



My Nutrition Log

Showing log from **02 Mar 2009**

[« Previous Day](#) | [Today](#) | [Next Day »](#)

What did you eat?

[My Favorites](#)

[Food Search](#)

[Meal Planner PRO](#)

[Print Grocery List PRO](#)

[Update Nutrition Goals](#)

Calorie Breakdown



■ Total Fat 24.46%
■ Total Carbs 55.63%
■ Protein 19.91%

You Ate

↑ 1169 Calories
(Goal is [1425 to 1675](#) cals)

↑ 64.33g of Protein
(Goal is [94 to 162](#) grams)

✓ 179.73g of Carbs
(Goal is [124 to 186](#) grams)

✓ 35.13g of Fat
(Goal is [30 to 51](#) grams)

↑ 28.16g of Fiber
(Goal is [30 to 40](#) grams)

✓ 1775mg of Sodium
(Goal is [1200 to 1800](#) mg)

⚠ 214.72mg of Cholesterol
(Goal is [100 to 200](#) mg)

↑ 632mg of Potassium
(Goal is [2500 to 4700](#) mg)

Food Groups

4 oz. of Grains
(Goal is 5 oz.)

1 cups of Vegetables
(Goal is 2 cups)

2 cups of Fruit
(Goal is 1.5 cups)

0 cups of Milk
(Goal is 3 cups)

9.5 oz. of Meat and Beans
(Goal is 5 oz.)

0 tsp. of Oil
(Goal is 5 tsp.)

Food Log

Meals Planned for this Day ([Update Meal Plan](#))

Check off the foods that you ate.

Breakfast

- Egg - 1 serving of 1 large egg**
Counts as
Cals: 101, Fat: 7.45g, Carbs: 1.34g, Protein: 6.76g, Fiber: 0g, Sodium: 170mg, Cholesterol: 214.72mg, Potassium: 84mg
- Hearty and Delicious 100 percent Multi-Grain - 1 serving of 1 slice**
Counts as
Cals: 120, Fat: 1.5g, Carbs: 20g, Protein: 5g, Fiber: 3g, Sodium: 210mg, Cholesterol: 0mg, Potassium: 0mg

Dinner

- Grilled Salmon 1 oz - 4 servings of 1**
Counts as
Cals: 120, Fat: 13.2g, Carbs: 0g, Protein: 26g, Fiber: 0g, Sodium: 0mg, Cholesterol: 0mg, Potassium: 0mg
- Brown Rice - 2 servings of 1/2 cup**
Counts as
Cals: 216, Fat: 1.76g, Carbs: 44.77g, Protein: 5.03g, Fiber: 3.51g, Sodium: 8mg, Cholesterol: 0mg, Potassium: 82mg
- Side Salad - 1 serving of 1**
Counts as
Cals: 15, Fat: 0g, Carbs: 4g, Protein: 0g, Fiber: 0g, Sodium: 0mg, Cholesterol: 0mg, Potassium: 0mg

Lunch

- Low-Fat Vegetarian Black Bean Soup - 1.5 servings of 8 oz**
Counts as
Cals: 225, Fat: 1.5g, Carbs: 42g, Protein: 12g, Fiber: 9g, Sodium: 1380mg, Cholesterol: 0mg, Potassium: 0mg
- Oranges - 1 serving of 1 cup**
Counts as
Cals: 107, Fat: 0.51g, Carbs: 26.35g, Protein: 2.21g, Fiber: 7.65g, Sodium: 3mg, Cholesterol: 0mg, Potassium: 333mg

Snack 1

- Organic Raw Food Bar, chocolatey chocolate chip - 1 serving of 1 bar**
Cals: 200, Fat: 9g, Carbs: 24g, Protein: 7g, Fiber: 2g, Sodium: 3mg, Cholesterol: 0mg, Potassium: 0mg
- Apple - 1 serving of 1 small**
Counts as
Cals: 65, Fat: 0.21g, Carbs: 17.26g, Protein: 0.33g, Fiber: 3g, Sodium: 1mg, Cholesterol: 0mg, Potassium: 133mg

WaterTracker

