

Report for 13 Aug 2010

Calories Consumed	+1467
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-575

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Chocolate Peanut Butter Shake - ICCK	11.4	25.4	16.0	24.4	6.0	422.0	29.9	636.0	280
Totals	11.4	25.4	16.0	24.4	6.0	422.0	29.9	636.0	280

Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Blueberries	0.5	21.5	14.7	1.1	3.6	1.0	0.0	113.0	84
Strawberries	0.5	12.8	8.1	1.1	3.3	1.0	0.0	253.0	53
Totals	1.0	34.2	22.9	2.2	6.9	2.0	0.0	366.0	137

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Mixed Green Salad with Baked Salmon ICCK	15.3	15.7	6.6	23.0	4.4	447.0	57.7	816.0	283
Totals	15.3	15.7	6.6	23.0	4.4	447.0	57.7	816.0	283

Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Peaches	0.4	14.7	12.9	1.4	2.3	0.0	0.0	292.0	60
Totals	0.4	14.7	12.9	1.4	2.3	0.0	0.0	292.0	60

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Salad, Homemade	3.9	21.0	0.0	5.4	0.0	0.0	0.0	0.0	115
Baked Asparagus ICCK	9.0	5.5	2.5	5.8	2.8	128.0	5.4	276.0	122
Baked Halibut by ICCK	18.6	2.4	0.5	36.5	0.2	142.0	131.8	812.0	326
Totals	31.5	28.9	3.0	47.7	3.0	270.0	137.2	1088.0	563

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Raspberry Trifle ICCK	10.5	9.0	6.5	4.3	0.6	56.0	60.3	143.0	144
Totals	10.5	9.0	6.5	4.3	0.6	56.0	60.3	143.0	144

Daily Nutrition Totals	70.0	127.8	67.9	103.0	23.2	1197.0	285.0	3341.0	1467
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	