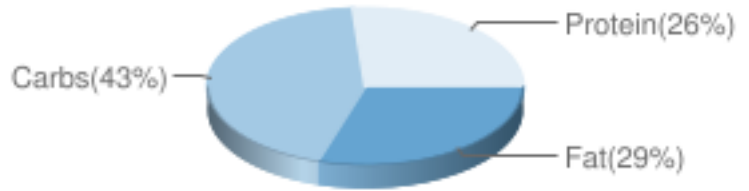


**Report for 9 Aug 2010**

Calories Consumed	+1459
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-583

**Exercise**

No exercise recorded for this day.

**Nutrition**

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Mixed Berry Shake by ICCK	3.7	31.4	20.0	20.9	7.5	347.0	29.9	706.0	220
<b>Totals</b>	<b>3.7</b>	<b>31.4</b>	<b>20.0</b>	<b>20.9</b>	<b>7.5</b>	<b>347.0</b>	<b>29.9</b>	<b>706.0</b>	<b>220</b>
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Strawberry Yogurt Parfait by ICCK	7.4	31.2	21.1	7.6	2.9	90.0	7.5	388.0	214
<b>Totals</b>	<b>7.4</b>	<b>31.2</b>	<b>21.1</b>	<b>7.6</b>	<b>2.9</b>	<b>90.0</b>	<b>7.5</b>	<b>388.0</b>	<b>214</b>
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Chicken Breast	5.7	0.0	0.0	21.9	0.0	51.0	61.7	180.0	144
Green Salad ICCK	0.5	14.8	5.5	1.8	2.1	221.0	0.2	454.0	66
<b>Totals</b>	<b>6.2</b>	<b>14.8</b>	<b>5.5</b>	<b>23.7</b>	<b>2.1</b>	<b>272.0</b>	<b>61.9</b>	<b>634.0</b>	<b>210</b>
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Carrots	0.3	12.3	6.1	1.2	3.6	88.0	0.0	409.0	52
<b>Totals</b>	<b>0.3</b>	<b>12.3</b>	<b>6.1</b>	<b>1.2</b>	<b>3.6</b>	<b>88.0</b>	<b>0.0</b>	<b>409.0</b>	<b>52</b>
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Cream, sour, cultured (1 tbsp)	2.5	0.5	0.0	0.4	0.0	6.0	5.3	17.0	25
Baked Potato	0.2	31.3	1.8	3.7	3.3	14.0	0.0	791.0	137
Brussel Sprouts with Maple glaze ICCK	6.0	13.2	6.9	3.0	3.3	63.0	15.3	343.0	108
Cucumber and Tomato Salad ICCK	0.5	15.9	7.5	2.7	2.5	9.0	0.0	690.0	63
Baked Salmon - ICCK	15.8	4.2	0.7	36.9	0.0	83.0	105.4	744.0	310
<b>Totals</b>	<b>25.0</b>	<b>65.1</b>	<b>16.9</b>	<b>46.7</b>	<b>9.1</b>	<b>175.0</b>	<b>125.9</b>	<b>2585.0</b>	<b>643</b>

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Chocolate Dipped Strawberries ICCK	8.6	14.3	9.8	1.2	0.7	0.0	0.0	54.0	120
Totals	8.6	14.3	9.8	1.2	0.7	0.0	0.0	54.0	120
<b>Daily Nutrition Totals</b>	<b>51.2</b>	<b>169.0</b>	<b>79.3</b>	<b>101.2</b>	<b>26.0</b>	<b>972.0</b>	<b>225.3</b>	<b>4776.0</b>	<b>1459</b>
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	