

<  **Aug 14** >Completed 

FOOD



EXERCISE



BIOMETRIC



NOTE



FAST

Exercise, Biometrics

-190 kcal • 0 g protein • 0 g carbs • 0 g fat

07:00		Weight	134.8	lbs		
11:00		Aerobic Group Classes, Moderate	27	minutes	-130.01	kcal
11:00		calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort	20	minutes	-59.92	kcal

Meal1

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

07:50		Coffee	600	g	6	kcal
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Meal2

1038 kcal • 44 g protein • 129 g carbs • 42 g fat

16:00		Extra Virgin Olive Oil	13.3	g	117.57	kcal
16:00		Brown onion	81	g	32.4	kcal
16:00		White Mushrooms, Raw	69	g	17.25	kcal
16:00		Spring greens	98	g	31.36	kcal
16:00		Cucumber, Raw, With Peel	119	g	16.66	kcal
16:00		Salt	2	g	0	kcal
16:00		Black Pepper, Ground	0.1	g	0.25	kcal
16:00		Garlic, Raw	5	g	7.45	kcal
16:00		Ginger Root, Raw	1	g	0.8	kcal
16:00		Sainsbury's Organic Mixed Herbs	0.1	g	0.28	kcal
16:00		Seaweed, Kelp, Raw	0.2	g	0.09	kcal
16:00		Anise Seed	0.5	g	1.69	kcal
16:00		Potatoes, White, Flesh and Skin, Raw	422	g	291.18	kcal
16:00		Sweet Potato, Raw	231	g	177.87	kcal

16:00		Fish, Salmon, Atlantic, Farmed, Raw	125	g	260	kcal
16:00		Rapeseed Oil	8.7	g	76.91	kcal
16:00		Curry Powder	1	g	3.25	kcal
16:00		Spices, Paprika	1	g	2.82	kcal
Meal3		351 kcal • 8 g protein • 50 g carbs • 17 g fat				
17:20		Mango, Fresh	298	g	178.8	kcal
17:20		Brazil Nuts, Unsalted	4	g	26.36	kcal
17:20		Mixed nuts with peanuts dgm	24	g	145.68	kcal
Meal4		776 kcal • 27 g protein • 93 g carbs • 37 g fat				
20:20		Eggs, Cooked	55	g	85.25	kcal
20:20		Rocket, Raw	26	g	6.5	kcal
20:20		Avocados, Raw, All Commercial Varieties	80	g	128	kcal
20:20		Amaranth flour	100	g	371	kcal
20:20		Flax seeds	15	g	77.1	kcal
20:20		Salt	2	g	0	kcal
20:20		Cocoa Powder, Unsweetened	8	g	18.24	kcal
20:20		Extra Virgin Olive Oil	4.6	g	40.66	kcal
20:20		Apple Cider Vinegar	6	g	1.26	kcal
20:20		Maple Syrup	12	g	31.2	kcal
20:20		Extra Virgin Olive Oil	1	g	8.84	kcal
20:20		Oat Flour, Whole Grain	2	g	7.72	kcal
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↩↪



Consumed

Expenditure

Over

Targets

CONSUMED

Energy

2170 (1981 net) / 2000 kcal

109%

Protein

79.4 / 54.0 g

147%

Carbs

274.76 g

Fat

95.68 g

Nutrient Targets

SUGGEST FOOD

Nutrition Scores



General				
Energy	2170.4 kcal			109%
Oxalate	629.8 mg	-	-	-
Phytate	1353.7 mg	-	-	-

Carbohydrates				
Carbs	274.8 g	-	-	-
Net Carbs	218.7 g	-	-	-
Fiber	54.5 g			182%
Insoluble Fiber	24.4 g	-	-	-
Soluble Fiber	13.5 g	-	-	-
Starch	141.0 g	-	-	-

Lipids						
Fat	95.7 g	-	-	-	-	
Omega-3	7.4 g					2967%
ALA	4.4 g	-	-	-	-	
DHA	1.4 g	-	-	-	-	
EPA	1.1 g	-	-	-	-	
Omega-6	15.3 g					191%
AA	0.1 g	-	-	-	-	
LA	12.4 g	-	-	-	-	
Saturated	16.8 g					84%
Cholesterol	273.9 mg					91%

Protein						
Protein	79.4 g					147%
Alanine	4.3 g	-	-	-	-	-
Arginine	5.2 g	-	-	-	-	-
Aspartic acid	9.2 g	-	-	-	-	-
Cystine	1.0 g	-	-	-	-	-
Glutamic acid	12.3 g	-	-	-	-	-
Histidine	1.9 g					223%
Hydroxyproline	0.1 g	-	-	-	-	-
Isoleucine	3.3 g					285%
Leucine	5.4 g					210%
Lysine	5.1 g					220%
Methionine	1.7 g					263%
Phenylalanine	3.4 g					140%
Proline	3.1 g	-	-	-	-	-
Serine	4.2 g	-	-	-	-	-

Threonine	3.1 g		257%
Tryptophan	0.9 g		304%
Tyrosine	2.4 g	- - - - -	
Valine	4.1 g		283%

Vitamins

B1 (Thiamine)	1.3 mg		150%
B2 (Riboflavin)	2.4 mg		184%
B3 (Niacin)	28.2 mg		176%
B5 (Pantothenic Acid)	12.8 mg		256%
B6 (Pyridoxine)	3.6 mg		256%
B12 (Cobalamin)	4.7 µg		312%
Choline	535.2 mg		134%
Folate	676.7 µg		338%
Vitamin A	2278.8 µg		326%
Retinol	153.9 µg		154%
Vitamin C	249.4 mg		624%
Vitamin E	20.6 mg		514%
Vitamin K	546.5 µg		911%

Minerals

Calcium	744.4 mg		149%
Copper	3.3 mg		274%
Iron	17.6 mg		202%
Magnesium	720.0 mg		240%
Manganese	7.2 mg		312%
Phosphorus	1727.2 mg		314%
Potassium	6349.6 mg		794%
Selenium	195.8 µg		261%

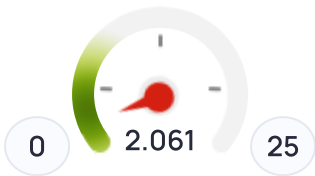
Zinc

10.6 mg

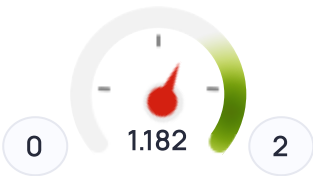


112%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE