

Malcolm Graham
Week of January 27, 2002 - February 2, 2002

Nutritional Summary For The Week														
	Sun. % Daily		Mon. % Daily		Tue. % Daily		Wed. % Daily		Thu. % Daily		Fri. % Daily		Sat. % Daily	
Calories	2452	136%	2516	140%	1557	87%	1353	75%	1488	83%	1450	81%	3752	208%
Fat Cals	781	145%	925	171%	548	101%	316	59%	533	99%	558	103%	1592	295%
Total Fat	87	147%	104	176%	60	102%	35	59%	60	102%	63	107%	178	302%
Sat. Fat	23	128%	39	217%	16	89%	7	39%	13	72%	17	94%	53	294%
Cholest.	155	52%	162	54%	74	25%	28	9%	336	112%	46	15%	221	74%
Sodium	1053	53%	2087	104%	1264	63%	938	47%	2898	145%	357	18%	3874	194%
Carbs	292	162%	289	161%	173	96%	180	100%	175	97%	145	81%	387	215%
Fiber	38	152%	28	112%	25	100%	25	100%	6	24%	15	60%	31	124%
Protein	132.8	98%	122	90%	87	64%	76	56%	60	44%	77	57%	153	113%

Fat: 32%	F: 37%	F: 35%	F: 23%	F: 36%	F: 38%	F: 42%
Carbohydrates: 48%	C: 46%	C: 44%	C: 53%	C: 47%	C: 40%	C: 41%
Protein: 22%	P: 19%	P: 22%	P: 22%	P: 16%	P: 21%	P: 16%

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	14568 1968
Fat Cals	5253 1473
Total Fat	587 174g
Sat. Fat	168 42g
Cholest.	1022 <1078mg>
Sodium	12471 <1529mg>
Carbs	1641 381g
Fiber	168 <7g>
Protein	707.8 <237.2g>

Fat: 36%
Carbohydrates: 45%
Protein: 19%

Nutrition Facts	
Daily Average	% Daily
Calories	2081 116%
Fat Cals	750 139%
Total Fat	84 142%
Sat. Fat	24 133%
Cholest.	146 49%
Sodium	1782 89%
Carbs	234 130%
Fiber	24 96%
Protein	101 75%

Fat: 36%
Carbohydrates: 45%
Protein: 19%