Tuesday, July 21, 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 60 g	151	2.28	0.484	27.84	3.8	6.03	6	292	0	122
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	333	13.07	2.504	41.32	6.6	10.15	15.31	406	39	388
Lunch										
Mixed Grain Bread 35 g	88	1.33	0.282	16.24	2.2	3.52	3.5	170	0	71
Smoked or Cured Ham (Lean Only Eaten) 25 g	39	1.38	0.46	0	0	0	6.26	332	14	79
Gouda Cheese 15 g	53	4.12	2.642	0.33	0	0.33	3.74	123	17	18
Total	180	6.83	3.384	16.57	2.2	3.85	13.5	625	31	168
Dinner										
Snacks/Other										
Chocolate-Coated Light Ice Cream Bar or Stick 0.6 bar (3 fl oz)	93	5.87	4.73	9.2	0.2	8.03	1.34	20	7	65
Gamle Mølle Krydder Boller 50 g	135	1.5	0	25.5	0	3	4.25	0.4		

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Walnuts 3 nuts	78	7.83	0.735	1.65	0.8	0.31	1.83	0	0	53
Low Fat Milk 150 ml	78	2.25		9.45	0.45		4.95			
Coffee and Cocoa (Mocha) Powder (with Whitener and Low Calorie Sweetener) 2 tsps dry	33	1.69	1.456	9.14	0.6	4.48	1.15	64	0	238
Coffee (Espresso Brewed) 4 fl oz	2	0.22	0.11	0	0	0	0.14	17	0	138
Total	419	19.36	7.031	54.94	2.05	15.82	13.66	101.4	7	494
Total	**932**	**39.26**	**12.919**	**112.83**	**10.85**	**29.82**	**42.47**	**1132.4**	**77**	**1050**