

Malcolm Graham

Sunday, January 20, 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: Pizza (pepperoni) (12 in.dia.) - 3 Slice Soup - Vegetable Soup - 1.5 cup	Calories 795 Carbohydrates: 114
AFTERNOON SNACK:	Calories 0 Carbohydrates: 0
DINNER: KELLOGG'S - Raisin Bran - 1.5 cup Milk - 1% - 1.5 cup SciFit Econo Whey Protein-Ice Cream Strawberry Flavor - 1 oz.	Calories 531 Carbohydrates: 86
EVENING SNACK:	Calories 0 Carbohydrates: 0

Glucose Levels

7.9 (Poor)	Before Breakfast
	1 Hour after Brkst
	2 Hours after Bkfst
	3 Hours after Bkfst
4.8 (Good)	Before Lunch
	1 Hour after Lunch
	2 Hours after Lunch
	3 Hours after Lunch
6.9 (Poor)	Before Dinner
	1 Hour after Dinner
	2 Hours after Dinner
	3 Hours after Dinner
	Before Bed
	Early morning

Nutrition Facts

Daily Total		% Daily
Calories	1761	98%
Fat Cal:	387	72%
Total Fat	45	76%
Sat. Fat	12	67%
Cholest.	94	31%
Sodium	4534	227%
Carbs	250	139%
Fiber	30	120%
Protein	118	

Weight:

Exercise: None

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

Notes: Breakfast: 7:00; Lunch: 2:15; Dinner: 7:30

Went to church in Orleans & visited Danny Reid in afternoon

Fat: 22%
Carbohydrates: 57%
Protein: 27%