

Malcolm Graham
Week of December 30, 2001 - January 5, 2002

Nutritional Summary For The Week

	Sun. % Daily	Mon. % Daily	Tue. % Daily	Wed. % Daily	Thu. % Daily	Fri. % Daily	Sat. % Daily
Calories	2202 122%	2064 115%	3139 174%	889 49%	1440 80%	1605 89%	1637 91%
Fat Cals	810 150%	750 139%	1242 230%	341 63%	368 68%	522 97%	407 75%
Total Fat	91 154%	85 144%	139 236%	39 66%	41 69%	60 102%	47 80%
Sat. Fat	23 128%	13 72%	40 222%	13 72%	11 61%	15 83%	15 83%
Cholest.	176 59%	48 16%	748 249%	98 33%	238 79%	444 148%	468 156%
Sodium	2461 123%	2458 123%	3907 195%	1907 95%	1441 72%	1015 51%	2253 113%
Carbs	212 118%	241 134%	405 225%	69 38%	219 122%	169 94%	215 119%
Fiber	6 20%	6 20%	17 57%	7 23%	12.1 40%	22 73%	34 113%
Protein	143.4 106%	83.1 62%	94.5 70%	69 51%	49.6 37%	115 85%	99 73%

Fat: 37% F: 36% F: 40% F: 38% F: 26% F: 33% F: 25%
Carbohydrates: 39% C: 47% C: 52% C: 31% C: 61% C: 42% C: 53%
Protein: 26% P: 16% P: 12% P: 31% P: 14% P: 29% P: 24%

Nutrition Facts

Daily Target Levels

Calories	1800
Fat Cals	540
Total Fat	59
Sat. Fat	18
Cholest.	300
Sodium	2000
Carbs	180
Fiber	30
Protein	135

Fat: 30%
Carbohydrates: 40%
Protein: 30%

Nutrition Facts

Week's Total Difference

Calories	12976	376
Fat Cals	4440	660
Total Fat	502	89g
Sat. Fat	130	4g
Cholest.	2220	120mg
Sodium	15442	1442mg
Carbs	1530	270g
Fiber	104.1	<105.9g>
Protein	653.6	<291.4g>

Fat: 34%
Carbohydrates: 47%
Protein: 20%

Nutrition Facts

Daily Average % Daily

Calories	1854	103%
Fat Cals	634	117%
Total Fat	72	122%
Sat. Fat	19	103%
Cholest.	317	106%
Sodium	2206	110%
Carbs	219	121%
Fiber	15	50%
Protein	93	69%

Fat: 34%
Carbohydrates: 47%
Protein: 20%