

Body Fit Health Club
 141 Reach St. Unit #3
 Uxbridge, ON L9P 1L3
 Phone #: 905-852-6175
 Fax #: 905-852-1831
 info@bodyfit.ca



Dietary Analysis For: **Test, John**
 For the Date Range: **05/01/2009 to 05/01/2009**

DAY # 1
 (05/01/2009)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - You can add banana to cereal						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
1	1.25 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1.86	26.66	0.31	116.87
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
8	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
Totals:			13.46	91.26	1.31	417.87
AM Snack -						
1	1 oz	Cookies, vanilla wafers, lower fat	1.42	20.87	4.31	125.02
1	0.5 cup	Fruit cocktail, canned, extra light syrup, solids & liquids	0.49	14.30	0.09	55.35
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			1.91	35.88	4.40	182.74
Lunch - Turkey pita wrap						
1	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
2	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
2	1 cup	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	11.47	18.87	3.27	151.68
1	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
5	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals:			61.09	59.07	15.99	623.92
PM Snack -						
0.75	cup	Cottage Cheese - 1% fat	21.00	4.65	1.73	123.00
1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
Totals:			22.20	28.45	1.93	215.00
Dinner - Marinate or top pork w/teriyaki sauce						
2	0.5 cup	Asparagus, boiled, drained	4.32	7.40	0.40	39.60
2	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
2	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	ounce(s)	Pork - broiled, chopped, trimmed, center loin	51.36	0.00	13.80	342.00
2	table spoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	2.00	10.00	0.00	60.00
1	0.5 cup, cubes	Yam, boiled, drained, or baked, no salt	1.01	18.75	0.10	78.88
Totals:			62.14	49.04	18.49	604.48
Evening Snack - You can add blueberries to yogurt						
1.25	1 cup	Blueberries, raw	1.34	26.26	0.60	103.31
1.25	cup	Non-fat yogurt-artificially sweetened	13.25	24.13	0.49	151.25
Totals:			14.59	50.39	1.09	254.56
Actual Totals for 05/01/2009:			175.40	314.09	43.20	2298.58
Recommended Totals:			168.75	280.05	49.87	2244.00
Difference:			6.65	34.04	-6.67	54.58

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
		Actual % of Total Calories:	29.90	53.54	16.57	
		Recommended % of Total Calories:	30.00	50.00	20.00	
		Difference:	-0.10	3.54	-3.43	

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Nutrient Summary Profile: John Test
 Date Range: 5/1/2009 to 5/1/2009

Nutrient Summary Profile
 John Test

Goal (2244 calories/day)

Actual (2299 average calories/day)

