

DietOrganizer - Sue.dto

File Edit View User Food Exercise Help

Shortcuts x Sue Sun 21 October Today

Food Finder

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Look for:

Favorites:

- Quick Entry ---
- New Food ---
- Apples, raw, with skin
- Asparagus, cooked, boiled, drain
- Bacon *
- Baked Beans +
- Beans, snap, green, frozen, cook
- Beef stew +
- Beef, round, tip round, separable
- Bolognaise sauce +
- Bread *
- Bread sauce +
- Broccoli, cooked, boiled, drained,
- Broccoli Quiche +
- Brussels sprouts, frozen, cooked
- Butter, salted
- Carrot & Coriander Soup (sainsbu
- Carrots and Parsnips +
- Carrots, cooked, boiled, drained,
- cauliflower Cheese +
- Celery Nut & sultana +
- Cereals ready-to-eat, wheat, shre
- Cheese, cheddar
- Chicken, roasting, meat only, coc
- Cod in Batter +

Enter Quantity Add

Food	Quantity	Calories..	Carbohy..	Protein (g)	Fat (g)
Breakfast					
Tea	1 portion	15.0			
Corn Flakes	0.9 oz	92.1	21.9	1.8	0.2
Milk, Semiskimmed	4.2 oz	59.5	5.7	4.0	2.3
Orange Juice	1.9 oz	23.7	5.4	0.4	0.1
Tea	1 portion	15.0			
Sub Total		205.3	33.1	6.2	2.6
Lunch					
Carrot & Coriander Soup (sainsburys)	8.5 oz	70.4	7.5	1.3	4.0
Bread	2.2 oz	153.4	28.8	6.0	2.6
Ski Light Yogurt	1 portion	63.8	9.6	5.6	0.3
Tea	2 portion	30.0			
Sub Total		317.6	45.9	12.9	6.9
Dinner					
Broccoli Quiche	2.6 oz	192.4	14.2	5.7	12.5
Potatoes, boiled	7.9 oz	192.6	44.8	3.8	0.2
Butter, salted	0.1 oz	20.3	0.0	0.0	2.3
Peas, green, cooked, boiled, drained, without...	2.1 oz	50.0	9.3	3.2	0.1
Sub Total		455.3	68.3	12.7	15.2
Snacks					
Baked Beans	0 g	0.0	0.0	0.0	0.0
Carrots and Parsnips	0 g	0.0	0.0	0.0	0.0

Quick Summary

Todays Calories		Calorie Breakdown		Nutrient			
Metabolic Rate	1987	Food		Calories	978.2 kcal	Goal%	75%
Exercise	150	Today		Fat	24.7 g	Goal%	60%
Diet Plan	-750	Goal		Saturated Fat	12.5 g		
Food Intake	-978			Polyunsaturat..	1.1 g		
Net (Remaining)	409			Monounsatur...	2.4 g		