

Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search: for

Search Tips

Food Details

My Favorite Foods List

Meals

Copy Meals

Clear All

Create a Combo

Milk, low fat (1%)

Choose an amount:

1 cup

Choose Meal Time(s):

- ☐ Breakfast
☐ Lunch
☐ Dinner
☐ Snacks

+ Add

Cancel

Food Info

Nutrient Info

Total Calories: 102

Food Groups	Limits
Dairy 1 cup(s)	Empty Calories* 18
	Solid Fats 18 Calories
	Added Sugars 0 Calories
	Saturated Fat 2 g
	Sodium** 107 mg

Compare Foods

Total Eaten: 2510 Calories

Breakfast 422 Calories

Life Cereal (plain or cinnamon) 1 1/2 cup 241 Calories (46 Empty Calories*)

My Favorite Remove Edit

Milk, low fat (1%) 3/4 cup 77 Calories (13 Empty Calories*)

My Favorite Remove Edit

Banana, raw 1 medium (7" to 7-7/8" long) 105 Calories (0 Empty Calories*)

My Favorite Remove Edit

Lunch 1566 Calories

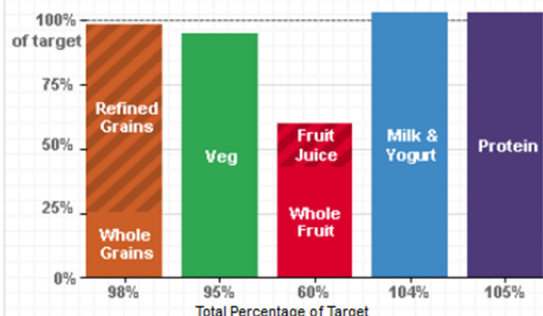
Grilled chicken sandwich, with lettuce, tomato, and non-mayonnaise type spread (Wendy's) 1 Wendy's sandwich 437 Calories (53 Empty Calories*)

My Favorite Remove Edit

French fries, frozen, deep fried (fast food fries) 1 small fast food order 271 Calories (117 Empty Calories*)

My Favorite Remove Edit

Fruit flavored drink, high vitamin C (Fruit Punch, Tropicana Twister Lemonade, Minute Maid Orange Drink) 2 cup 255 Calories (231 Empty Calories*)



Graph

Data

Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

Daily Limits

Total Calories Eaten: 2510

Empty Calories* Eaten: 877



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Choose an amount:

1 cup

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Food Info

Nutrient Info

Total Calories: 102

Food Groups

Limits

Dairy	1 cup(s)	Empty Calories*	18
		Solid Fats	18 Calories
		Added Sugars	0 Calories
		Saturated Fat	2 g
		Sodium**	107 mg

Compare Foods

Total Eaten: 2510 Calories

Lemonade, Minute Maid
Orange Drink
2 cup

My Favorite Remove Edit

Milk shake, fast food or
carry-out, chocolate
1 medium shake (20 fl oz)
603 Calories
(367 Empty Calories*)

My Favorite Remove Edit

Dinner 522 Calories

Beef and broccoli stir fry
1 1/2 cup
309 Calories
(17 Empty Calories*)

My Favorite Remove Edit

Roll, wheat or cracked
wheat
1 medium roll (2-1/2" across)
98 Calories
(17 Empty Calories*)

My Favorite Remove Edit

Milk, low fat (1%)
3/4 cup
77 Calories
(13 Empty Calories*)

My Favorite Remove Edit

Salad, garden, lettuce,
tomato, carrots, no dressing
1 cup
13 Calories
(0 Empty Calories*)

My Favorite Remove Edit

Creamy dressing (ranch),
reduced calorie
1 tablespoon
24 Calories
(3 Empty Calories*)

My Favorite Remove Edit

Food Groups Intake

Grains	6 oz.
Whole Grains	1 1/2 oz. (26% of total eaten)
Refined Grains	4 1/2 oz. (74% of total eaten)
Vegetables	2 1/2 cup(s)
Fruits	1 1/4 cup(s)
Whole Fruit	3/4 cup(s) (72% of total eaten)
Fruit Juice	1/4 cup(s) (28% of total eaten)
Dairy	3 1/4 cup(s)
Cheese	0 cup(s) (0% of total eaten)
Milk & Yogurt	3 1/4 cup(s) (100% of total eaten)
Protein Foods	6 oz.

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