Sunday, December 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Honey Nut Cheerios - Breakfast Pack	126	1.5		25	2	11	3	220	0	
1 box										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
1% Fat Milk	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
1 cup										
Total	333	4.26	1.677	64.13	5.1	38.12	12.51	328	12	788
Lunch										
Dinner										
Snacks/Other										
Total	333	4.26	1.677	64.13	5.1	38.12	12.51	328	12	788