

FoodList Report

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

Profile Info

Personal: Test Student Female 45 yrs 5 ft 2 in 135.00 lb

Day(s): 2019 Feb 14 (Snack), Feb 15 (Snack), Feb 16 (Snack), Feb 17 (Snack), Feb 18 (Snack), Feb 25 (Snack), Feb 26 (Snack)

Activity Level: Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 24.7

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

Amount	Item	Cals
Thu 02-14-2019		
1.0 btl	soda, cola, Pepsi (Pepsi)	250
Day Total		250
Fri 02-15-2019		
1.0 cup	cereal, Tootie Fruities (USDA: Malt O Meal)	125
Day Total		125
Sat 02-16-2019		
1.0 ea	bar, almond & coconut, Fruit & Nut (Kind)	190
Day Total		190
Sun 02-17-2019		
1.0 ea	pancakes, plain, prepared from recipe, 4" (USDA)	86
Day Total		86
Mon 02-18-2019		
1.0 svg	Banana Smoothie (Testing)	327
Day Total		327
Mon 02-25-2019		
1.0 ea	bar, hickory smoked, Strong & Kind (Kind)	230
Day Total		230
Tue 02-26-2019		
1.0 ea	bar, hickory smoked, Strong & Kind (Kind)	230
8.0 fl-oz	water, municipal tap (USDA)	0
12.0 oz	soda, Coke (Coca-Cola)	185
Day Total		415
Total		1623
Day Average		232
Item Average		180