

<  **Aug 16** >

Completed 

 **FOOD**  **EXERCISE**  **BIOMETRIC**  **NOTE**

 **FAST**



Exercise, Biometrics -86 kcal • 0 g protein • 0 g carbs • 0 g fat

07:40		Weight	135.2	lbs	
19:00		General Walking, Light	40	minutes	-85.9 kcal

Meal1 6 kcal • 1 g protein • 3 g carbs • 0 g fat

08:30		Coffee	600	g	6 kcal
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Meal2 1145 kcal • 61 g protein • 130 g carbs • 47 g fat

13:20		Extra Virgin Olive Oil	12.5	g	110.5 kcal
13:20		Cucumber, Raw, With Peel	98	g	13.72 kcal
13:20		Tomato, Red, Raw	72	g	12.96 kcal
13:20		Spring greens	42	g	13.44 kcal
13:20		Peas, Green, Frozen, Unprepared	182	g	140.14 kcal
13:20		sweetcorn dgm	90	g	77.4 kcal
13:20		Salt	2	g	0 kcal
13:20		Black Pepper, Ground	0.1	g	0.25 kcal
13:20		Garlic, Raw	5	g	7.45 kcal
13:20		Ginger Root, Raw	1	g	0.8 kcal
13:20		Curry Powder	1	g	3.25 kcal
13:20		Sainsbury's Organic Mixed Herbs	0.1	g	0.28 kcal
13:20		Mung Bean Flour	50	g	173.5 kcal
13:20		Barley Flour, Whole Grain	50	g	171.07 kcal
13:20		Flax seeds	15	g	77.1 kcal
13:20		Salt	2	g	0 kcal
13:20		Extra Virgin Olive Oil	5.3	g	46.85 kcal



13:20		Apple Cider Vinegar	4.8	g	1.01	kcal
13:20		Oat Flour, Whole Grain	4	g	15.44	kcal
13:20		Extra Virgin Olive Oil	2.3	g	20.33	kcal
13:20		Fish, Salmon, Atlantic, Farmed, Raw	125	g	260	kcal
Meal3			391 kcal • 10 g protein • 55 g carbs • 17 g fat			
15:20		Raspberries, Raw	106	g	54.06	kcal
15:20		Oat Flour, Whole Grain	27	g	104.22	kcal
15:20		Raspberry Juice	41	g	18.86	kcal
15:20		Brazil Nuts, Unsalted	2.5	g	16.48	kcal
15:20		Mixed nuts with peanuts dgm	25	g	151.75	kcal
15:20		Honey	15	g	45.6	kcal
Meal4			643 kcal • 20 g protein • 95 g carbs • 21 g fat			
20:30		Rapeseed Oil	11	g	97.24	kcal
20:30		Brown onion	154	g	61.6	kcal
20:30		Brown Rice, Uncooked	100	g	368	kcal
20:30		Spinach, Raw	100	g	22	kcal
20:30		Borough Broth, Free-Range Organic Bone Broth, Chicken	39	g	7.16	kcal
20:30		Eggs, Cooked	56	g	86.8	kcal
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↔



Consumed



Expenditure



Over

Targets

CONSUMED ↔

Energy 2185 (2099 net) / 2000 kcal

109%



Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



General						
Energy	2185.3 kcal					109%
Oxalate	1302.0 mg	-	-	-	-	-
Phytate	1611.6 mg	-	-	-	-	-

Carbohydrates					
Carbs	282.6 g	-	-	-	-
Net Carbs	225.4 g	-	-	-	-
Fiber	56.4 g				188%
Insoluble Fiber	27.2 g	-	-	-	-
Soluble Fiber	10.2 g	-	-	-	-
Starch	151.7 g	-	-	-	-

Lipids					
Fat	85.3 g	-	-	-	-

Omega-3	7.6 g		3038%
ALA	4.5 g	- - - - -	
DHA	1.4 g	- - - - -	
EPA	1.1 g	- - - - -	
Omega-6	14.0 g		175%
AA	0.1 g	- - - - -	
LA	12.3 g	- - - - -	
Saturated	14.4 g		72%
Cholesterol	277.6 mg		93%

Protein

Protein	91.9 g		170%
Alanine	5.0 g	- - - - -	
Arginine	6.4 g	- - - - -	
Aspartic acid	8.9 g	- - - - -	
Cystine	1.2 g	- - - - -	
Glutamic acid	16.0 g	- - - - -	
Histidine	2.2 g		263%
Hydroxyproline	0.1 g	- - - - -	
Isoleucine	3.9 g		333%
Leucine	6.8 g		265%
Lysine	5.7 g		248%
Methionine	1.9 g		297%
Phenylalanine	4.3 g		177%
Proline	4.2 g	- - - - -	
Serine	4.4 g	- - - - -	
Threonine	3.5 g		283%
Tryptophan	1.0 g		325%

Tyrosine	3.0 g	- - - - -	
Valine	4.7 g		321%

Vitamins

B1 (Thiamine)	2.3 mg		260%
B2 (Riboflavin)	2.0 mg		153%
B3 (Niacin)	31.5 mg		197%
B5 (Pantothenic Acid)	9.9 mg		198%
B6 (Pyridoxine)	2.5 mg		177%
B12 (Cobalamin)	4.7 µg		311%
Choline	538.7 mg		135%
Folate	823.9 µg		412%
Vitamin A	804.2 µg		115%
Retinol	155.4 µg		155%
Vitamin C	143.7 mg		359%
Vitamin E	17.8 mg		445%
Vitamin K	788.0 µg		1313%

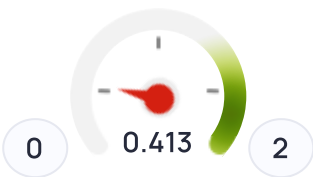
Minerals

Calcium	537.4 mg		107%
Copper	2.3 mg		191%
Iron	15.9 mg		182%
Magnesium	723.4 mg		241%
Manganese	8.7 mg		377%
Phosphorus	1759.0 mg		320%
Potassium	4158.5 mg		520%
Selenium	178.2 µg		238%
Zinc	11.5 mg		121%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE