

Volume bar graph

Key

■ = Actual score

■ = Holly's guess

VOLUME IN ML'S

1,000
900
800
700
600
500
400
300
200
100

Containers



Thursday 18th June 2020

I had ~~shreddies~~ shreddies.

Shreddies: a bowl of ~~shreddies~~ (30g) + ~~shreddies~~ skimmed milk (125ml):

	Shreddies	milk
fats	1.1g 1.1g	<0.5g
protein	11.3g	3.6g
carbhyd rate	59.6g	5.0g

I had

Bagels: $\frac{1}{2}$ a bagel ^{45g} (~~40g~~): $\frac{1}{2}$ ~~tbls~~ ^{tbls}

	Bagel	honey
fats	0.55g	0g
protein	4.5g	0g
carbhyd rate	22.5g	8g

I had

Fig rolls: 2 fig rolls (34g):

fats	2.8g
protein	0.13g
carbhydrate	24.2g

By

Holly

I had
wrap: 1 wrap cheddar cheese:

	wrap	cheese
fats	3.5g	10.5g
protein	4.4g	7.6g
carbohydrates	32.0g	0.0g

I had 1/2
chicken: ~~chicken~~ of chicken
Kiev:

	chicken
fats	10.2g
protein	13.2g
carbohydrates	8.2g

I had

pasta: ~~1/4 plate macaroni~~ 1/4 plate macaroni
pasta:

	pasta
fats	0.3g
protein	0.2g
carbohydrates	16.1g

I had

cake: a slice of red velvet cake.

cake

fats	33.4g
protein	64.6g 2g
carbohydrates	64.6g

I also had apple, grapes and pepper.