

MyNetDiary Summary for Sun, May 19

MyNetDiary Food Report

| | | | Calories | Total Fat, g | Carbs, g | Protein, g | Fd. Grade | Sat. Fat, g | Trans Fat, g | Fiber, g | Sodium, mg | Calcium, % |
|---|------------|-------|--|--|--|--|-----------|--|---|--|---|---|
| SUNDAY, MAY 19 | | | | | | | | | | | | |
| Breakfast | | | 425 cals | 20 g | 39 g | 23 g | C+ | 6 g | g | 1 g | 1,202 mg | 20% |
|  French bread | 2 slice | 64g | 174 | 2 | 33 | 7 | B | | | 1 | 385 | 3 |
|  Egg scrambled, with salt | 2 large | 122g | 210 | 16 | 3 | 14 | D | 5 | | | 783 | 9 |
|  Coffee with milk | 2 cup | 480g | 41 | 2 | 3 | 2 | B+ | 1 | | | 34 | 8 |
| Lunch | | | 510 cals | 11 g | 77 g | 20 g | C+ | 2 g | g | 4 g | 1,956 mg | 4% |
|  Salmon avocado sushi roll | package | 250g | 450 | 10 | 70 | 16 | C+ | 2 | | 3 | 690 | 2 |
|  Miso soup | cup | 227g | 60 | 1 | 7 | 4 | C | | | 1 | 1,170 | 2 |
|  Coke zero 150ml can by the coca-cola | 12 fl oz | 360ml | | | | | B | | | | 96 | |
| Dinner | | | 639 cals | 28 g | 71 g | 28 g | B | 15 g | 1 g | 4 g | 850 mg | 86% |
|  Toast | 2 slice | 44g | 128 | 2 | 24 | 4 | B | | | 1 | 236 | 5 |
|  Cheddar cheese | 2 slice (1 | 56g | 226 | 19 | 2 | 13 | C- | 11 | 1 | | 366 | 40 |
|  Chocolate milk | 1 1/2 cup | 375g | 285 | 7 | 45 | 11 | A- | 4 | | 3 | 248 | 41 |
| Snacks | | | 210 cals | 1 g | 54 g | 3 g | A | g | g | 6 g | 2 mg | 1% |
|  Banana | 2 | 236g | 210 | 1 | 54 | 3 | A | | | 6 | 2 | 1 |
| Day total | | | 1,784 cals | 60 g | 241 g | 74 g | B | 23 g | 1 g | 15 g | 4,010 mg | 111% |
| 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 | | | 590 cals | 32 g | 26 g | 45 g | | | -1 g | 18 g | -1,710 mg | -11% |
| % of My Target | | | 75%  | 65%  | 90%  | 62%  | B | no target  | 200%  | 45%  | 174%  | 111%  |

MyNetDiary Measurements Report

| Date | Daily Steps, |
|----------|--------------|
| 19.05.24 | 15579 |