	260.65	68.80	122.45	248.15	332.00	6,414.15	596.80	11.60	866.95
Wednesday	Tomato	2.00	246.00	44.00	2.20	0.40	9.60	1.80	6.40	27.00	56.00	536.20	27.00	1.60	68.80
	Pear	2.00	356.00	203.00	1.20	0.40	54.20	11.00	34.80	3.60	15.40	413.00	32.00	0.60	42.80
	Green Leaf	1.50	712.50	81.00	7.35	0.75	15.45	7.05	4.20	151.20	49.65	1,047.60	194.40	4.65	156.60
	Onion	2.00	340.00	88.00	2.40	0.20	20.60	3.80	9.40	8.80	16.20	321.20	50.60	0.40	63.80
	Green beans (cups)	2.00	120.00	62.00	3.60	0.40	14.00	5.40	6.60	12.00	24.40	422.00	74.00	2.00	76.00
	Sweet Potato	2.00	226.00	223.60	4.00	0.20	52.40	7.80	10.80	143.00	6.20	876.20	78.00	1.60	122.20
	Banana	2.00	236.00	210.00	2.60	0.80	54.00	6.20	28.80	2.40	20.60	844.80	11.80	0.60	52.00
(daily total)			2,236.50	911.60	23.35	3.15	220.25	43.05	101.00	348.00	188.45	4,461.00	467.80	11.45	582.20
Thursday	Cucumber	2.00	800.00	120.00	5.20	0.80	29.00	4.00	13.40	16.00	22.40	1,176.00	128.00	2.20	192.00
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
	Napa	0.75	850.50	102.08	9.38	1.43	18.98	-	-	93.53	27.23	739.95	246.68	6.30	161.63
	Broccoli	1.50	106.50	76.95	6.45	0.90	15.00	5.85	3.90	74.70	202.05	715.80	106.50	1.65	149.55
	Yellow Squash	1.00	196.00	37.00	2.00	0.50	7.60	2.00	5.60	3.90	37.80	435.10	41.20	0.90	62.70
	Carrot	2.00	122.00	50.00	1.20	0.20	11.60	3.40	5.80	84.20	7.20	390.40	40.20	0.40	42.60
	Orange	2.00	280.00	137.20	2.60	0.40	35.20	6.20	23.80	2.80	165.40	464.80	120.40	0.40	64.40
(daily total)			2,495.00	712.43	27.83	4.83	167.58	30.25	90.30	278.73	478.88	4,311.45	704.78	12.25	712.88
Friday	Bell Pepper	2.00	200.00	47.60	2.00	0.40	11.00	4.00	5.80	7.20	191.40	416.60	23.80	0.80	47.60
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
	Kale	1.50	297.00	145.50	12.75	2.70	25.95	10.65	6.75	112.80	356.40	1,458.30	445.50	4.35	273.30
	Onion	2.00	340.00	88.00	2.40	0.20	20.60	3.80	9.40	8.80	16.20	321.20	50.60	0.40	63.80
	Beets	0.75	112.50	48.00	1.80	0.23	10.73	3.15	7.58	87.68	5.55	365.63	18.00	0.90	45.00
	Sweet Potato	2.00	226.00	223.60	4.00	0.20	52.40	7.80	10.80	143.00	6.20	876.20	78.00	1.60	122.20
	Kiwi	2.00	452.00	84.20	1.60	0.80	20.20	4.20	12.40	4.20	128.00	430.60	47.00	0.40	47.00
(daily total)			1,767.50	826.10	25.55	5.13	191.08	42.40	90.53	367.28	720.55	4,257.93	684.70	8.85	638.90
Saturday	Tomato	2.00	246.00	44.00	2.20	0.40	9.60	1.80	6.40	27.00	56.00	536.20	27.00	1.60	68.80
	Pear	2.00	356.00	203.00	1.20	0.40	54.20	11.00	34.80	3.60	15.40	413.00	32.00	0.60	42.80
	Green Leaf	1.50	712.50	81.00	7.35	0.75	15.45	7.05	4.20	151.20	49.65	1,047.60	194.40	4.65	156.60
	Eggplant	1.50	825.00	207.00	8.10	1.50	48.45	24.75	29.10	16.50	18.15	1,889.25	73.95	1.95	197.25
	Celery	0.50	227.00	36.30	1.55	0.40	6.75	3.65	3.05	181.60	7.05	590.20	90.80	0.45	54.50
	Corn	2.00	350.00	245.00	8.20	2.00	58.80	7.00	-	12.60	18.00	735.00	10.00	1.80	217.60
	Banana	2.00	236.00	210.00	2.60	0.80	54.00	6.20	28.80	2.40	20.60	844.80	11.80	0.60	52.00
