

NUTRITION

Food Tracker & Diet Planner

70 Calories

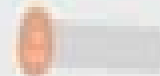
Calories

1000

Calories

How to Burn 70 Calories

Walking



Jogging



Swimming



Cycling



Nutrition Facts

Total Fat	10g
Sodium	20mg
Total Carbohydrate	30g
Protein	5g
Dietary Fiber	10g
Sugars	10g
Calories	70
% Daily Value	
Total Fat	20%
Sodium	40%
Total Carbohydrate	60%
Protein	10%
Dietary Fiber	20%
Sugars	20%

Nutrition Guide Pro

Chao Zhang



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the client s during the session describe how the client s and how you responded to this information content describe the feeling content of the session as it occurred both on your part and the part of the

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