

Diet Trac Entry for Cindy Sample 3/3/2010

<u>Meal</u>	<u>Time</u>	<u>Description</u>	<u>Food Amt</u>	<u>UOM</u>	<u>Calories</u>	<u>Protein (gms.)</u>	<u>Carbs (gms.)</u>	<u>Fat (gms.)</u>	<u>Sodium mgs.</u>	<u>Potassium mgs</u>	<u>Lnlc Acc. gms.</u>
1	08:00	Egg whites, large	4.00	Egg (lg)	67.32	14.40	1.04	0.00	192.72	183.48	0.00
		Oatmeal (rolled oats), cooked	4.00	Ounce	62.37	2.27	11.00	1.13	247.21	69.17	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		<u>Meal Totals</u>			<u>129.69</u>	<u>16.67</u>	<u>12.04</u>	<u>1.13</u>	<u>439.93</u>	<u>351.65</u>	<u>0.00</u>
2	11:30	Bar, Parrillo Energy Bar, Apple Cinnamon Flavor	1.00	Bar	240.00	14.00	35.00	1.00	35.00	350.00	0.00
		<u>Meal Totals</u>			<u>240.00</u>	<u>14.00</u>	<u>35.00</u>	<u>1.00</u>	<u>35.00</u>	<u>350.00</u>	<u>0.00</u>
3	15:00	Captri Cookbook Entree, Turkey Chili	5.00	Ounce	172.40	13.00	22.72	0.85	17.49	512.81	0.00
		Captri Cookbook Sides, Home Fries	4.00	Ounce	129.28	2.04	16.62	0.10	2.91	395.61	0.00
		Asparagus spears, fresh	4.00	Ounce	29.48	2.84	4.08	0.24	2.28	315.24	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		<u>Meal Totals</u>			<u>331.16</u>	<u>17.87</u>	<u>43.43</u>	<u>1.19</u>	<u>22.69</u>	<u>1,322.66</u>	<u>0.00</u>
4	18:30	Bar, Parrillo Energy Bar, Apple Cinnamon Flavor	1.00	Bar	240.00	14.00	35.00	1.00	35.00	350.00	0.00
		<u>Meal Totals</u>			<u>240.00</u>	<u>14.00</u>	<u>35.00</u>	<u>1.00</u>	<u>35.00</u>	<u>350.00</u>	<u>0.00</u>
5	22:00	Chicken, white meat without skin, roasted	7.00	Ounce	329.43	62.71	0.00	6.75	127.01	815.63	0.00
		Salad Greens	6.00	Ounces	34.02	2.04	5.94	0.36	15.29	449.05	0.00
		CapTri	1.00	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		<u>Meal Totals</u>			<u>477.45</u>	<u>64.75</u>	<u>5.94</u>	<u>7.10</u>	<u>142.30</u>	<u>1,363.68</u>	<u>0.00</u>
		Daily Totals			1,418.29	127.30	131.41	11.43	674.92	3,737.99	0.00