(daily total)			2,952.50	1,026.30	31.20	6.25	247.25	61.45	106.35	394.90	184.85	6,056.05	439.95	11.65	789.55
WEEKLY TOTAL			17,103.90	6,336.93	197.38	35.28	1,513.05	339.90	725.40	2,459.63	3,314.88	35,508.38	4,400.63	76.68	5000.00
Daily Average			2,443.00	905.28	28.20	5.04	216.15	48.56	103.63	351.38	473.55	5,072.63	628.66	10.95	714.29

Project Chimps Sample FEMALE Chimpanzee Menu - Calculated for one chimp

Day	Food Item	Serving Size	Weight (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Vitamin C (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Phosphorus (mg)
Sunday	Cucumber	1.00	400.00	60.00	2.60	0.40	14.50	2.00	6.70	8.00	11.20	588.00	64.00	1.10	96.00
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
	Purple Cabbage	0.50	397.00	130.00	6.00	0.65	30.90	8.80	16.05	113.25	239.10	1019.40	188.80	3.35	125.85
	Green Beans (cups)	2.00	120.00	62.00	3.60	0.40	14.00	5.40	6.60	12.00	24.40	422.00	74.00	2.00	76.00
	Onion	1.00	170.00	44.00	1.20	0.10	10.30	1.90	4.70	4.40	8.10	160.60	25.30	0.20	31.90
	Sweet Potato	2.00	226.00	223.60	4.00	0.20	52.40	7.80	10.80	143.00	6.20	876.20	78.00	1.60	122.20
	Orange	1.00	140.00	68.60	1.30	0.20	17.60	3.10	11.90	1.40	82.70	232.40	60.20	0.20	32.20
(daily total)			1593.00	777.40	19.70	2.55	189.90	37.80	94.55	285.65	388.50	3688.00	512.10	8.85	524.15
Monday	Bell Pepper	1.00	100.00	23.80	1.00	0.20	5.50	2.00	2.90	3.60	95.70	208.30	11.90	0.40	23.80
	Pear	2.00	356.00	203.00	1.20	0.40	54.20	11.00	34.80	3.60	15.40	413.00	32.00	0.60	42.80
	Kale	1.00	198.00	97.00	8.50	1.80	17.30	7.10	4.50	75.20	237.60	972.20	297.00	2.90	182.20
	Broccoli	0.75	53.25	38.48	3.23	0.45	7.50	2.93	1.95	37.35	101.03	357.90	53.25	0.83	74.78
	Celery	0.50	227.00	36.30	1.55	0.40	6.75	3.65	3.05	181.60	7.05	590.20	90.80	0.45	54.50
	Carrot	2.00	122.00	50.00	1.20	0.20	11.60	3.40	5.80	84.20	7.20	390.40	40.20	0.40	42.60
	Banana	1.00	118.00	105.00	1.30	0.40	27.00	3.10	14.40	1.20	10.30	422.40	5.90	0.30	26.00
(daily total)			1174.25	553.58	17.98	3.85	129.85	33.18	67.40	386.75	474.28	3354.40	531.05	5.88	446.68
Tuesday	Butternut Squash	1.00	227.00	51.00	1.10	0.10	13.30	2.30	2.50	4.50	23.80	399.10	54.40	0.80	37.40
	Orange	2.00	280.00	137.20	2.60	0.40	35.20	6.20	23.80	2.80	165.40	464.80	120.40	0.40	64.40
	Iceburg	1.00	872.00	105.70	6.80	1.10	22.40	9.10	14.90	75.50	21.10	1064.60	135.90	3.10	151.00
	Eggplant	0.75	412.50	103.50	4.05	0.75	24.23	12.38	14.55	8.25	9.08	944.63	36.98	0.98	98.63
	Radish (0.5 bags) (cups)	2.00	249.40	37.20	1.60	0.20	7.80	3.80	4.40	90.40	34.40	540.60	58.00	0.80	46.40
	Corn	2.00	350.00	245.00	8.20	2.00	58.80	7.00	0.00	12.60	18.00	735.00	10.00	1.80	217.60
	Apple	1.00	70.00	94.60	0.50	0.30	25.10	4.40	18.90	1.80	8.40	194.70	10.90	0.20	20.00
(daily total)			2460.90	774.20	24.85	4.85	186.83	45.18	79.05	195.85	280.18	4343.43	426.58	8.08	635.43
Wednesday	Tomato	1.00	123.00	22.00	1.10	0.20	4.80	0.90	3.20	13.50	28.00	268.10	13.50	0.80	34.40
	Pear	2.00	356.00	203.00	1.20	0.40	54.20	11.00	34.80	3.60	15.40	413.00	32.00	0.60	42.80
