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Aug 17

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Completed

FOOD

EXERCISE

BIOMETRIC

NOTE

FAST

Exercise, Biometrics

-86 kcal • 0 g protein • 0 g carbs • 0 g fat

07:35Weight135 lbs

18:00General Walking, Light40 minutes-85.7 kcal

Meal1

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

08:30Coffee600 g6 kcal

Meal2

1021 kcal • 51 g protein • 103 g carbs • 49 g fat

15:10Fish, Salmon, Atlantic, Farmed, Raw125 g260 kcal

15:10Extra Virgin Olive Oil11.6 g102.54 kcal

15:10White Mushrooms, Raw67 g16.75 kcal

15:10Cucumber, Raw, With Peel84 g11.76 kcal

15:10Fennel Bulb, Raw250 g77.5 kcal

15:10Salt2 g0 kcal

15:10Black Pepper, Ground0.1 g0.25 kcal

15:10Garlic, Raw5 g7.45 kcal

15:10Ginger Root, Raw1 g0.8 kcal

15:10Lemongrass and ginger spices0.5 g0.46 kcal

15:10Extra Virgin Olive Oil7.3 g64.53 kcal

15:10Oat Flour, Whole Grain4 g15.44 kcal

15:10Lentils - red50 g179 kcal

15:10Buckwheat Flour50 g167 kcal

15:10Flax seeds15 g77.1 kcal

15:10Extra Virgin Olive Oil4.5 g39.78 kcal

15:10Apple Cider Vinegar4.52 g0.95 kcal

15:10Salt2 g0 kcal

Meal3		313 kcal • 7 g protein • 48 g carbs • 12 g fat				
15:30		Apples, Raw, without Skin	105	g	50.4	kcal
15:30		Raspberries, Raw	48	g	24.48	kcal
15:30		Oat Flour, Whole Grain	14	g	54.04	kcal
15:30		Raspberry Juice	33	g	15.18	kcal
15:30		Mixed nuts with peanuts dgm	21	g	127.47	kcal
15:30		Brown Sugar	11	g	41.8	kcal
Meal4		712 kcal • 25 g protein • 103 g carbs • 24 g fat				
21:20		Avocado Oil	11.7	g	103.43	kcal
21:20		Eggs, Cooked	55	g	85.25	kcal
21:20		Millet, Dry	100	g	381	kcal
21:20		Spinach, Raw	116	g	25.52	kcal
21:20		sweetcorn dgm	118	g	101.48	kcal
21:20		Salt	2	g	0	kcal
21:20		Black Pepper, Ground	0.1	g	0.25	kcal
21:20		Curry Powder	1	g	3.25	kcal
21:20		Garlic, Raw	5	g	7.45	kcal
21:20		Ginger Root, Raw	1	g	0.8	kcal
21:20		Nutmeg	0.5	g	2.63	kcal
21:20		Egg shell, dried, ground	1	g	0	kcal
21:20		Lemon Juice, Raw	6	g	1.32	kcal
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↵



Consumed



Expenditure



Over

Targets

CONSUMED ↔



Nutrient Targets

🔍 SUGGEST FOOD

Nutrition Scores



General					
Energy	2053.1 kcal				103%
Oxalate	1631.7 mg	-	-	-	-
Phytate	2293.6 mg	-	-	-	-
Carbohydrates					
Carbs	257.0 g	-	-	-	-
Net Carbs	213.5 g	-	-	-	-
Fiber	42.4 g				141%
Insoluble Fiber	20.6 g	-	-	-	-
Soluble Fiber	11.8 g	-	-	-	-
Starch	144.0 g	-	-	-	-

Lipids

Fat	86.3 g	-	-	-	-	-	
Omega-3	7.0 g						2789%
ALA	3.9 g	-	-	-	-	-	
DHA	1.4 g	-	-	-	-	-	
EPA	1.1 g	-	-	-	-	-	
Omega-6	13.6 g						170%
AA	0.1 g	-	-	-	-	-	
LA	11.8 g	-	-	-	-	-	
Saturated	14.9 g						75%
Cholesterol	273.9 mg						91%

Protein

Protein	83.4 g						154%
Alanine	5.1 g	-	-	-	-	-	
Arginine	5.3 g	-	-	-	-	-	
Aspartic acid	8.3 g	-	-	-	-	-	
Cystine	1.2 g	-	-	-	-	-	
Glutamic acid	13.9 g	-	-	-	-	-	
Histidine	2.1 g						244%
Hydroxyproline	0.1 g	-	-	-	-	-	
Isoleucine	3.7 g						316%
Leucine	6.8 g						266%
Lysine	5.2 g						224%
Methionine	1.7 g						265%
Phenylalanine	3.8 g						159%
Proline	3.8 g	-	-	-	-	-	
Serine	4.1 g	-	-	-	-	-	

Threonine	3.2 g		265%
Tryptophan	0.9 g		297%
Tyrosine	2.7 g	- - - - -	
Valine	4.5 g		305%

Vitamins

B1 (Thiamine)	1.8 mg		199%
B2 (Riboflavin)	2.1 mg		158%
B3 (Niacin)	29.6 mg		185%
B5 (Pantothenic Acid)	9.1 mg		183%
B6 (Pyridoxine)	2.3 mg		162%
B12 (Cobalamin)	4.7 µg		312%
Choline	505.8 mg		126%
Folate	603.0 µg		301%
Vitamin A	652.2 µg		93%
Retinol	153.9 µg		154%
Vitamin C	105.3 mg		263%
Vitamin E	16.7 mg		417%
Vitamin K	778.7 µg		1298%

Minerals

Calcium	839.7 mg		168%
Copper	2.7 mg		226%
Iron	16.2 mg		186%
Magnesium	640.1 mg		213%
Manganese	6.0 mg		260%
Phosphorus	1614.1 mg		293%
Potassium	4458.0 mg		557%
Selenium	130.6 µg		174%

Zinc

10.4 mg



109%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE