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Aug 13

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Completed

FOOD

EXERCISE

BIOMETRIC

NOTE

FAST

Exercise, Biometrics

-130 kcal • 0 g protein • 0 g carbs • 0 g fat

06:35Weight136.4 lbs

20:00General Walking, Light60 minutes-129.9 kcal

Meal1

6 kcal • 1 g protein • 3 g carbs • 0 g fat

07:45Coffee600 g6 kcal

Meal2

795 kcal • 42 g protein • 103 g carbs • 25 g fat

14:05Extra Virgin Olive Oil17.7 g156.47 kcal

14:07Fennel Bulb, Raw190 g58.9 kcal

14:10Cucumber, Raw, With Peel81 g11.34 kcal

14:11Tomato, Red, Raw79 g14.22 kcal

14:15Salt2 g0 kcal

14:15Black Pepper, Ground0.1 g0.25 kcal

14:15Garlic, Raw5 g7.45 kcal

14:15Ginger Root, Raw1 g0.8 kcal

14:15Sainsbury's, Sumac0.5 g1.62 kcal

14:15Shrimp, Mixed Species, Raw200 g142 kcal

14:16Sainsbury's Organic Mixed Herbs0.1 g0.28 kcal

14:17Rocket, Raw31 g7.75 kcal

14:17Red rice dgm100 g368 kcal

14:26Oyster, Pacific, Raw32 g25.92 kcal

Meal3

292 kcal • 7 g protein • 37 g carbs • 16 g fat

16:30Raspberry, Fresh149 g75.99 kcal

16:30Apples, Raw, without Skin99 g47.52 kcal

16:30Brazil Nuts, Unsalted2.5 g16.48 kcal

16:30		Mixed nuts with peanuts dgm	25	g	151.75	kcal
Meal4			733 kcal • 27 g protein • 76 g carbs • 38 g fat			
19:50		Extra Virgin Olive Oil	7.5	g	66.3	kcal
19:50		Egg, whole, raw, fresh, organic free range woodland	57	g	81.51	kcal
19:50		Oat Flour, Whole Grain	2	g	7.72	kcal
19:50		Amaranth flour	100	g	371	kcal
19:50		Flax seeds	15	g	77.1	kcal
19:50		Salt	2	g	0	kcal
19:50		Apple Cider Vinegar	8.7	g	1.83	kcal
19:50		Extra Virgin Olive Oil	4.4	g	38.9	kcal
19:50		Peanut Butter, Chunk Style, with Salt	15	g	88.35	kcal
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Remaining

Targets

CONSUMED ↕

Energy	1825 (1696 net) / 2000 kcal	91%
Protein	77.4 / 54.0 g 	143%
Carbs		218.59 g
Fat		78.03 g

Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



General						
Energy	1825.4 kcal					91%
Oxalate	393.3 mg	-	-	-	-	-
Phytate	1609.6 mg	-	-	-	-	-

Carbohydrates					
Carbs	218.6 g	-	-	-	-
Net Carbs	179.1 g	-	-	-	-
Fiber	39.0 g				130%
Insoluble Fiber	24.8 g	-	-	-	-
Soluble Fiber	11.3 g	-	-	-	-
Starch	137.3 g	-	-	-	-

Lipids					
Fat	78.0 g	-	-	-	-
Omega-3	3.8 g				1502%
ALA	3.4 g	-	-	-	-
DHA	0.3 g	-	-	-	-
EPA	0.3 g	-	-	-	-
Omega-6	14.4 g				180%
AA	0.0 g	-	-	-	-
LA	12.9 g	-	-	-	-

Saturated	13.2 g		66%
Cholesterol	480.0 mg		160%

Protein

Protein	77.4 g		143%
Alanine	4.6 g		
Arginine	6.7 g		
Aspartic acid	8.3 g		
Cystine	1.0 g		
Glutamic acid	14.0 g		
Histidine	1.8 g		213%
Hydroxyproline	- g		
Isoleucine	3.3 g		281%
Leucine	5.8 g		225%
Lysine	5.0 g		216%
Methionine	1.7 g		263%
Phenylalanine	3.4 g		141%
Proline	3.6 g		
Serine	4.3 g		
Threonine	2.9 g		241%
Tryptophan	0.9 g		297%
Tyrosine	2.5 g		
Valine	3.8 g		257%

Vitamins

B1 (Thiamine)	0.9 mg		98%
B2 (Riboflavin)	1.4 mg		109%
B3 (Niacin)	19.9 mg		124%
B5 (Pantothenic Acid)	7.3 mg		146%

B6 (Pyridoxine)	1.6 mg		114%
B12 (Cobalamin)	7.8 µg		523%
Choline	553.3 mg		138%
Folate	357.7 µg		179%
Vitamin A	395.6 µg		57%
Retinol	225.1 µg		225%
Vitamin C	87.4 mg		219%
Vitamin E	15.7 mg		393%
Vitamin K	214.5 µg		358%

Minerals

Calcium	579.5 mg		116%
Copper	2.6 mg		221%
Iron	17.0 mg		195%
Magnesium	671.4 mg		224%
Manganese	8.2 mg		355%
Phosphorus	1878.4 mg		342%
Potassium	3292.0 mg		412%
Selenium	218.7 µg		292%
Zinc	16.4 mg		172%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE