

<  Aug 12 >

Completed 

 FOOD  EXERCISE  BIOMETRIC  NOTE

 FAST



Exercise, Biometrics		0 kcal • 0 g protein • 0 g carbs • 0 g fat			
06:45		Weight	136.4	lbs	
Meal1		52 kcal • 1 g protein • 14 g carbs • 0 g fat			
07:45		Coffee	600	g	6 kcal
07:45		Pomegranate Juice	86	g	46.44 kcal
Meal2		1048 kcal • 47 g protein • 128 g carbs • 42 g fat			
13:15		Potatoes, White, Flesh and Skin, Raw	413	g	284.97 kcal
13:15		Sweet Potato, Raw	203	g	156.31 kcal
13:15		Extra Virgin Olive Oil	111	g	98.12 kcal
20:04		Fish, Salmon, Atlantic, Farmed, Raw	125	g	260 kcal
13:15		Brown onion	94	g	37.6 kcal
13:15		White Mushrooms, Raw	70	g	17.5 kcal
13:15		Samphire, fresh, raw	99	g	44.55 kcal
13:15		Salt	2	g	0 kcal
13:15		Black Pepper, Ground	0.1	g	0.25 kcal
13:15		Garlic, Raw	5	g	7.45 kcal
13:15		Ginger Root, Raw	1	g	0.8 kcal
13:15		Sainsbury's Organic Mixed Herbs	0.1	g	0.28 kcal
13:15		Oyster, Pacific, Raw	32	g	25.92 kcal
13:15		Rocket, Raw	44	g	11 kcal
13:15		Extra Virgin Olive Oil	10.6	g	93.7 kcal
13:15		Turmeric Chai spices	5	g	9.41 kcal
Meal3		763 kcal • 29 g protein • 89 g carbs • 36 g fat			



20:00		Avocado Oil	15.8	g	139.67	kcal
20:00		Celery, Raw	221	g	33.15	kcal
20:00		Cucumber, Raw, With Peel	83	g	11.62	kcal
20:00		Salt	4	g	0	kcal
20:00		Black Pepper, Ground	0.1	g	0.25	kcal
20:00		Garlic, Raw	5	g	7.45	kcal
20:00		Fennel Seed	2	g	6.9	kcal
20:00		Oat Flour, Whole Grain	2	g	7.72	kcal
20:00		Lentils - red	50	g	179	kcal
20:00		Buckwheat Flour	50	g	167	kcal
20:00		Flax seeds	15	g	77.1	kcal
20:00		Extra Virgin Olive Oil	5.1	g	45.08	kcal
20:00		Apple Cider Vinegar	6	g	1.26	kcal
20:00		Eggs, Cooked	56	g	86.8	kcal
Meal4			220 kcal • 5 g protein • 19 g carbs • 16 g fat			
20:25		Apples, Raw, without Skin	106	g	50.88	kcal
20:25		Brazil Nuts, Unsalted	6.3	g	41.52	kcal
20:25		Mixed nuts with peanuts dgm	21	g	127.47	kcal
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↔



Consumed



Expenditure



Over

Targets

CONSUMED ↔

Energy 2083 / 2000 kcal 104%

Protein 81.5 / 54.0 g  151%

Carbs	249.57 g
Fat	93.68 g

Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



General							
Energy	2083.2 kcal						104%
Oxalate	517.5 mg	-	-	-	-	-	
Phytate	1741.7 mg	-	-	-	-	-	

Carbohydrates					
Carbs	249.6 g	-	-	-	-
Net Carbs	200.8 g	-	-	-	-
Fiber	46.5 g				155%
Insoluble Fiber	17.5 g	-	-	-	-
Soluble Fiber	10.7 g	-	-	-	-
Starch	136.2 g	-	-	-	-

Lipids					
Fat	93.7 g	-	-	-	-
Omega-3	7.0 g				2808%

ALA	3.6 g	-	-	-	-	-	
DHA	1.5 g	-	-	-	-	-	
EPA	1.2 g	-	-	-	-	-	
Omega-6	13.2 g						165%
AA	0.1 g	-	-	-	-	-	
LA	11.2 g	-	-	-	-	-	
Saturated	16.1 g						80%
Cholesterol	293.6 mg						98%

Protein

Protein	81.5 g						151%
Alanine	4.0 g	-	-	-	-	-	
Arginine	5.4 g	-	-	-	-	-	
Aspartic acid	9.5 g	-	-	-	-	-	
Cystine	1.0 g	-	-	-	-	-	
Glutamic acid	12.3 g	-	-	-	-	-	
Histidine	1.9 g						223%
Hydroxyproline	0.1 g	-	-	-	-	-	
Isoleucine	3.3 g						287%
Leucine	5.5 g						215%
Lysine	5.3 g						228%
Methionine	1.7 g						254%
Phenylalanine	3.5 g						144%
Proline	2.9 g	-	-	-	-	-	
Serine	3.7 g	-	-	-	-	-	
Threonine	3.1 g						253%
Tryptophan	0.9 g						286%
Tyrosine	2.4 g	-	-	-	-	-	

Valine

4.1 g



281%

Vitamins

B1 (Thiamine)

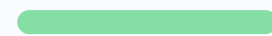
1.6 mg



174%

B2 (Riboflavin)

2.1 mg



160%

B3 (Niacin)

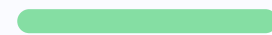
27.3 mg



170%

B5 (Pantothenic Acid)

10.5 mg



210%

B6 (Pyridoxine)

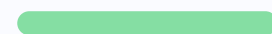
3.0 mg



212%

B12 (Cobalamin)

9.8 µg



654%

Choline

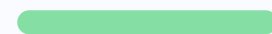
523.8 mg



131%

Folate

516.2 µg



258%

Vitamin A

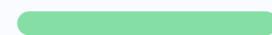
1743.0 µg



249%

Retinol

181.3 µg



181%

Vitamin C

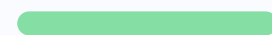
113.0 mg



282%

Vitamin E

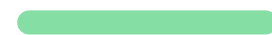
15.5 mg



388%

Vitamin K

190.9 µg



318%

Minerals

Calcium

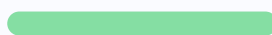
680.6 mg



136%

Copper

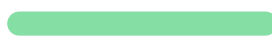
3.7 mg



307%

Iron

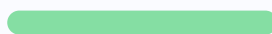
18.7 mg



215%

Magnesium

638.9 mg



213%

Manganese

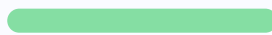
6.1 mg



266%

Phosphorus

1636.6 mg



298%

Potassium

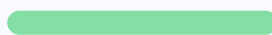
6111.7 mg



764%

Selenium

247.7 µg



330%

Zinc

14.7 mg

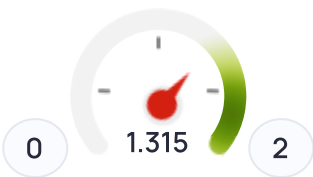


155%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE