


MyNetDiary Summary for Sat, May 18

MyNetDiary Food Report

			Calories	Total Fat, g	Carbs, g	Protein, g	Fd. Grade	Sat. Fat, g	Trans Fat, g	Fiber, g	Sodium, mg	Calcium, %
SATURDAY, MAY 18												
Breakfast			343 cals	13 g	37 g	17 g	B	6 g	g	1 g	747 mg	31%
 Coffee with milk	2 cup	480g	41	2	3	2	B+	1			34	8
 French bread	2 slice	64g	174	2	33	7	B			1	385	3
 Cheddar cheese	1 slice (1	28g	113	9	1	6	B-	5			183	20
 Smoked ham	slices	14g	15			2	B+				145	
Lunch			1,238 cals	31 g	144 g	87 g	A-	8 g	g	7 g	229 mg	6%
 White rice	2 cup	372g	484	1	106	9	C			1		1
 Chicken drumstick stewed meat and skin	5	285g	581	30		72	A	8			217	3
 Baked potato	medium	173g	159		36	4	A			4	12	2
 Brocoli by hacendado	1/2	50g	14		2	2	A			2		
Dinner			916 cals	39 g	104 g	38 g	D	16 g	1 g	7 g	2,239 mg	50%
 Pepperoni pizza	3 slice	324g	914	39	104	38	D	16	1	7	2,219	50
 Zero sugar coke by the coca-cola	500 ml	500ml	2				B+				20	
Day total			2,497 cals	83 g	285 g	142 g	B-	30 g	1 g	15 g	3,215 mg	86%
Target			2,374 Calories	92 Total Fat	267 Total Carbs	119 Protein			0 Trans Fat	33 Dietary Fiber	2,300 Sodium	1,000 Calcium
Left			-123 cals	9 g	-18 g	-23 g			-1 g	18 g	-915 mg	14%
% of My Target			105%	90%	107%	119%	B-	no target	200%	45%	140%	86%
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MyNetDiary Measurements Report

Date	Daily Steps,
18.05.24	14656