

DietOrganizer - Sue.dto

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Shortcuts x Sue Sat 27 October Today

Food Finder

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--- Quick Entry ---

--- New Food ---

Apples, raw, with skin

Asparagus, cooked, boiled, drained

Bacon \*

Baked Beans +

Beans, snap, green, frozen, cooked

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 (sainsbury's)

Carrots and Parsnips +

Carrots, cooked, boiled, drained

cauliflower Cheese +

Celery Nut & sultana +

Cereals ready-to-eat, wheat, shredded

Cheese, cheddar

Chicken, roasting, meat only, cooked

Cod in Batter +

Coleslaw +

Enter Quantity Add

Food	Quantity	Calories...	Carbohy...	Protein (g)	Fat (g)
<b>Breakfast</b>					
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
Sub Total		190.3	33.1	6.2	2.6
<b>Lunch</b>					
Carrot & Coriander Soup (sainsbury's)	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
<b>Dinner</b>					
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	0.4 oz	81.3	0.0	0.1	9.2
Peas, green, cooked, boiled, drained, without...	2.1 oz	50.0	9.3	3.2	0.1
Sub Total		516.3	68.3	12.8	22.1
<b>Snacks</b>					
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
Sub Total		0.0	0.0	0.0	0.0
Total		1024.2	147.3	31.9	31.6

Quick Summary

Nutrient	Total	Units	Goal%	RDA%
Calories	1024.2	kcal	85%	
Fat	31.6	g	77%	
Saturated Fat	16.9	g		
Polyunsaturat...	1.3	g		
Monounsatur...	4.2	g		

Todays Calories

Metabolic Rate 1957

Exercise 0

Diet Plan -750

Food Intake -1024

Net (Remaining) 183

Calorie Breakdown

Food

Today

Goal

Carbohydrate Protein Fat Alcohol