

Food Details Report (Limits)

Date: 06/10/13

Your plan is based on a default **2,000 Calorie** allowance.

Food	Amount	Total Calories	Empty Calories *	Solid Fats *	Added Sugars *
1% milk	1½ cup	154	26	26	0
Banana, raw	1 medium (7" to 7-7/8" long)	105	0	0	0
Beef and broccoli stir fry	1½ cup	309	17	17	0
French fries, frozen, deep fried (fast food fries)	1 small fast food order	271	117	117	0
Fruit flavored drink, high vitamin C (Fruit Punch, Tropicana Twister Lemonade, Minute Maid Orange Drink)	2 cup	255	231	0	231
Grilled chicken sandwich, with lettuce, tomato, and non-mayonnaise type spread (Wendy's)	1 Wendy's sandwich	437	53	31	22
Hamburger bun, wheat or cracked wheat	1 medium roll (2-1/2" across)	98	17	15	2
Life Cereal (plain or cinnamon)	1½ cup	241	46	0	46
Milk shake, fast food or carry-out, chocolate	1 medium shake (20 fl oz)	603	367	115	251
Salad dressing, Creamy (ranch), reduced calorie	1 tablespoon	24	3	0	2
Salad, garden, lettuce, tomato, carrots, no dressing	1 cup	13	0	0	0
Your Menu Total		2510	877	322	555
Target or Limit		2000 Calories	≤ 258 Calories	*	*