

**Malcolm Graham**  
**Week of January 13, 2002 - January 19, 2002**

<b>Nutritional Summary For The Week</b>														
	<b>Sun. % Daily</b>		<b>Mon. % Daily</b>		<b>Tue. % Daily</b>		<b>Wed. % Daily</b>		<b>Thu. % Daily</b>		<b>Fri. % Daily</b>		<b>Sat. % Daily</b>	
<b>Calories</b>	2519	140%	2013	112%	1518	84%	2100	117%	2489	138%	2540	141%	2227	124%
Fat Cals	699	129%	623	115%	441	82%	537	99%	829	154%	894	166%	832	154%
<b>Total Fat</b>	79	134%	70	119%	49	83%	60	102%	94	159%	99	168%	94	159%
Sat. Fat	24	133%	20	111%	15	83%	19	106%	24	133%	13	72%	19	106%
<b>Cholest.</b>	244	81%	327	109%	321	107%	353	118%	1055	352%	279	93%	169	56%
<b>Sodium</b>	1545	77%	2895	145%	2103	105%	2533	127%	2463	123%	1881	94%	2800	140%
<b>Carbs</b>	285	158%	249	138%	177	98%	258	143%	262	146%	284	158%	248	138%
Fiber	15.4	62%	27	108%	23	92%	24	96%	31	124%	34	136%	12	48%
<b>Protein</b>	170.6	126%	119	88%	104.8	78%	145	107%	154	114%	145.1	107%	99	73%

<b>Fat: 28%</b>	<b>F: 31%</b>	<b>F: 29%</b>	<b>F: 26%</b>	<b>F: 33%</b>	<b>F: 35%</b>	<b>F: 37%</b>
<b>Carbohydrates: 45%</b>	<b>C: 49%</b>	<b>C: 47%</b>	<b>C: 49%</b>	<b>C: 42%</b>	<b>C: 45%</b>	<b>C: 45%</b>
<b>Protein: 27%</b>	<b>P: 24%</b>	<b>P: 28%</b>	<b>P: 28%</b>	<b>P: 25%</b>	<b>P: 23%</b>	<b>P: 18%</b>

<b>Nutrition Facts</b>	
<b>Daily Target Levels</b>	
<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	25
<b>Protein</b>	135

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

<b>Nutrition Facts</b>	
<b>Week's Total</b>	<b>Difference</b>
<b>Calories</b>	15406 2806
Fat Cals	4855 1075
<b>Total Fat</b>	545 132g
Sat. Fat	134 8g
<b>Cholest.</b>	2748 648mg
<b>Sodium</b>	16220 2220mg
<b>Carbs</b>	1763 503g
Fiber	166.4 <8.599999
<b>Protein</b>	937.5 <7.5g>

**Fat: 32%**  
**Carbohydrates: 46%**  
**Protein: 24%**

<b>Nutrition Facts</b>	
<b>Daily Average</b>	<b>% Daily</b>
<b>Calories</b>	2201 122%
Fat Cals	694 128%
<b>Total Fat</b>	78 132%
Sat. Fat	19 106%
<b>Cholest.</b>	393 131%
<b>Sodium</b>	2317 116%
<b>Carbs</b>	252 140%
Fiber	24 95%
<b>Protein</b>	134 99%

**Fat: 32%**  
**Carbohydrates: 46%**  
**Protein: 24%**