Hi Patient 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



Metrics 🗸



Breakfast		
Number of foods: 3 Total carbohydrate: 3g		^
Description	Serving weight (total)	Carbohydrate (average)
Scrambled eggs	148.1g	3g
Spinach, raw, e.g. in salad	23.2g	0g
Coffee e.g. long black	358.8g	0g

10:30 am

Morning snack of Number of foods: 1 Total carbohydrate: 7g				^
Description		Serving weight (total)	Carbohydrate (average)	
Mixed nuts, unsa	ted	68g	7g	

1:00 pm

unch		
Number of foods: 4 Total carbohydrate: 51g		
otal carbonyurate. 31g		
Description	Serving weight (total)	Carbohydrate (average)
Brown rice	139.05g	44g
Iced coffee	276.92g	7g
Avocado	60g	0g
Beef fillet steak, grilled	294g	0g

7:00 pm

E	Evening meal			
	Number of foods: 2 Total carbohydrate: 59g			^
	Description	Serving weight (total)	Carbohydrate (average)	
	Apple bakewell / pie, slice from large pie	173g	59g	

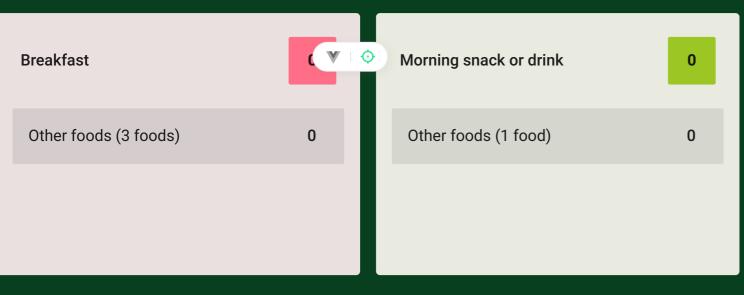


John Smith

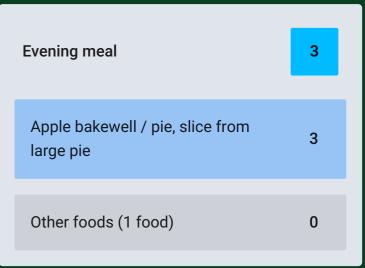


Carbs Exchange

Your total carb exchanges for 10/11/2023 is: 5 carb exchanges







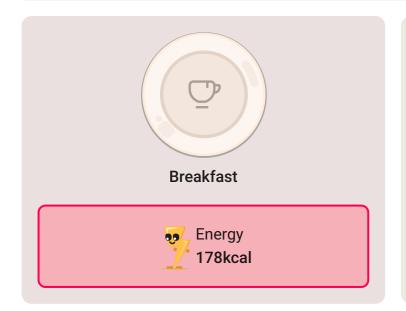


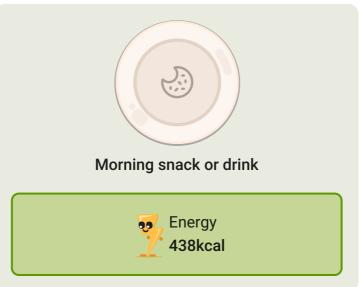
John Smith

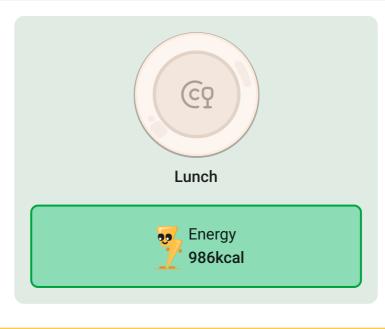


