

# NUTRITION

Food Tracker & Diet Planner

70 Calories

Calories

1000

Calories

## How to Burn 70 Calories

Walking



Jogging



Swimming



Cycling



## Nutrition Facts

|                    |      |
|--------------------|------|
| Total Fat          | 10g  |
| Sodium             | 20mg |
| Total Carbohydrate | 30g  |
| Dietary Fiber      | 5g   |
| Sugars             | 10g  |
| Protein            | 5g   |
| Vitamins           |      |
| Vitamin A          | 10%  |
| Vitamin C          | 20%  |
| Calcium            | 10%  |
| Iron               | 10%  |

# Nutrition Guide Pro

**EW Minium**



## **Nutrition Guide Pro:**

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