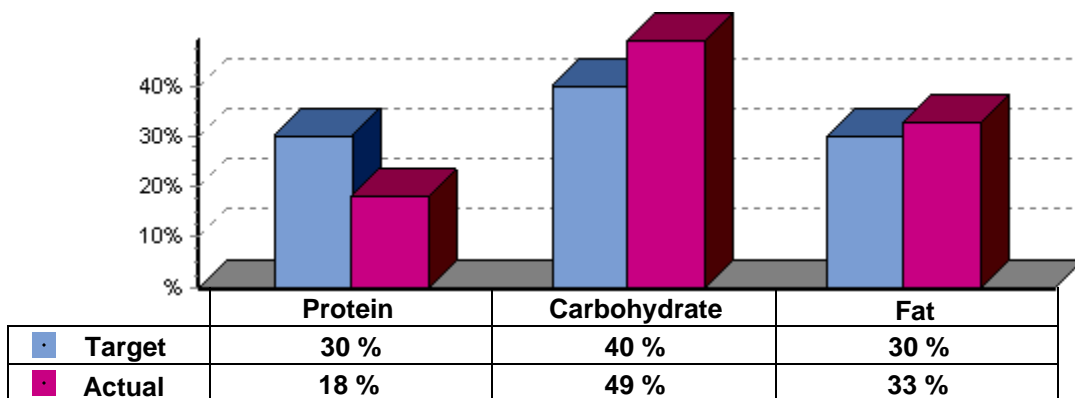


All Meals

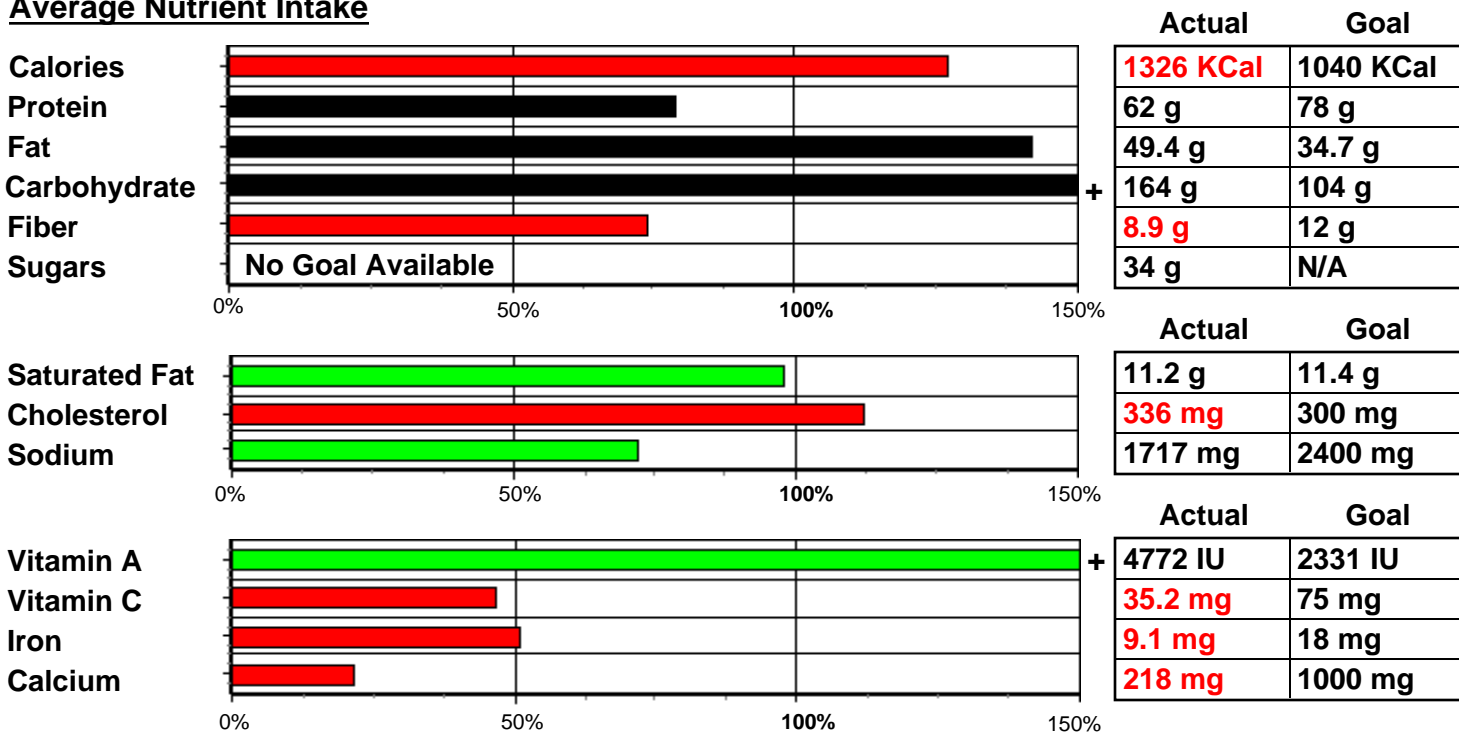
Tuesday, March 04, 2008

Calories from Protein, Carbohydrate & Fat



Average of 1326 Calories per day

Average Nutrient Intake



Note: Red indicates a range of nutrient intake that does not meet your goal or budget. For calories, intake above your calorie budget is in red because this prevents you from achieving your weight loss goal. For fiber, intake below your goal is in red because this may increase your risk for certain chronic diseases. For saturated fat, cholesterol and sodium, intake above your budget is in red because this may increase your risk for certain chronic diseases. For vitamin A, vitamin C, iron and calcium, intakes above 67% are generally thought to meet the needs of most people. Intakes below 67% of your RDA are in red.

+ Indicates that your average nutrient intake is above 150% of your goal or budget.

Any information, content or results available through use of the BalanceLog Software or HealthTech web site are made available to you for informational purposes only and should not be construed as medical advice.