

<  Aug 20 >

Completed 

 FOOD  EXERCISE  BIOMETRIC  NOTE

 FAST



Exercise, Biometrics -372 kcal • 0 g protein • 0 g carbs • 0 g fat

07:15		Weight	134.6	lbs		
11:00		calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort	20	minutes	-59.83	kcal
11:00		Aerobic Group Classes, Moderate	35	minutes	-168.28	kcal
11:00		yoga, Hatha	10	minutes	-16.03	kcal
17:00		General Walking, Light	60	minutes	-128.2	kcal

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

08:00		Coffee	600	g	6	kcal
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Meal2 1279 kcal • 50 g protein • 158 g carbs • 56 g fat

19:50		Extra Virgin Olive Oil	18.1	g	160	kcal
19:50		Brown onion	121	g	48.4	kcal
19:50		Portabella Mushrooms, Raw	103	g	22.66	kcal
19:50		Red Bell Peppers, Raw	56	g	15.12	kcal
19:50		Kale, Raw	50	g	17.5	kcal
19:50		Tomato, Red, Raw	107	g	19.26	kcal
19:50		Shrimp, Mixed Species, Raw	200	g	142	kcal
19:50		Brown Rice, Uncooked	100	g	368	kcal
19:50		Salt	2	g	0	kcal
19:50		Black Pepper, Ground	0.1	g	0.25	kcal
19:50		Garlic, Raw	5	g	7.45	kcal
19:50		Ginger, Ground	1	g	3.35	kcal

19:50		Spices, tarragon, dried	0.1	g	0.3	kcal
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 Support



19:50		Chili Powder	0.1	g	0.28	kcal
19:50		Avocados, Raw, All Commercial Varieties	123	g	196.8	kcal
19:50		Mango, Fresh	248	g	148.8	kcal
19:50		Brazil Nuts, Unsalted	2.1	g	13.84	kcal
19:50		Mixed nuts with peanuts dgm	19	g	115.33	kcal
Meal3			452 kcal • 17 g protein • 39 g carbs • 28 g fat			
21:20		Eggs, Cooked	60	g	93	kcal
21:20		Dijon Mustard	6	g	6.12	kcal
21:20		Raspberries, Raw	150	g	76.5	kcal
21:20		Mixed nuts with peanuts dgm	39	g	236.73	kcal
21:20		Honey	13	g	39.52	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Remaining

Targets

CONSUMED ↕

Energy 1737 (1365 net) / 2000 kcal 87%

Protein 67.8 / 54.0 g  126%

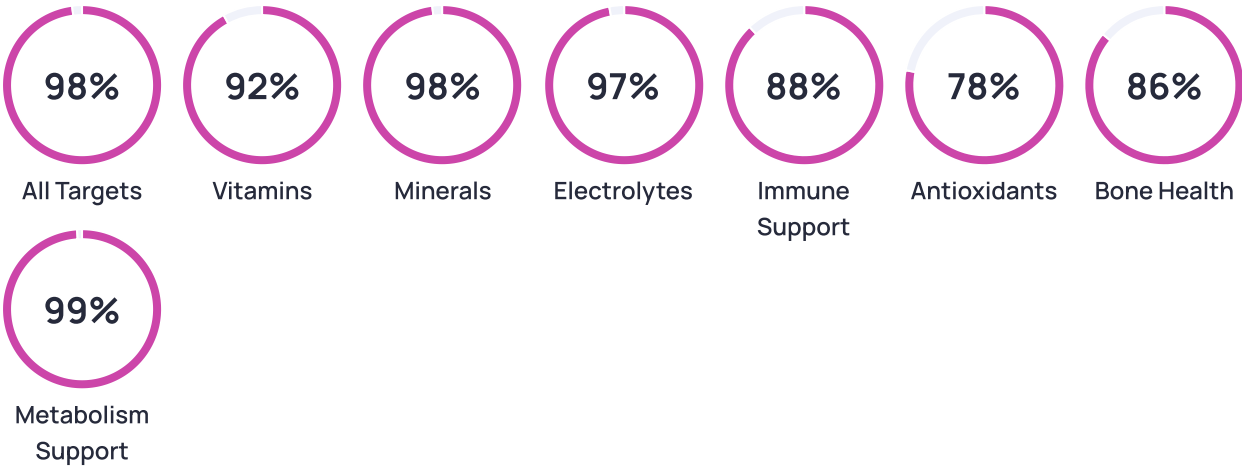
Carbs 200.46 g

Fat 83.83 g

Nutrient Targets



Nutrition Scores



General						
Energy	1737.2 kcal					87%
Oxalate	233.5 mg	-	-	-	-	-
Phytate	1197.7 mg	-	-	-	-	-

Carbohydrates					
Carbs	200.5 g	-	-	-	-
Net Carbs	159.1 g	-	-	-	-
Fiber	39.6 g				132%
Insoluble Fiber	22.5 g	-	-	-	-
Soluble Fiber	8.7 g	-	-	-	-
Starch	77.4 g	-	-	-	-

Lipids					
Fat	83.8 g	-	-	-	-
Omega-3	0.8 g				332%
ALA	0.8 g	-	-	-	-
DHA	0.2 g	-	-	-	-
EPA	0.1 g	-	-	-	-
Omega-6	15.0 g				188%

AA	0.1 g	-	-	-	-	-	
LA	13.0 g	-	-	-	-	-	
Saturated	14.1 g						71%
Cholesterol	475.8 mg						159%

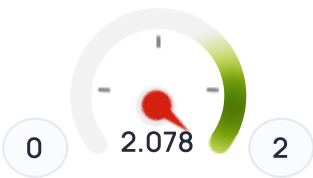
Protein							
Protein	67.8 g						126%
Alanine	4.2 g	-	-	-	-	-	
Arginine	6.1 g	-	-	-	-	-	
Aspartic acid	7.6 g	-	-	-	-	-	
Cystine	0.9 g	-	-	-	-	-	
Glutamic acid	13.0 g	-	-	-	-	-	
Histidine	1.6 g						193%
Hydroxyproline	- g	-	-	-	-	-	
Isoleucine	2.9 g						252%
Leucine	5.3 g						207%
Lysine	4.6 g						198%
Methionine	1.5 g						235%
Phenylalanine	3.2 g						131%
Proline	3.2 g	-	-	-	-	-	
Serine	3.5 g	-	-	-	-	-	
Threonine	2.6 g						216%
Tryptophan	0.8 g						261%
Tyrosine	2.4 g	-	-	-	-	-	
Valine	3.3 g						227%

Vitamins							
B1 (Thiamine)	1.1 mg						119%
B2 (Riboflavin)	1.8 mg						137%

B3 (Niacin)	27.0 mg		169%
B5 (Pantothenic Acid)	8.8 mg		175%
B6 (Pyridoxine)	2.2 mg		155%
B12 (Cobalamin)	2.9 µg		196%
Choline	503.5 mg		126%
Folate	513.2 µg		257%
Vitamin A	600.2 µg		86%
Retinol	196.8 µg		197%
Vitamin C	289.1 mg		723%
Vitamin E	19.2 mg		479%
Vitamin K	271.3 µg		452%

Minerals			
Calcium	485.1 mg		97%
Copper	2.3 mg		191%
Iron	8.3 mg		95%
Magnesium	477.6 mg		159%
Manganese	6.6 mg		289%
Phosphorus	1563.1 mg		284%
Potassium	3630.0 mg		454%
Selenium	177.8 µg		237%
Zinc	9.3 mg		98%

Nutrient Balances



OMEGA-6 : OMEGA-3

CALCIUM : OXALATE

