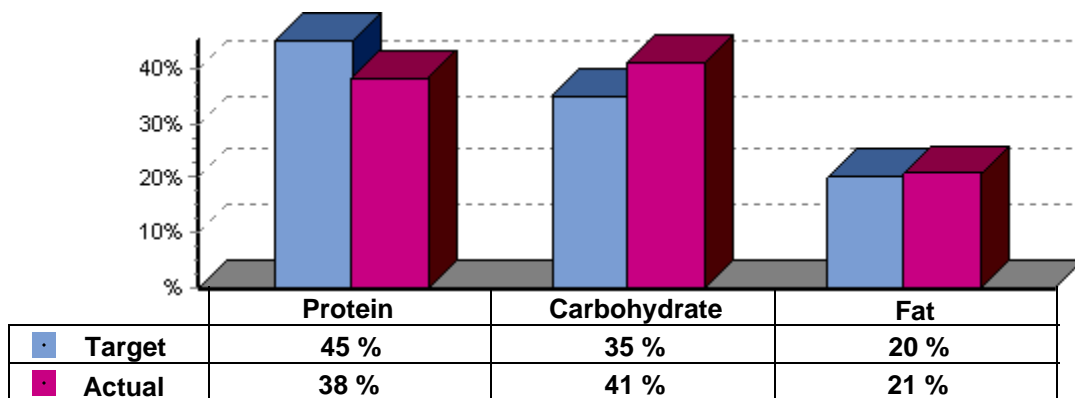


Karla Fisher

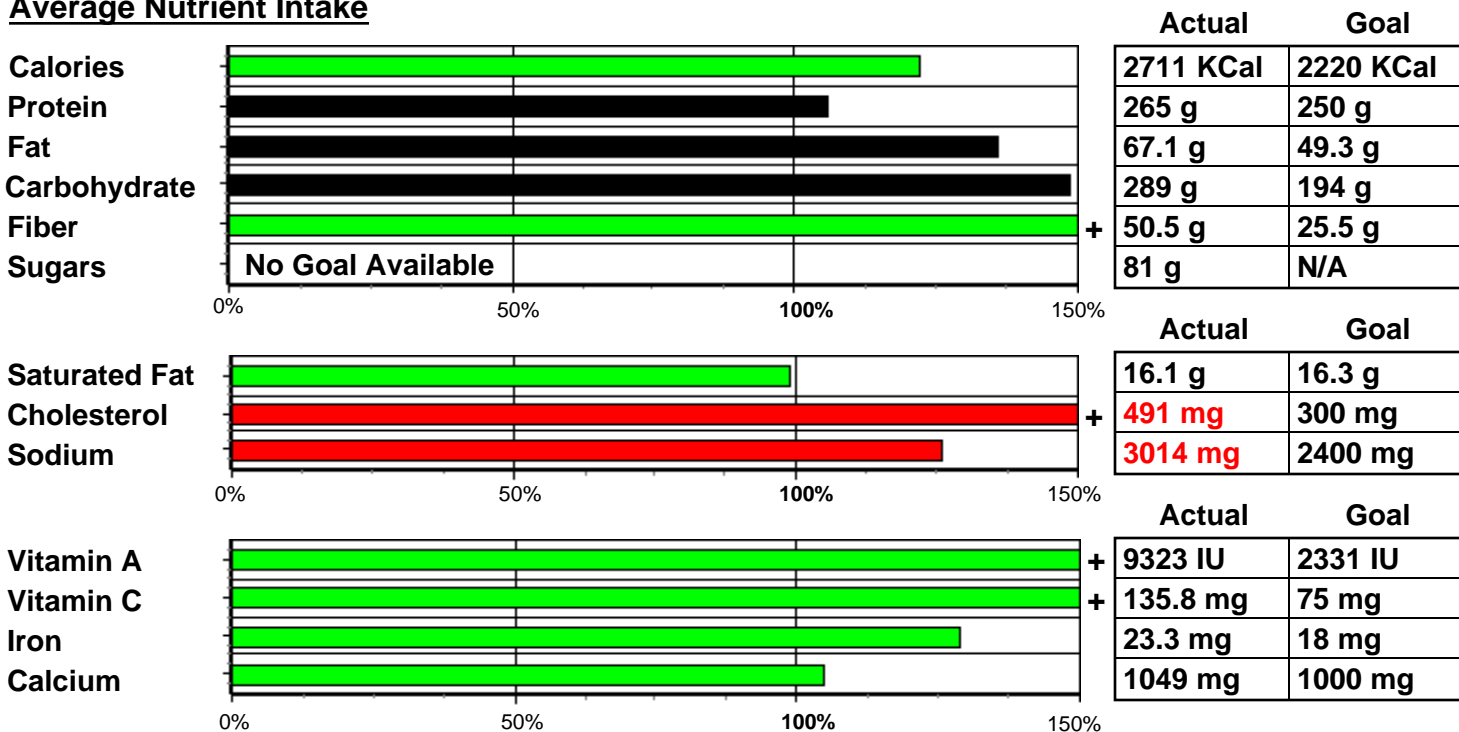
All Meals Tuesday, March 04, 2008 through Saturday, March 15, 2008

## Calories from Protein, Carbohydrate & Fat



Average of 2711 Calories per day

### Average Nutrient Intake



Note: Red indicates a range of nutrient intake that does not meet your goal or budget. For calories, intake below your calorie budget is in red because this prevents you from achieving your weight gain goal. For fiber, intake below your goal is in red because this may increase your risk for certain chronic diseases. For saturated fat, cholesterol and sodium, intake above your budget is in red because this may increase your risk for certain chronic diseases. For vitamin A, vitamin C, iron and calcium, intakes above 67% are generally thought to meet the needs of most people. Intakes below 67% of your RDA are in red.

+ Indicates that your average nutrient intake is above 150% of your goal or budget.