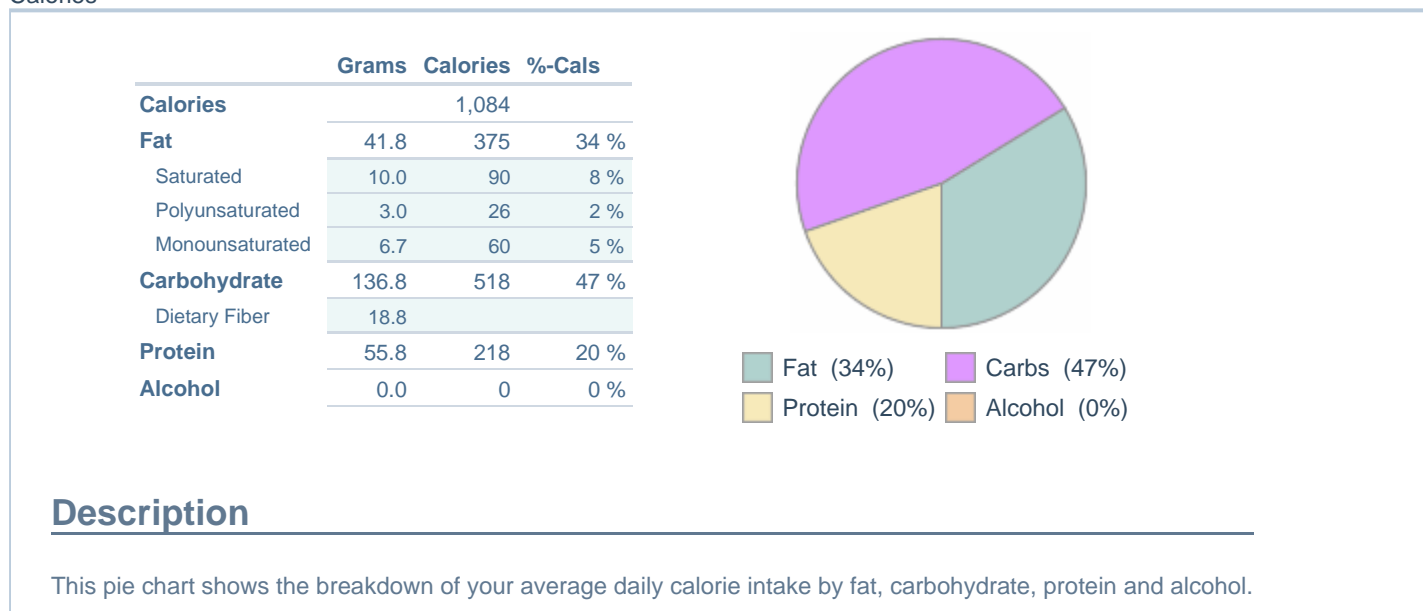




Food Name	Amount	Unit	Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
Total			1,084	41.8	136.8	55.8	
Honey	1	tablespoon	64	0.0	17.3	0.1	
English Muffin	1	serving	120	1.0	25.0	4.0	
Peanut Butter - Skippy Natural Creamy	1	serving	180	16.0	6.0	7.0	
Apple, raw	1	medium (2-3/4" dia) (approx 3 per lb)	72	0.2	19.1	0.4	
Oven Roasted Almonds (Blue Diamond)	0.5	serving	90	6.5	4.5	2.5	
Teriyaki Beef Steak Nuggets	2	serving	140	2.0	10.0	20.0	
Banana, raw	1	medium (7" to 7-7/8" long)	105	0.4	27.0	1.3	
lifewater - acai fruit punch	0.5	serving	0	0.0	3.0	0.0	
Pork chop, fried	3	oz, with bone, cooked (yield after bone removed)	159	10.5	0.0	15.1	
Sweet potato, cooked, baked in skin, without salt (a.k.a. Sw...	0.5	medium (2" dia, 5" long, raw)	51	0.1	11.8	1.1	
Broccoli, cooked	1	cup	103	5.1	13.2	4.4	
Total			1,084	41.8	136.8	55.8	

Calories



Description

This pie chart shows the breakdown of your average daily calorie intake by fat, carbohydrate, protein and alcohol.

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