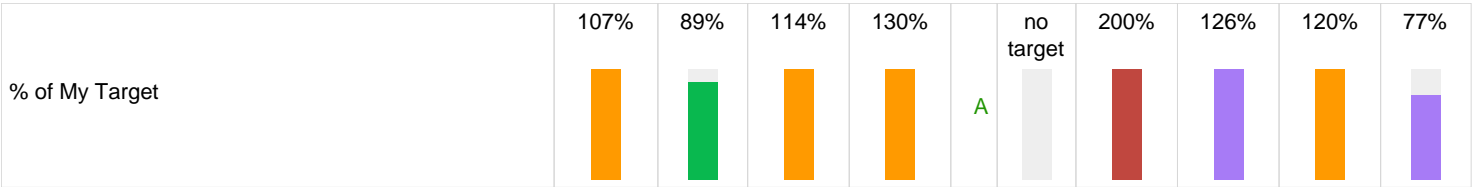


MyNetDiary Summary for Sun, Jan 7

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, JAN 7												
Breakfast			208 cals	4 g	38 g	7 g	A-	1 g	g	8 g	15 mg	4%
☕ Coffee black no sugar	1 cup	237g	2		1		A-			1	5	1
🥣 Oatmeal or rolled oats cooked without salt	cup	234g	166	4	28	6	A	1		4	9	2
🍷 Frozen berries	.5 cup	70g	40		9	1	A			3	1	2
💊 D3 1000 iu vitamin supplement by nature made	tablet	1tblt					B+					
💊 Vitamin b-12 1000 mcg by nature made	tablet	1tblt					B+					
Lunch			522 cals	19 g	60 g	29 g	A	4 g	g	5 g	1,684 mg	7%
🍔 Spicy chicken sandwich	1 serving	196g	460	19	45	28	D	4		2	1,670	
💧 Water	16 fl oz	474g					A				14	1
🍊 Orange	fruit	131g	62		15	1	A			3		5
Dinner			755 cals	28 g	67 g	61 g	A	5 g	g	8 g	817 mg	59%
🥛 Almond milk	1 cup	245g	30	3	1	1	A			1	170	45
🥗 Garden salad	100 gram	100g	63	6	5		B-	1			208	
🍷 Homemade oil and vinegar salad dressing	2	32g	94	10	2		C+	1			256	
🍗 Chicken breast	1 breast	172g	284	6		53	A	2			127	3
🍚 Brown rice cooked	cup	195g	240	2	50	5	A-	1		3	8	1
🥦 Broccoli cooked	cup	88g	19	1	3	1	A			2	6	9
🥕 Carrots	medium	61g	25		6	1	A			2	42	2
Snacks			210 cals	5 g	39 g	5 g	A	1 g	g	7 g	251 mg	7%
🍏 Apple	medium	138g	72		19		A			3	1	1
💧 Bottled water	16 fl oz	474g					A				9	5
🥣 Hummus	2 tbsp	28g	65	5	4	2	B+	1		2	123	1
🍞 Pita whole wheat	pita, ...	28g	73		16	3	A-			2	118	
Day total			1,695 cals	56 g	204 g	102 g	A	11 g	g	28 g	2,767 mg	77%
Target			1,587 cals	62 g	179 g	79 g			0 g	22 g	2,300 mg	1,000 mg
Left			-108 cals	6 g	-25 g	-23 g			g	-6 g	-467 mg	23%

NOTE: There is no Target value for Saturated Fat



MyNetDiary Measurements Report

Date	Weight, kg	Height, cm	BMR, cals	BMI
01/07/24	90	170.2	1558	31.1