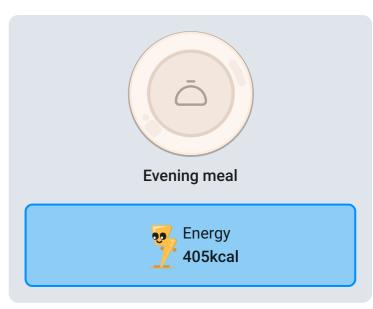
Energy intake

Your total energy intake for 10/11/2023 is: 2,007kcal







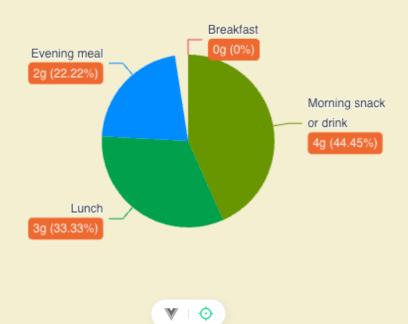


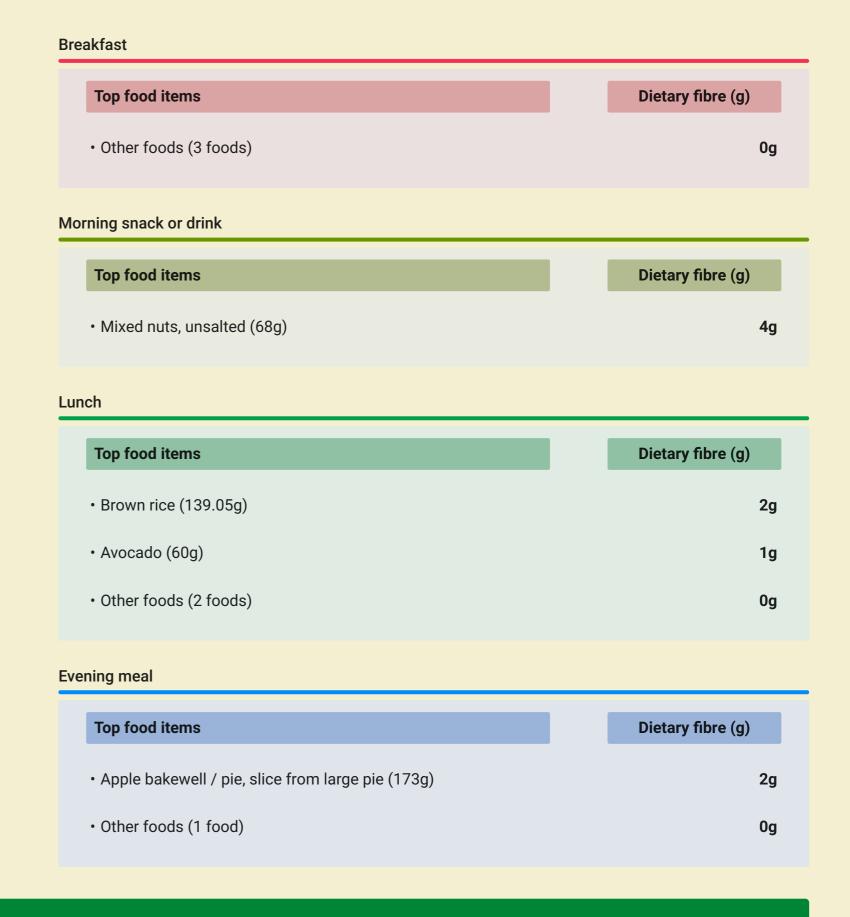


John Smith

♣ Pie chart ☐ Timeline

Your total fibre intake for 10/11/2023 is: 9g







John Smith



Water intake

Your total water intake for 10/11/2023 is 0ml which is below the daily recommended amount of 2625ml / 11 glasses



You need to consume more water to meet your daily intake

O litres ^ 2.625 litres

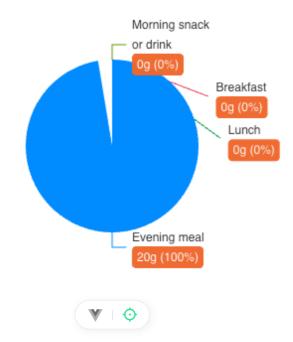




John Smith



Your total sugar intake for 10/11/2023 is 3.99% which is within the daily recommended level of 10%







Top food items	Free sugars	
Other foods (3 foods)	0	g

Morning snack or drink

Top food items	Free sugars
• Other foods (1 food)	

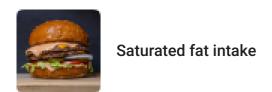
Lunch

Top food items	Free sugars
Other foods (4 foods)	0g

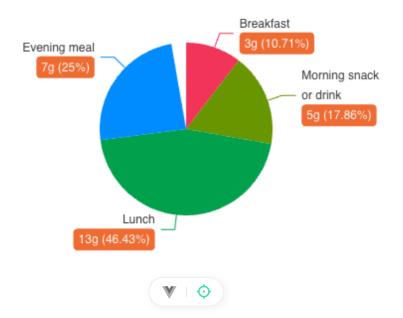
Evening meal

Top food items	Free sugars
	1100 009410
Apple bakewell / pie, slice from large pie (173g)	200
	,





Your total saturated fat intake for 10/11/2023 is 5.58% which is within the daily recommended level of 10%



