

Hi Patientsssss 1

Great job on completing your recall. Below, you can find a quick feedback based on your recall data submitted between
Fri Nov 10 2023 - Fri Nov 10 2023



Meal diary

8:00 am

Breakfast



Number of foods: 2

- Tea e.g. English Breakfast (551.33g)
- Scrambled eggs (148.1g)

10:30 am

Morning snack or drink



Number of foods: 2

- Potato chips / crisps, flavoured e.g. Smiths, Thins, Kettle, Red Rock Deli (125g)
- Diet cola, any flavour e.g. Coca-Cola Zero, Pepsi Max (300g)

1:00 pm

Lunch



Number of foods: 2

- Tuna and salad sandwich / roll (360g)
- Diet cola, any flavour e.g. Coca-Cola Zero, Pepsi Max (300g)

4:00 pm

Afternoon snack or drink



Number of foods: 2

- Trail mix, tropical fruit and nut mix (68g)
- Tea e.g. English Breakfast (551.33g)

7:00 pm

Evening meal



Number of foods: 4

- Brown rice (139.05g)
- Beef fillet steak, grilled (294g)
- BBQ sauce (46g)
- Tea e.g. English Breakfast (551.33g)



Johnny Smith





Carbs Exchange

Total carb exchanges: 9

Breakfast

0

Spinach, raw, e.g. in salad (23.2g)

Scrambled eggs (148.1g)

Coffee e.g. long black (358.8g)



Morning snack or drink

0

Mixed nuts, unsalted (68g)

Lunch

4

Avocado (60g)

Brown rice (139.05g)



Iced coffee (276.92g)

Beef fillet steak, grilled (294g)

Evening meal

5

Tea e.g. English Breakfast (551.33g)

Apple bakewell / pie, slice from large pie (173g)



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Energy intake

Total energy: 2,007kcal



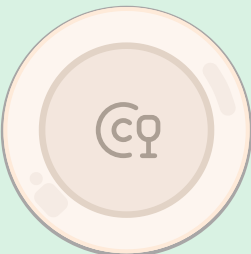
Breakfast

Energy
178kcal



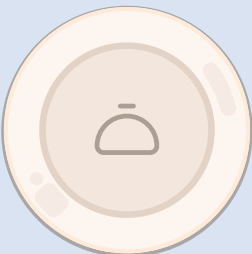
Morning snack or drink

Energy
438kcal



Lunch

Energy
986kcal



Evening meal

Energy
405kcal

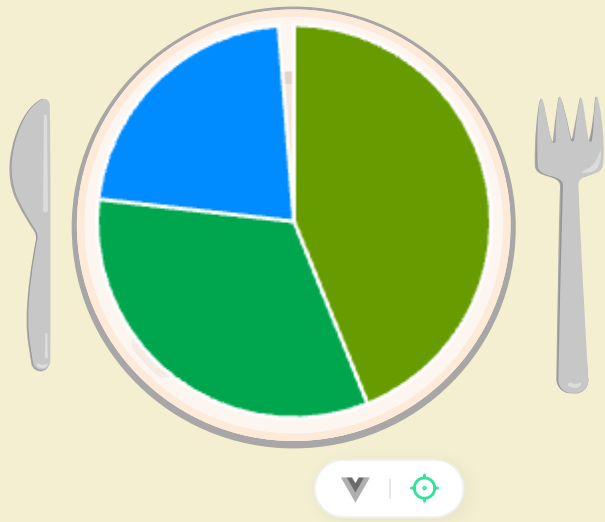


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Fibre intake



Breakfast

- Spinach, raw, e.g. in salad (23.2g) 0g
- Scrambled eggs (148.1g) 0g
- Coffee e.g. long black (358.8g) 0g

Morning snack or drink

- Mixed nuts, unsalted (68g) 4g

Lunch

- Avocado (60g) 1g
- Brown rice (139.05g) 2g
- Iced coffee (276.92g) 0g
- Beef fillet steak, grilled (294g) 0g

Evening meal

- Tea e.g. English Breakfast (551.33g) 0g
- Apple bakewell / pie, slice from large pie (173g) 2g



Johnny Smith



Water intake

Based on your weight, recommended daily water intake is: 8 glasses / 1.8 liters



Well done meeting your daily water intake.
0 litres ^ 2 litres



Johnny Smith

