



Mpilo’s Tracking Story

Mpilo is a 45-year old man spaza shop owner. Mpilo wants to lose 10 kilos because he has diabetes and his doctor told her losing some weight would make him more healthy. He has been trying to lose weight for about a month and has not been able to lose very much.



What Mpilo <i>thinks</i> he ate yesterday:	What Mpilo <i>really ate</i> yesterday:	Total Extra Kilojoules:
Breakfast	Breakfast	Breakfast
Porridge	Porridge With 3 tsp Sugar With 1 tsp margarine	210 kJ 100 kJ
Tea	Tea With 50 ml milk With 2 tsp sugar	125 kJ 140 kJ
Lunch	Lunch	Lunch
Ham sandwich	Ham sandwich With 1 tsp mayonnaise	325 kJ
Apple	Apple	
Snack	Snack	Snack
No Snack	Fatcake	1035 kJ
Dinner	Dinner	Dinner
Spinach Mashed potatoes	Spinach Mashed potatoes With 1 tsp Margarine	100 kJ
Piece of grilled fish Iced tea	Piece of grilled fish Iced tea With 2 tsp sugar	140 kJ
		2175 kJ Total Extra for Day