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Aug 18

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Completed

FOOD

EXERCISE

BIOMETRIC

NOTE

FAST

Exercise, Biometrics

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

07:50Weight136 lbs

19:00General Walking, Light40 minutes-86.4 kcal

Meal1

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

09:50Coffee600 g6 kcal

Meal2

1097 kcal • 57 g protein • 96 g carbs • 56 g fat

15:30Fish, Salmon, Atlantic, Farmed, Raw125 g260 kcal

15:30Extra Virgin Olive Oil18.1 g160 kcal

15:30Broccoli, Raw203 g69.02 kcal

15:30Quinoa - red, dry50 g184 kcal

15:30Einkorn50 g190 kcal

15:30Flax seeds15 g77.1 kcal

15:30Extra Virgin Olive Oil8.4 g74.26 kcal

15:30Apple Cider Vinegar6.82 g1.43 kcal

15:30Salt2 g0 kcal

15:30Oat Flour, Whole Grain4 g15.44 kcal

15:30Oyster, Pacific, Raw54 g43.74 kcal

15:30Salt2 g0 kcal

15:30Black Pepper, Ground0.1 g0.25 kcal

15:30Garlic, Raw5 g7.45 kcal

15:30Ginger Root, Raw1 g0.8 kcal

15:30Sainsbury's Organic Mixed Herbs0.1 g0.28 kcal

15:30Rocket, Raw52 g13 kcal

Meal3		844 kcal • 21 g protein • 110 g carbs • 38 g fat				
21:20		Rapeseed Oil	18.9	g	167.08	kcal
21:20		Black rice	100	g	368	kcal
21:20		Kale, Raw	67	g	23.45	kcal
21:20		Cucumber, Raw, With Peel	167	g	23.38	kcal
21:20		Eggs, Cooked	57	g	88.35	kcal
21:20		Salt	2	g	0	kcal
21:20		Black Pepper, Ground	0.1	g	0.25	kcal
21:20		Garlic, Raw	5	g	7.45	kcal
21:20		Ginger Root, Raw	1	g	0.8	kcal
21:20		Spices, Paprika	1	g	2.82	kcal
21:20		Spearmint, Dried	0.1	g	0.29	kcal
21:20		Raspberries, Raw	51	g	26.01	kcal
21:20		Raspberry Juice	19	g	8.74	kcal
21:20		Brazil Nuts, Unsalted	2.3	g	15.16	kcal
21:20		Mixed nuts with peanuts dgm	12	g	72.84	kcal
21:20		Honey	13	g	39.52	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Remaining

Targets

CONSUMED ↕

Energy 1947 (1861 net) / 2000 kcal 97%

Protein 79.4 / 54.0 g ⓘ 147%

Carbs	208.86 g
Fat	93.76 g

Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



General				
Energy	1946.9 kcal		97%	
Oxalate	232.4 mg	-	-	-
Phytate	2035.6 mg	-	-	-

Carbohydrates				
Carbs	208.9 g	-	-	-
Net Carbs	174.9 g	-	-	-
Fiber	33.5 g		112%	
Insoluble Fiber	21.4 g	-	-	-
Soluble Fiber	7.1 g	-	-	-
Starch	107.1 g	-	-	-

Lipids				
Fat	93.8 g	-	-	-
Omega-3	8.9 g		3543%	

ALA	5.4 g	-	-	-	-	-	
DHA	1.6 g	-	-	-	-	-	
EPA	1.3 g	-	-	-	-	-	
Omega-6	14.0 g						175%
AA	0.1 g	-	-	-	-	-	
LA	12.6 g	-	-	-	-	-	
Saturated	14.3 g						72%
Cholesterol	308.4 mg						103%

Protein

Protein	79.4 g						147%
Alanine	5.3 g	-	-	-	-	-	
Arginine	6.8 g	-	-	-	-	-	
Aspartic acid	9.2 g	-	-	-	-	-	
Cystine	2.0 g	-	-	-	-	-	
Glutamic acid	29.7 g	-	-	-	-	-	
Histidine	2.9 g						334%
Hydroxyproline	0.1 g	-	-	-	-	-	
Isoleucine	4.5 g						387%
Leucine	8.3 g						326%
Lysine	5.6 g						242%
Methionine	2.4 g						369%
Phenylalanine	5.6 g						231%
Proline	7.3 g	-	-	-	-	-	
Serine	5.5 g	-	-	-	-	-	
Threonine	4.0 g						330%
Tryptophan	1.4 g						469%
Tyrosine	3.5 g	-	-	-	-	-	

Valine	5.4 g		372%
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Vitamins

B1 (Thiamine)	1.6 mg		182%
B2 (Riboflavin)	2.2 mg		172%
B3 (Niacin)	26.2 mg		164%
B5 (Pantothenic Acid)	10.3 mg		206%
B6 (Pyridoxine)	2.4 mg		172%
B12 (Cobalamin)	13.3 µg		887%
Choline	471.4 mg		118%
Folate	481.4 µg		241%
Vitamin A	570.3 µg		81%
Retinol	200.6 µg		201%
Vitamin C	281.5 mg		704%
Vitamin E	23.9 mg		597%
Vitamin K	606.8 µg		1011%

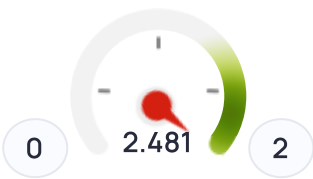
Minerals

Calcium	576.5 mg		115%
Copper	2.5 mg		211%
Iron	15.5 mg		178%
Magnesium	581.8 mg		194%
Manganese	9.1 mg		394%
Phosphorus	1684.6 mg		306%
Potassium	3406.2 mg		426%
Selenium	200.4 µg		267%
Zinc	18.0 mg		189%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE