

NUTRITION

Food Tracker & Diet Planner

70 Calories

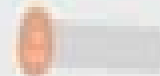
Calories

1000 kcal

Calories

How to Burn 70 Calories

Walking



Jogging



Swimming



Cycling



Nutrition Facts

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

Nutrition Guide Pro

**Food and Nutrition Information and
Educational Materials Center (U.S.)**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text box.

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