Breakfast

Top food items	Satd FA
Scrambled eggs (148.1g)	3g
Other foods (2 foods)	0g

Morning snack or drink

Top food items	Satd FA	
• Mixed nuts, unsalted (68g)		5g

Lunch

Top food items	Satd FA
Beef fillet steak, grilled (294g)	99
Avocado (60g)	29
• Iced coffee (276.92g)	2g
Other foods (1 food)	0g

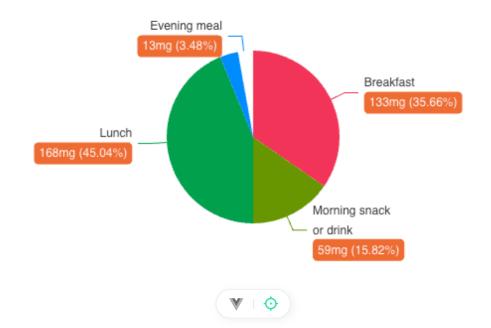
Evening meal

Top food items	Satd FA
Apple bakewell / pie, slice from large pie (173g)	7
Other foods (1 food)	0





Your total calcium intake for 10/11/2023 is: 373mg



Breakfast

Top food items	Calcium
Scrambled eggs (148.1g)	111mg
• Spinach, raw, e.g. in salad (23.2g)	12mg
Coffee e.g. long black (358.8g)	10mg

Morning snack or drink

Top food items	Calcium
• Mixed nuts, unsalted (68g)	59mg

Lunch

Top food items	Calcium
• Iced coffee (276.92g)	135mg
Beef fillet steak, grilled (294g)	20mg
Avocado (60g)	7mg
• Other foods (1 food)	6mg

Evening meal

Top food items	Calcium
Apple bakewell / pie, slice from large pie (173g)	13mg
Other foods (1 food)	0mg



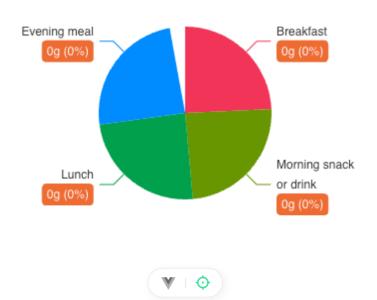


♣ Pie chart ☐ Timeline

Fruit

0g

Your total fruit intake for 10/11/2023 is: 0g





John Smith

Breakfast

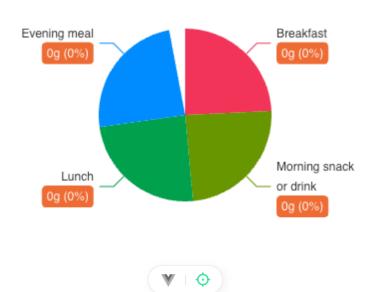
Top food items

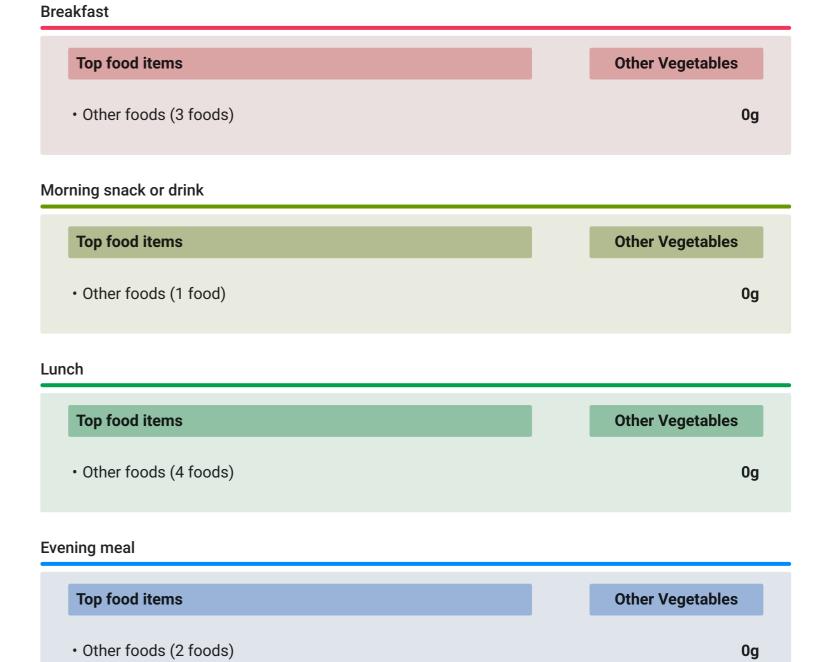
• Other foods (2 foods)

