

NUTRITION

70 Calories

70
Calories

Energy

100%

Change

How to Burn 70 Calories

Walking

Jogging

Swimming

Cycling

Nutrition Facts

Total Fat	10g
Sodium	200mg
Total Carbohydrate	15g
Dietary Fiber	5g
Sugars	10g
Protein	5g
Vitamin A	10%
Vitamin C	20%
Calcium	10%
Iron	5%

Nutrition Guide Pro

Daniel F McAuley



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