

## Malcolm Graham

### Week of January 6, 2002 - January 12, 2002

### Nutritional Summary For The Week

	Sun. % Daily	Mon. % Daily	Tue. % Daily	Wed. % Daily	Thu. % Daily	Fri. % Daily	Sat. % Daily
<b>Calories</b>	1974 110%	1560 87%	2120 118%	1052 58%	1453 81%	1405 78%	1513 84%
Fat Cals	529 98%	290 54%	650 120%	275 51%	343 64%	587 109%	424 79%
<b>Total Fat</b>	60 102%	33 56%	74 125%	32 54%	40 68%	66 112%	49 83%
Sat. Fat	20 111%	11 61%	17 94%	15 83%	8 44%	6 33%	10 56%
<b>Cholest.</b>	691 230%	96 32%	290 97%	99 33%	26 9%	11 4%	115 38%
<b>Sodium</b>	1202 60%	920 46%	1153 58%	1709 85%	1083 54%	303 15%	1578 79%
<b>Carbs</b>	250 139%	255 142%	264 147%	121 67%	199 111%	150 83%	189 105%
Fiber	30.5 102%	18 60%	33 110%	19 63%	30 100%	1 3%	13 43%
<b>Protein</b>	116 86%	73.9 55%	98 73%	87.9 65%	78 58%	59 44%	87 64%

<b>Fat:</b> 27%	<b>F:</b> 19%	<b>F:</b> 31%	<b>F:</b> 26%	<b>F:</b> 24%	<b>F:</b> 42%	<b>F:</b> 28%
<b>Carbohydrates:</b> 51%	<b>C:</b> 65%	<b>C:</b> 50%	<b>C:</b> 46%	<b>C:</b> 55%	<b>C:</b> 43%	<b>C:</b> 50%
<b>Protein:</b> 24%	<b>P:</b> 19%	<b>P:</b> 18%	<b>P:</b> 33%	<b>P:</b> 21%	<b>P:</b> 17%	<b>P:</b> 23%

### Nutrition Facts

#### Daily Target Levels

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

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

### Nutrition Facts

#### Week's Total Difference

<b>Calories</b>	11077	<1523>
Fat Cals	3098	<682>
<b>Total Fat</b>	354	<59g>
Sat. Fat	87	<39g>
<b>Cholest.</b>	1328	<772mg>
<b>Sodium</b>	7948	<6052mg>
<b>Carbs</b>	1428	168g
Fiber	144.5	<65.5g>
<b>Protein</b>	599.8	<345.2g>

**Fat:** 28%  
**Carbohydrates:** 52%  
**Protein:** 22%

### Nutrition Facts

#### Daily Average % Daily

<b>Calories</b>	1582	88%
Fat Cals	443	82%
<b>Total Fat</b>	51	86%
Sat. Fat	12	69%
<b>Cholest.</b>	190	63%
<b>Sodium</b>	1135	57%
<b>Carbs</b>	204	113%
Fiber	21	69%
<b>Protein</b>	86	63%

**Fat:** 28%  
**Carbohydrates:** 52%  
**Protein:** 22%