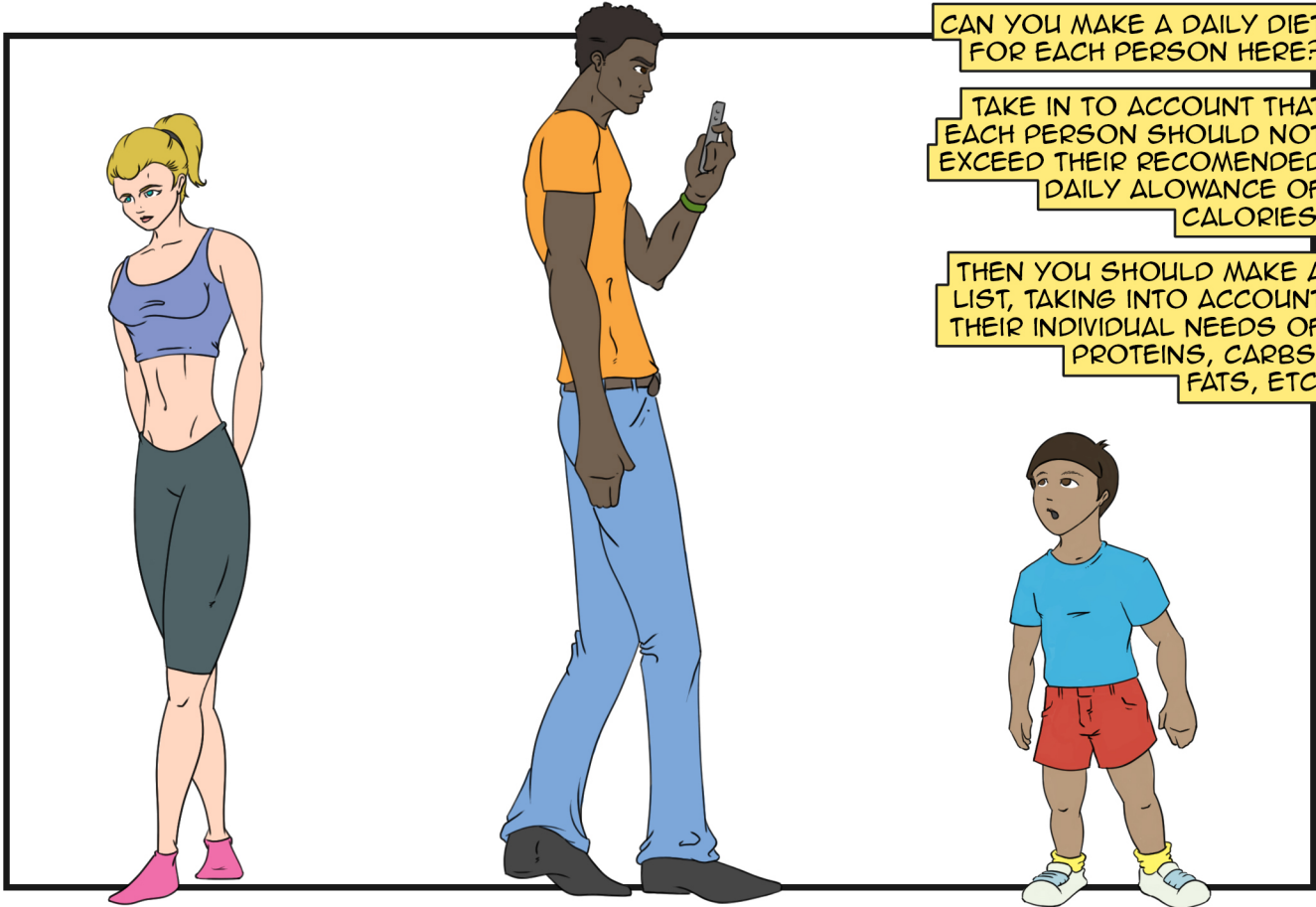


COUNTING CALORIES



CAN YOU MAKE A DAILY DIET FOR EACH PERSON HERE?

TAKE IN TO ACCOUNT THAT EACH PERSON SHOULD NOT EXCEED THEIR RECOMMENDED DAILY ALLOWANCE OF CALORIES.

THEN YOU SHOULD MAKE A LIST, TAKING INTO ACCOUNT THEIR INDIVIDUAL NEEDS OF PROTEINS, CARBS, FATS, ETC.

