

MyFoodList Report

The MyFoodList Report shows the foods you have entered and their calories.

Profile Info

Personal: [REDACTED] Female [REDACTED] 5 ft 4 in 150 lb

Day(s): Sunday (Breakfast, Lunch, Dinner, Snack), Monday (Breakfast, Lunch, Dinner, Snack), Tuesday (Breakfast, Lunch, Dinner, Snack)

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 25.7

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Amount		Item	Cal
<i>Day 1</i>			
1.0	ea	breakfast sandwich, bacon egg & cheese, with biscuit (USDA)	432
1.0	cup	coffee, regular, prepared from instant with water (USDA)	5
1.0	ea	sandwich, tuna salad, with whole wheat	347
16.0	fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
1.0	bd	soda, diet, Dr. Pepper (Dr. Pepper)	0
2.0	ea	orange, navel, fresh, 2 7/8" (USDA)	137
100.0	g	pork chop, blade loin, pan fried, with bone, lean (USDA)	222
0.5	cup	green beans, boiled, drained (USDA)	22
0.5	cup	mashed potatoes, prepared from recipe with whole milk	87
8.0	fl-oz	iced tea, diet lemon (Lipton Brisk)	0
<i>Day Total</i>			<i>1252</i>
<i>Day 2</i>			
0.5	cup	scrambled eggs (USDA)	164
1.0	cup	coffee, brewed, with tap water (USDA)	2
1.0	can	soda, Coke (Coca-Cola)	140
24.0	fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
1.0	cntr	yogurt, raspberry mousse, Whips!, lowfat (Yoplait)	140
1.0	ea	sandwich, turkey ham & cheese, with wheat	421
1.0	ea	sandwich, fish, with tartar sauce (USDA: Fast Food)	565
8.0	fl-oz	soda, Sprite (USDA: Coca Cola)	106
<i>Day Total</i>			<i>1539</i>
<i>Day 3</i>			
1.0	cup	coffee, brewed, with tap water (USDA)	2
1.0	side	salad, garden, with dressing, side (Wendy's)	210
1.0	can	soda, Coke (Coca-Cola)	140
0.75	cup	cereal, honey nut, Cheerios (USDA: General Mills)	105
0.5	cup	apple, fresh, sliced, peeled (USDA)	26
2.0	svg	bake, chicken & broccoli, frozen, with pasta (Stouffer's)	600
8.0	fl-oz	iced tea, sweet lemon (Lipton Tea)	110
24.0	fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
<i>Day Total</i>			<i>1194</i>
Total			3985
Day Average			1328
Item Average			153