

NUTRITIONAL INFORMATION



100

Mean (SD)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.2 (12.5)	35.
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O Charleys Nutrition Guide

JR Anderson



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