	Green Leaf	1.00	475.00	54.00	4.90	0.50	10.30	4.70	2.80	100.80	33.10	698.40	129.60	3.10	104.40
	Onion	1.00	170.00	44.00	1.20	0.10	10.30	1.90	4.70	4.40	8.10	160.60	25.30	0.20	31.90
	Green beans (cups)	2.00	120.00	62.00	3.60	0.40	14.00	5.40	6.60	12.00	24.40	422.00	74.00	2.00	76.00
	Sweet Potato	2.00	226.00	223.60	4.00	0.20	52.40	7.80	10.80	143.00	6.20	876.20	78.00	1.60	122.20
	Banana	1.00	118.00	105.00	1.30	0.40	27.00	3.10	14.40	1.20	10.30	422.40	5.90	0.30	26.00
(daily total)			1588.00	713.60	17.30	2.20	173.00	34.80	77.30	278.50	125.50	3260.70	358.30	8.60	437.70
Thursday	Cucumber	1.00	400.00	60.00	2.60	0.40	14.50	2.00	6.70	8.00	11.20	588.00	64.00	1.10	96.00
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
	Napa	0.50	567.00	68.05	6.25	0.95	12.65	0.00	0.00	62.35	18.15	493.30	164.45	4.20	107.75
	Broccoli	0.75	53.25	38.48	3.23	0.45	7.50	2.93	1.95	37.35	101.03	357.90	53.25	0.83	74.78
	Yellow Squash	1.00	196.00	37.00	2.00	0.50	7.60	2.00	5.60	3.90	37.80	435.10	41.20	0.90	62.70
	Carrot	2.00	122.00	50.00	1.20	0.20	11.60	3.40	5.80	84.20	7.20	390.40	40.20	0.40	42.60
	Orange	1.00	140.00	68.60	1.30	0.20	17.60	3.10	11.90	1.40	82.70	232.40	60.20	0.20	32.20
(daily total)			1618.25	511.33	17.58	3.30	121.65	22.23	69.75	200.80	274.88	2886.50	445.10	8.03	456.03
Friday	Bell Pepper	1.00	100.00	23.80	1.00	0.20	5.50	2.00	2.90	3.60	95.70	208.30	11.90	0.40	23.80
	Apple	2.00	140.00	189.20	1.00	0.60	50.20	8.80	37.80	3.60	16.80	389.40	21.80	0.40	40.00
	Kale	1.00	198.00	97.00	8.50	1.80	17.30	7.10	4.50	75.20	237.60	972.20	297.00	2.90	182.20
	Onion	1.00	170.00	44.00	1.20	0.10	10.30	1.90	4.70	4.40	8.10	160.60	25.30	0.20	31.90
	Beets	0.75	112.50	48.00	1.80	0.23	10.73	3.15	7.58	87.68	5.55	365.63	18.00	0.90	45.00
	Sweet Potato	2.00	226.00	223.60	4.00	0.20	52.40	7.80	10.80	143.00	6.20	876.20	78.00	1.60	122.20
	Kiwi	2.00	226.00	84.20	1.60	0.80	20.20	4.20	12.40	4.20	128.00	430.60	47.00	0.40	47.00
(daily total)			1172.50	709.80	19.10	3.93	166.63	34.95	80.68	321.68	497.95	3402.93	499.00	6.80	492.10
Saturday	Tomato	1.00	123.00	22.00	1.10	0.20	4.80	0.90	3.20	13.50	28.00	268.10	13.50	0.80	34.40
	Pear	2.00	356.00	203.00	1.20	0.40	54.20	11.00	34.80	3.60	15.40	413.00	32.00	0.60	42.80
	Green Leaf	1.00	475.00	54.00	4.90	0.50	10.30	4.70	2.80	100.80	33.10	698.40	129.60	3.10	104.40
	Eggplant	0.75	412.50	103.50	4.05	0.75	24.23	12.38	14.55	8.25	9.08	944.63	36.98	0.98	98.63
	Celery	0.50	227.00	36.30	1.55	0.40	6.75	3.65	3.05	181.60	7.05	590.20	90.80	0.45	54.50
	Corn	2.00	350.00	245.00	8.20	2.00	58.80	7.00	0.00	12.60	18.00	735.00	10.00	1.80	217.60
	Banana	1.00	118.00	105.00	1.30	0.40	27.00	3.10	14.40	1.20	10.30	422.40	5.90	0.30	26.00
(daily total)			2061.50	768.80	22.30	4.65	186.08	42.73	72.80	321.55	120.93	4071.73	318.78	8.03	578.33
WEEKLY TOTAL			11668.40	4808.70	138.80	25.33	1153.93	250.85	541.53	1990.78	2162.20	25007.68	3090.90	54.25	3570.40
Daily Average			1666.00	686.96	19.83	3.62	164.85	35.84	77.36	284.40	308.89	3572.53	441.56	7.75	510.06