

MyNetDiary Summary for Wed, May 15

MyNetDiary Food Report

			Calories	Total Fat, g	Carbs, g	Protein, g	Fd. Grade	Sat. Fat, g	Trans Fat, g	Fiber, g	Sodium, mg	Calcium, %
WEDNESDAY, MAY 15												
Breakfast			336 cals	13 g	36 g	17 g	B	6 g	g	1 g	741 mg	30%
☕ Coffee with milk	400 ml	400g	34	2	2	2	B+	1			28	6
🍞 French bread	2 slice	64g	174	2	33	7	B			1	385	3
🍖 Smoked ham	slices	14g	15			2	B+				145	
🧀 Cheddar cheese	1 slice (1	28g	113	9	1	6	B-	5			183	20
Lunch			1,504 cals	52 g	167 g	95 g	B-	18 g	g	6 g	558 mg	7%
🥩 Beef steak	300g	300g	729	43		81	B-	17			168	6
🍚 White rice	2 cup	372g	484	1	106	9	C			1		1
🍟 Chips oven baked by mccain	2 serving	200g	289	8	61	5	B	1		5	370	
🥤 Zero sugar coke by the coca-cola	500 ml	500ml	2				B+				20	
Dinner			682 cals	22 g	80 g	41 g	B-	9 g	g	4 g	1,890 mg	45%
🍞 French bread	2 slice	64g	174	2	33	7	B			1	385	3
🍫 Chocolate milk	1 1/2 cup	375g	285	7	45	11	A-	4		3	248	41
🍖 Smoked ham	5 slices	70g	75	2	1	12	B-	1			725	
🥓 Bacon	4 slice	32g	148	11	1	11	C-	4			532	
Day total			2,522 cals	87 g	283 g	153 g	B-	33 g	g	11 g	3,189 mg	81%
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			-148 cals	5 g	-16 g	-34 g			g	22 g	-889 mg	19%
% of My Target			106% <div><div></div></div>	95% <div><div></div></div>	106% <div><div></div></div>	129% <div><div></div></div>	B- <div><div></div></div>	no target <div><div></div></div>	100% <div><div></div></div>	33% <div><div></div></div>	139% <div><div></div></div>	81% <div><div></div></div>

MyNetDiary Measurements Report

Date	Daily Steps,
15.05.24	8990