

Malcolm Graham

Tuesday, January 15, 2002

BREAKFAST: Heinz Tomatoe Juice with 1tbsp Green Barley - 1 Cup Kellogg's - All-Bran Buds with Psyllium - 1 oz. Milk - 1% - 1 cup SISU Body Elite Whey Protein Concentrate-unsweetened - 1 Ounce(s) Flora Udo's Choice Ultimate Oil Blend - 1 Tbsp	Calories 435 Carbohydrates: 50
MORNING SNACK:	Calories 0 Carbohydrates: 0
LUNCH: Cheese slice-Black Diamond Cheddar - 1 Slice Dempsters Whole Grain Flax Bread - 2 Pieces Ham - boneless (11% fat) - 3 Oz. Apple (raw) - 1 Small Butter - stick - 2 pat Eggs-Omega 3-Burnbrae farms - 1 Pieces	Calories 662 Carbohydrates: 60
AFTERNOON SNACK:	Calories 0 Carbohydrates: 0
DINNER: Chicken breast; roasted w/o skin - 2.5 oz. Rice - brown - 1 cup Barley-Pearled - 0.125 Cup	Calories 421 Carbohydrates: 67
EVENING SNACK:	Calories 0 Carbohydrates: 0

Glucose Levels

7.2 (Poor)	Before Breakfast
	1 Hour after Brkst
	2 Hours after Bkfst
	3 Hours after Bkfst
4.7 (Good)	Before Lunch
	1 Hour after Lunch
	2 Hours after Lunch
	3 Hours after Lunch
5.0 (Good)	Before Dinner
	1 Hour after Dinner
	2 Hours after Dinner
	3 Hours after Dinner
5.6 (Good)	Before Bed
	Early morning

Nutrition Facts

Daily Total		% Daily
Calories	1518	84%
Fat Cal:	441	82%
Total Fat	49	83%
Sat. Fat	15	83%
Cholest.	321	107%
Sodium	2103	105%
Carbs	177	98%
Fiber	23	92%
Protein	104.8	

Weight:

Exercise: None

Medication: See <http://208.56.101.119/diabetes/diary/supplements/>
No Metformin

Notes: Breakfast: 7:00; Lunch: 1:00; Dinner: 6:30; Bedtime: 11:05

Fat: 29%
Carbohydrates: 47%
Protein: 28%