

Malcolm Graham

Tuesday, January 29, 2002

BREAKFAST: Flora Udo's Choice Ultimate Oil Blend - 1 Tbsp Heinz Tomatoe Juice with 1tbsp Green Barley - 1 Cup Kellogg's - All-Bran Buds with Psyllium - 1 oz. Milk - goat - 1 cup SISU Body Elite Whey Protein Concentrate-unsweetened - 1 Ounce(s)	Calories 538 Carbohydrates: 49
MORNING SNACK: English Toffee Cappuccino-Tim Hortons - 10 Oz.	Calories 129 Carbohydrates: 21
LUNCH:	Calories 0 Carbohydrates: 0
AFTERNOON SNACK:	Calories 0 Carbohydrates: 0
DINNER: High Liner Salmon Fillet in light dill sauce - 1 Pieces Peas-Green (cooked) - 1 Cup French Fries-Small (salted) - 1 order Frozen Yogurt-Chapmans Vanilla - 1 Cup Blueberries - 0.1 Cup Cashews - dry roasted - 1 oz	Calories 890 Carbohydrates: 103
EVENING SNACK:	Calories 0 Carbohydrates: 0

Glucose Levels

7.3 (Poor)	Before Breakfast
	1 Hour after Brkst
	2 Hours after Bkfst
	3 Hours after Bkfst
10.3 (Poor)	Before Lunch
	1 Hour after Lunch
	2 Hours after Lunch
	3 Hours after Lunch
4.9 (Good)	Before Dinner
	1 Hour after Dinner
	2 Hours after Dinner
	3 Hours after Dinner
	Before Bed
	Early morning

Nutrition Facts

Daily Total		% Daily
Calories	1557	87%
Fat Cal:	548	101%
Total Fat	60	102%
Sat. Fat	16	89%
Cholest.	74	25%
Sodium	1264	63%
Carbs	173	96%
Fiber	25	100%
Protein	87	

Weight:

Exercise: None

Medication: See <http://208.56.101.119/diabetes/diary/supplements/>

500mg Cloxacillin 3 times/day

Notes: Breakfast: 9:30; Snack: 10:30; Lunch: none; Dinner: 4:00

Fat: 35%
Carbohydrates: 44%
Protein: 22%