

Malcolm Graham

Week of January 20, 2002 - January 26, 2002

Nutritional Summary For The Week

| | Sun. % Daily | Mon. % Daily | Tue. % Daily | Wed. % Daily | Thu. % Daily | Fri. % Daily | Sat. % Daily |
|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Calories | 1761 98% | 1560 87% | 2006 111% | 2165 120% | 2021 112% | 2098 117% | 2900 161% |
| Fat Cals | 387 72% | 648 120% | 528 98% | 585 108% | 722 134% | 639 118% | 1332 247% |
| Total Fat | 45 76% | 73 124% | 60 102% | 66 112% | 81 137% | 72 122% | 148 251% |
| Sat. Fat | 12 67% | 19 106% | 19 106% | 17 94% | 21 117% | 18 100% | 44 244% |
| Cholest. | 94 31% | 43 14% | 616 205% | 548 183% | 189 63% | 93 31% | 956 319% |
| Sodium | 4534 227% | 2405 120% | 2817 141% | 1398 70% | 1938 97% | 1585 79% | 4860 243% |
| Carbs | 250 139% | 217 121% | 248 138% | 247 137% | 211 117% | 279 155% | 285 158% |
| Fiber | 30 120% | 7 28% | 50 200% | 35 140% | 30 120% | 3 12% | 15 60% |
| Protein | 118 87% | 45.4 34% | 143.5 106% | 161 119% | 131.2 97% | 93.8 69% | 137.7 102% |

| | | | | | | |
|---------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Fat: 22% | F: 42% | F: 26% | F: 27% | F: 36% | F: 30% | F: 46% |
| Carbohydrates: 57% | C: 56% | C: 49% | C: 46% | C: 42% | C: 53% | C: 39% |
| Protein: 27% | P: 12% | P: 29% | P: 30% | P: 26% | P: 18% | P: 19% |

Nutrition Facts

Daily Target Levels

| | |
|------------------|------|
| Calories | 1800 |
| Fat Cals | 540 |
| Total Fat | 59 |
| Sat. Fat | 18 |
| Cholest. | 300 |
| Sodium | 2000 |
| Carbs | 180 |
| Fiber | 25 |
| Protein | 135 |

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

Nutrition Facts

Week's Total Difference

| | | |
|------------------|-------|----------|
| Calories | 14511 | 1911 |
| Fat Cals | 4841 | 1061 |
| Total Fat | 545 | 132g |
| Sat. Fat | 150 | 24g |
| Cholest. | 2539 | 439mg |
| Sodium | 19537 | 5537mg |
| Carbs | 1737 | 477g |
| Fiber | 170 | <5g> |
| Protein | 830.6 | <114.4g> |

Fat: 33%
Carbohydrates: 48%
Protein: 23%

Nutrition Facts

Daily Average % Daily

| | | |
|------------------|------|------|
| Calories | 2073 | 115% |
| Fat Cals | 692 | 128% |
| Total Fat | 78 | 132% |
| Sat. Fat | 21 | 119% |
| Cholest. | 363 | 121% |
| Sodium | 2791 | 140% |
| Carbs | 248 | 138% |
| Fiber | 24 | 97% |
| Protein | 119 | 88% |

Fat: 33%
Carbohydrates: 48%
Protein: 23%