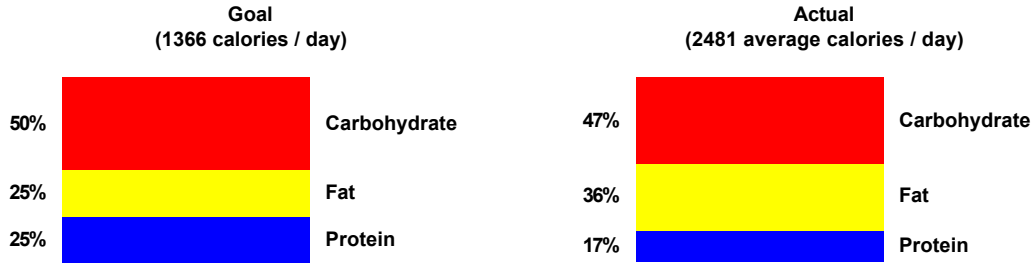


Logged Meals - Nutrient Summary

Date Range: 5/15/2009 - 5/15/2009



Janet Samples



	Goal	0%	50%	100%	Actual
Calories	1366				2481
Total Fat	38 g				100 g
Saturated Fat	15 g				40 g
Cholesterol	300 mg				268 mg
Sodium	2300 mg				2245 mg
Carbohydrates	171 g				296 g
Dietary Fiber	21 g				18 g
Protein	85 g				107 g
Vitamin A	700 IU				1969 IU
Thiamin	1.1 mg				0.7 mg
Riboflavin	1.1 mg				0.7 mg
Niacin	14.0 mg				11.4 mg
Vitamin B6	1.3 mg				1.2 mg
Vitamin B12	2.4 mcg				1.8 mcg
Vitamin C	75 mg				71 mg
Folic Acid	400 mcg				110 mcg
Calcium	1000 mg				1082 mg
Iron	18.0 mg				13.7 mg
Magnesium	310 mg				164 mg
Potassium	2000 mg				1908 mg
Zinc	8.0 mg				4.7 mg