2000 KCAL		RDA
PROTEIN	45g	
CARBOHYDRATES	230g	
SUGAR	90g	
FAT	70g	
SATURATES	20g	
FIBRE	24g	
SALT	6g	

2500 KCAL		RDA
PROTEIN	55g	
CARBOHYDRATES	300g	
SUGAR	120g	
FAT	95g	
SATURATES	30g	
FIBRE	24g	
SALT	6g	

1800 KCAL		RDA
PROTEIN	24g	
CARBOHYDRATES	220g	
SUGAR	85g	
FAT	70g	
SATURATES	20g	
FIBRE	15g	
SALT	4g	

PIZZA (552 CAL) PER 100g

PROTEIN	33g	SATURATES	17g
CARBS	21g	FIBER	4g
SUGARS	5g	SALT	164mg
FATS	38g		

BREAD (275 CAL) PER 100g

PROTEIN	9g	SATURATES	0g
CARBS	56g	FIBER	2.2g
SUGARS	1g	SALT	53mg
FATS	1g		

SF CHICKEN (237 CAL) PER 100g

PROTEIN	24g	SATURATES	3g
CARBS	7g	FIBER	0g
SUGARS	0g	SALT	746mg
FATS	14g		

CHEESE (403 CAL) PER 100g

PROTEIN	25g	SATURATES	21g
CARBS	1g	FIBER	0g
SUGARS	1g	SALT	621mg
FATS	33g		

CHOCOLATE (471 CAL) PER 100g

PROTEIN	6g	SATURATES	16g
CARBS	55g	FIBER	8.7g
SUGARS	39g	SALT	7mg
FATS	29g		

CORN (108 CAL) PER 100g

PROTEIN	3g	SATURATES	0g
CARBS	25g	FIBER	2.7g
SUGARS	4g	SALT	17mg
FATS	1g		

STEAK (280 CAL) PER 100g

PROTEIN	24g	SATURATES	8g
CARBS	0g	FIBER	0g
SUGARS	0g	SALT	66mg
FATS	19g		

ICE CREAM (251 CAL) PER 100g

PROTEIN	5g	SATURATES	7g
CARBS	31g	FIBER	0g
SUGARS	20g	SALT	51mg
FATS	13g		

GREEN SALAD (62 CAL) PER 100g

PROTEIN	3g	SATURATES	2g
CARBS	5g	FIBER	1.1g
SUGARS	1g	SALT	77mg
FATS	3g		

CARROTS (35 CAL) PER 100g

PROTEIN	1g	SATURATES	0g
CARBS	8g	FIBER	3g
SUGARS	5g	SALT	78mg
FATS	0g		

SALMON (206 CAL) PER 100g

PROTEIN	22g	SATURATES	3g
CARBS	0g	FIBER	0g
SUGARS	0g	SALT	61mg
FATS	12g		

BACON (500 CAL) PER 100g

PROTEIN	30g	SATURATES	15g
CARBS	0g	FIBER	0g
SUGARS	0g	SALT	1700mg
FATS	40g		

GRAPES (69 CAL) PER 100g

PROTEIN	1g	SATURATES	0g
CARBS	18g	FIBER	1g
SUGARS	15g	SALT	2mg
FATS	0g		

EGG (48 CAL) PER 100g

PROTEIN	11g	SATURATES	0g
CARBS	1g	FIBER	0g
SUGARS	1g	SALT	166mg
FATS	0g		

LASAGNE (135 CAL) PER 100g

PROTEIN	7g	SATURATES	2g
CARBS	15g	FIBER	1.7g
SUGARS	3.1g	SALT	373mg
FATS	4.9g		

TUNA (198 CAL) PER 100g

PROTEIN	29g	SATURATES	2g
CARBS	0g	FIBER	0g
SUGARS	0g	SALT	354mg
FATS	8g		

DOUGHNUT (81 CAL) PER 100g

PROTEIN	5g	SATURATES	13g
CARBS	51g	FIBER	1.9g
SUGARS	27g	SALT	413mg
FATS	25g		

FUDGE CAKE (264 CAL) PER 100g

PROTEIN	2g	SATURATES	5g
CARBS	38g	FIBER	1.2g
SUGARS	33g	SALT	160mg
FATS	13g		