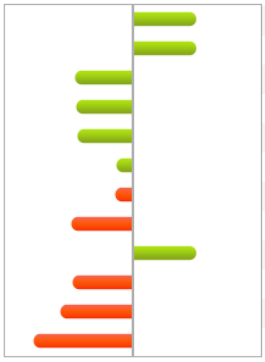
Calorie Count :: Nutrition Report - Windows Internet Explorer

http://caloriecount.about.com/cc/account/analysis.php?begin_date=09/20/2010&end_date=09/20/2010

Nutrition Report



Mouse over bars for more detail

Nutrient/Vitamin	Amount	Trend
Carbohydrates	173 g	Good
Protein	76 g	Good
Fats	23 g	Good
Saturated Fat	8 g	Good
Cholesterol	171 mg	Good
Sodium	2,124 mg	Good
Fiber	23 g	Too Low
Vitamin A	2,574 IU	Too Low
Vitamin C	144 mg	Good
Calcium	523 mg	Too Low
Iron	7.5 mg	Too Low
Potassium	778 mg	Too Low

Legend:
- *Low intakes of "bad" nutrients or adequate intakes of "good" nutrients*
- *High intakes of "bad" nutrients, low or excessive intakes of "good" nutrients*

1 Way to Drop 9lbs Weekly
Lose Weight, As Much As 9 Pounds Per Week in 2 Simple Steps.
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Nutrition Grade

B+

Calorie Distribution

- Fat - 17.5%
- Pro - 25.1%
- Carb - 57.4%
- Alcohol - 0%
- Other - 0%

Calories

Consumed: **1,178 cal**
Daily Target: **1,300 cal**

Logged Foods for Sep 20, 2010

Mouse over any table cell for more info