

# Nutrition Report ?

View daily averages for a selected period of time.

Daily Averages for

Last 2 we... ▼

☐ Include Today

Filter Days

Non-Emp... ▼

☐ Include Supplements

Aug 9, 2026 to Aug 22, 2026

## Energy Summary

TARGET ↔



Consumed



Expenditure



Remaining

## Targets

Energy 1947 (1816 net) / 2000 kcal 97%

Protein 77.2 / 54.0 g ! 143%

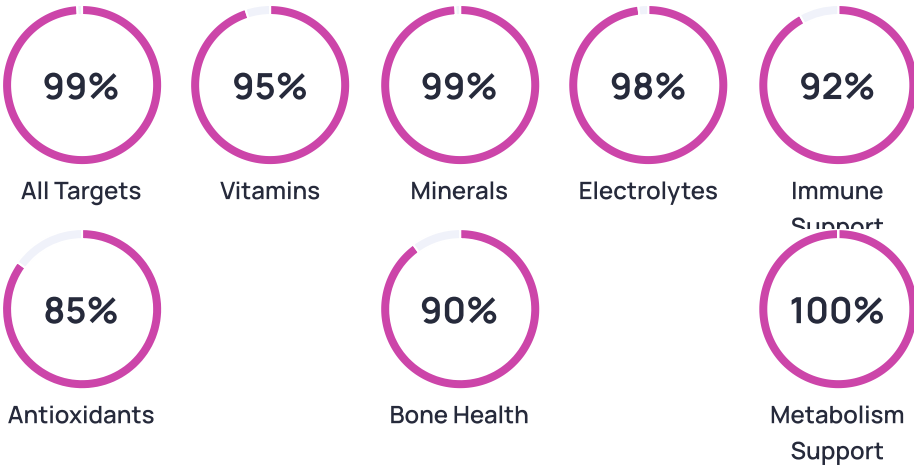
Carbs 237.6 g

Fat 85.53 g

## Nutrient Targets

? Support | Scores

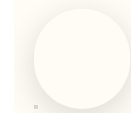




| General |             |             |     |
|---------|-------------|-------------|-----|
| Energy  | 1947.3 kcal | <div></div> | 97% |
| Oxalate | 579.4 mg    | <div></div> |     |
| Phytate | 1566.4 mg   | <div></div> |     |

| Carbohydrates   |         |             |      |
|-----------------|---------|-------------|------|
| Carbs           | 237.6 g | <div></div> |      |
| Net Carbs       | 190.9 g | <div></div> |      |
| Fiber           | 45.5 g  | <div></div> | 152% |
| Insoluble Fiber | 21.8 g  | <div></div> |      |
| Soluble Fiber   | 9.2 g   | <div></div> |      |
| Starch          | 115.2 g | <div></div> |      |

| Lipids    |        |             |       |
|-----------|--------|-------------|-------|
| Fat       | 85.5 g | <div></div> |       |
| Omega-3   | 5.4 g  | <div></div> | 2154% |
| ALA       | 3.5 g  | <div></div> |       |
| DHA       | 0.9 g  | <div></div> |       |
| EPA       | 0.6 g  | <div></div> |       |
| Omega-6   | 14.2 g | <div></div> | 178%  |
| AA        | 0.1 g  | <div></div> |       |
| LA        | 11.5 g | <div></div> |       |
| Saturated | 14.3 g | <div></div> | 71%   |



|             |          |             |     |
|-------------|----------|-------------|-----|
| Cholesterol | 299.9 mg | <div></div> | 99% |
|-------------|----------|-------------|-----|

| Protein        |        |             |      |
|----------------|--------|-------------|------|
| Protein        | 77.2 g | <div></div> | 143% |
| Alanine        | 4.4 g  | <div></div> |      |
| Arginine       | 5.8 g  | <div></div> |      |
| Aspartic acid  | 8.7 g  | <div></div> |      |
| Cystine        | 1.2 g  | <div></div> |      |
| Glutamic acid  | 16.6 g | <div></div> |      |
| Histidine      | 2.1 g  | <div></div> | 244% |
| Hydroxyproline | 0.0 g  | <div></div> |      |
| Isoleucine     | 3.4 g  | <div></div> | 299% |
| Leucine        | 6.2 g  | <div></div> | 242% |
| Lysine         | 5.0 g  | <div></div> | 216% |
| Methionine     | 1.8 g  | <div></div> | 270% |
| Phenylalanine  | 3.9 g  | <div></div> | 161% |
| Proline        | 4.2 g  | <div></div> |      |
| Serine         | 4.1 g  | <div></div> |      |
| Threonine      | 3.1 g  | <div></div> | 259% |
| Tryptophan     | 1.0 g  | <div></div> | 322% |
| Tyrosine       | 2.6 g  | <div></div> |      |
| Valine         | 4.2 g  | <div></div> | 285% |

| Vitamins              |         |             |      |
|-----------------------|---------|-------------|------|
| B1 (Thiamine)         | 1.6 mg  | <div></div> | 174% |
| B2 (Riboflavin)       | 2.1 mg  | <div></div> | 162% |
| B3 (Niacin)           | 26.6 mg | <div></div> | 166% |
| B5 (Pantothenic Acid) | 10.0 mg | <div></div> | 201% |
| B6 (Pyridoxine)       | 2.7 mg  | <div></div> | 196% |

|                 |           |             |      |
|-----------------|-----------|-------------|------|
| B12 (Cobalamin) | 5.7 µg    | <div></div> | 378% |
| Choline         | 468.4 mg  | <div></div> | 117% |
| Folate          | 604.7 µg  | <div></div> | 302% |
| Vitamin A       | 1197.8 µg | <div></div> | 171% |
| Retinol         | 260.1 µg  | <div></div> | 260% |
| Vitamin C       | 222.1 mg  | <div></div> | 555% |
| Vitamin E       | 17.4 mg   | <div></div> | 436% |
| Vitamin K       | 449.7 µg  | <div></div> | 749% |

| Minerals   |           |             |      |
|------------|-----------|-------------|------|
| Calcium    | 597.2 mg  | <div></div> | 119% |
| Copper     | 2.7 mg    | <div></div> | 223% |
| Iron       | 15.3 mg   | <div></div> | 176% |
| Magnesium  | 608.8 mg  | <div></div> | 203% |
| Manganese  | 7.2 mg    | <div></div> | 313% |
| Phosphorus | 1611.6 mg | <div></div> | 293% |
| Potassium  | 4838.5 mg | <div></div> | 605% |
| Selenium   | 176.9 µg  | <div></div> | 236% |
| Zinc       | 12.2 mg   | <div></div> | 129% |

Nutrient Balances

