

04/20/08

Daily Health Report (Mary)

5:19 AM 121.2 lbs (goal wgt: 120.0; ate: 139.9)

Time	cal	fat	sat	chol	sod	pot	carb	dfib	prot	sgr	Meals
5:18 AM	105.0	9.0	6.0	3.0	90.0	0.0	3.0	0.0	3.0	3.0	..Half & Half (6 tbl, Land O Lakes)
5:18 AM	215.0	7.0	4.5	5.0	180.0	90.0	24.0	3.0	14.0	13.0	..Zone Bar (Perfect Chocolate Mint)
5:19 AM	60.0	0.0	0.0	0.0	20.0	130.0	15.0	0.0	0.0	8.0	..Cranberry Juice Mountain Sun
5:19 AM	120.0	0.0	0.0	0.0	0.0	450.0	28.0		2.0	22.0	..Orange Juice, 8oz Simply Orange
7:14 AM	274.0	10.0	3.0	0.0	140.0		42.0	6.0	4.0	16.0	..TLC, Kashi (2 cookies)
7:14 AM	117.0	0.6		0.0	1.0		26.7	2.7	1.2		..Banana (8.74in fresh)
2:06 PM	108.9	0.5		0.0	1.0		21.1	5.7	5.0		Apple (whole)
2:07 PM	56.0	0.0	0.0	0.0	110.0	30.0	14.0	0.0	0.0	14.0	..Gatoraide Lemonaide 8oz
2:07 PM	204.0	16.0	3.0	0.0	150.0		7.0	2.0	8.0	3.0	..Peanut Butter, Jif Creamy (2 tbsp)
2:07 PM	52.0	0.0	0.0	0.0	0.0		13.0		0.0	12.0	..Red Raspberry Preserves, Smuc
2:07 PM	129.0	1.0	0.0	0.0	370.0		29.0	1.0	1.0	1.0	..Bread, Santino's Italian Bread (56
3:26 PM	116.0	4.0	1.0	0.0	110.0	0.0	18.0	1.0	2.0	0.0	..Tostitos Bite Size
4:30 PM	148.5	4.5	1.0	45.0	600.0	0.0	2.0	0.0	25.0	0.0	..salmon BumbleBee pinkSteak
4:30 PM	187.1	3.0	0.3	0.0	12.0	0.0	30.3	8.7	9.6	5.3	..ChicPeas
4:30 PM	18.6	0.2	0.0	0.0	12.0	0.0	3.2	1.4	1.0	2.2	..lettuce, iceberg
4:30 PM	16.6	0.2	0.0	0.0	3.0	0.0	2.9	0.9	0.8	1.8	..cucumber
4:31 PM	47.1	0.0	0.0	0.0	35.3		10.6	4.0	1.2	7.1	..Carrots (8 baby)
4:33 PM	13.0	1.0	0.0	0.0	130.0	0.0	1.0	0.0	0.0	1.0	..salad spritzer wishbone balsamic
6:18 PM	40.0	0.0	0.0	1.5	65.0		6.0	0.0	4.0	6.0	Milk, 1/2 cup fat free Shoprite
6:22 PM	75.0	3.0	3.0	1.0	190.0	0.0	9.0	3.0	3.0	1.0	..cheerios with 1/2 cup skim milk
	cal	fat	sat	chol	sod	pot	carb	dfib	prot	sgr	
actual -	2102.8	60.0	21.8	55.5	2219.3	700.0	305.8	39.4	84.8	116.4	(38.1% of carbs)
139.9 lbs		25.7%					58.2%		16.1%		
goal -	1804.0	40.1	18.0	300.0	2400.0	3500.0	270.6		44.0		
120.0 lbs		25.0%					60.0%		15.0%		