DAILY DIET LOG www.thetinman.org

	DATE/DAY															
	TIME	FOOD ITEM	Calories	Sugars	Protein	Carbs	Total Fat	Poly	Mono	Sat Fat	Trans Fat	Cholesterol		Fiber	Fiber	Potassium
			< 2000	Restrict	46 g/day	150-190/da	<50	Good	Good	<7%/140g	Restrict	<200g	<2400g	Insol	Soluable	
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