

NUTRITION

Food Tracker & Diet Planner

70 Calories

Calories

1000 kcal

Calories

How to Burn 70 Calories

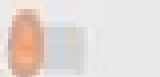
Walking



Jogging



Swimming



Cycling



Nutrition Facts

Total Fat	10g
Sodium	20mg
Total Carbohydrate	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

S Ashworth

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Nutrition Guide Pro:

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