

NUTRITION

Food Tracker & Diet Planner

70 Calories

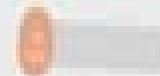
Calories

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

Jin-Ying Zhang



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