Saturday, June 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mixed Grain Bread 70 g	176	2.66	0.565	32.48	4.5	7.04	7	341	0	143
Soy Milk 200 ml	108	3.97	0.482	10.2	2.7	1.03	9.27	114	0	257
Cod Liver Fish Oil 1/2 tbsp	61	6.8	1.537	0	0		0	0	39	
Jams, Preserves, Marmalades (Low Sugar) 1/2 tbsp	13	0.02	0.001	3.28	0.1	3.09	0.04	0	0	9
Total	358	13.45	2.585	45.96	7.3	11.16	16.31	455	39	409
Lunch										
Shrimp 100 g	106	1.73	0.328	0.91	0	0	20.31	148	152	185
Dinner										
Snacks/Other										
Sunrise Soya Foods Soy Milk (Unsweetened) 200 ml	72	4	1.28	2.4	0.8	0.8	7.2	32		
Reduced Fat Sour Cream 1 tbsp	29	2.26	1.392	1.12	0	0.05	1.12	11	6	34
Strawberries 1 1/2 cups halves	73	0.68	0.034	17.51	4.6	10.62	1.53	2	0	349
Plain Yoghurt 100 g	63	1.55	1	7.04	0	7.04	5.25	70	6	234
McVities Digestives	71	3.1	0.3	10.3	0.5	2.5	1.1	0.1		

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1 biscuit, 15 g										
Focaccia	58	2.22	0.279	8.13	0.4	0.17	1.38	53	6	
20 g										
Walnuts	52	5.22	0.49	1.1	0.5	0.21	1.22	0	0	35
2 nuts										
Low Fat Milk	78	2.25		9.45	0.45		4.95			
150 ml										
Coffee and Cocoa (Mocha) Powder (with Whitener and Low Calorie Sweetener)	33	1.69	1.456	9.14	0.6	4.48	1.15	64	0	238
2 tsps dry										
Coffee (Espresso Brewed)	2	0.22	0.11	0	0	0	0.14	17	0	138
4 fl oz										
Total	531	23.19	6.341	66.19	7.85	25.87	25.04	249.1	18	1028
Total	995	38.37	9.254	113.06	15.15	37.03	61.66	852.1	209	1622