

FOODS IN THE MIDDLE ZONE

MAY

		1	2	3	Avg Nutrients Target Cals... 575 115% Fiber.. 5.7* g Calcium 332.6 mg Sugar 25.5*g 17.7%Cal Carb 107.5g 74.8%Cal T.Fat 10.4g 16.2%Cal S.Fat 4.4g 6.8%Cal
6	7	8	9	10	Avg Nutrients Target Cals... 505 101% Fiber.. 4.8* g Calcium 413.4 mg Sugar 14.4*g 11.4%Cal Carb 88.4g 70.0%Cal T.Fat 8.8g 15.7%Cal S.Fat 3.0g 5.4%Cal
13	14	15	16	17	Avg Nutrients Target Cals... 555 111% Fiber.. 5.1* g Calcium 362.4 mg Sugar 21.3*g 15.3%Cal Carb 95.8g 69.0%Cal T.Fat 10.9g 17.7%Cal S.Fat 4.0g 6.5%Cal
20	21	22	23	24	Avg Nutrients Target Cals... 517 103% Fiber.. 4.4* g Calcium 461.1 mg Sugar 8.7*g 6.7%Cal Carb 90.1g 69.7%Cal T.Fat 8.7g 15.2%Cal S.Fat 3.6g 6.2%Cal
27	28	29	30	31	Avg Nutrients Target Cals... 583 117% Fiber.. 5.4* g Calcium 342.2 mg Sugar 27.0*g 18.5%Cal Carb 98.5g 67.6%Cal T.Fat 13.0g 20.1%Cal S.Fat 4.8g 7.4%Cal

NUTRIENTS