Top food items	Fruit	
• Other foods (3 foods)		0g
forning snack or drink		
Top food items	Fruit	
• Other foods (1 food)		0g
unch		
Top food items	Fruit	
• Other foods (4 foods)		0g
vening meal		



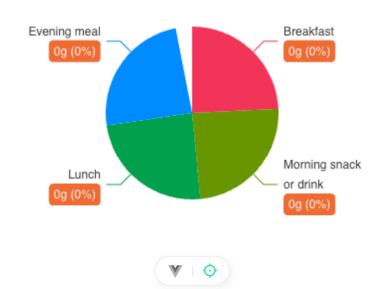
Your total vegetable intake for 10/11/2023 is: 0g



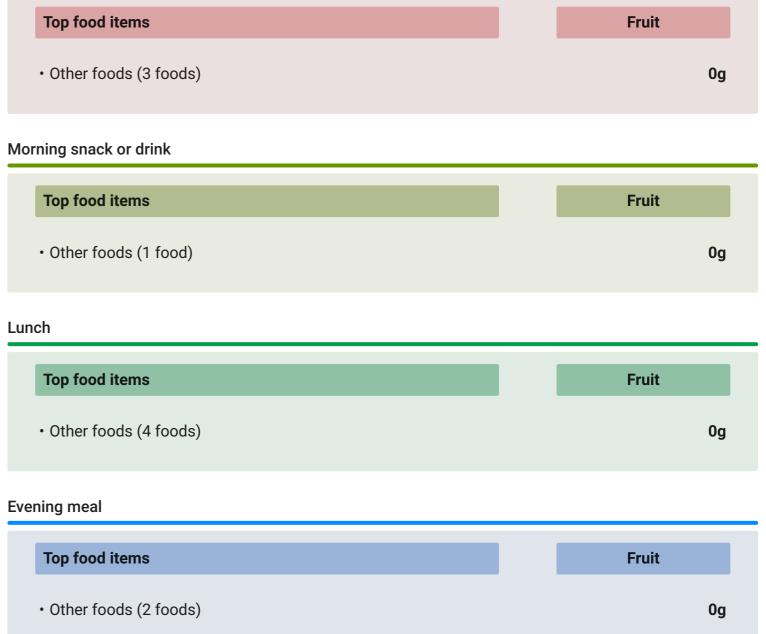




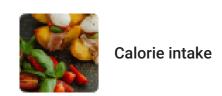
Your total fruit and vegetable intake for 10/11/2023 is: 0g



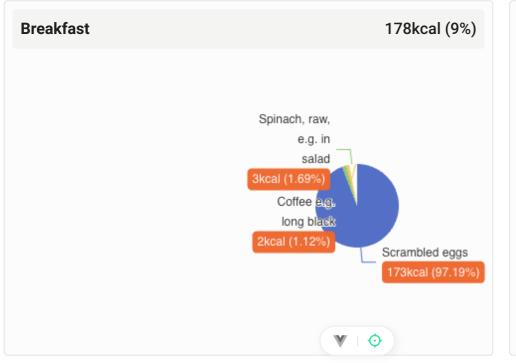
Breakfast

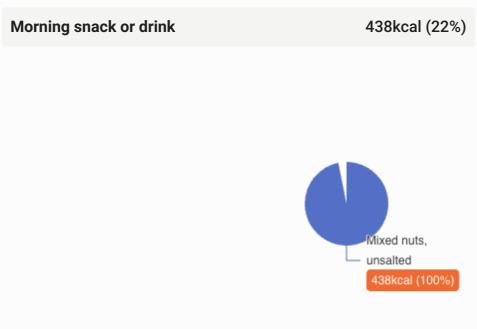


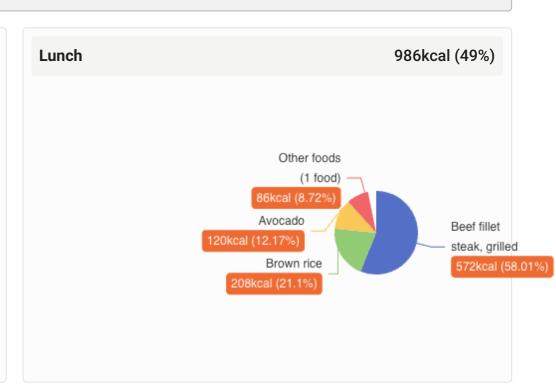


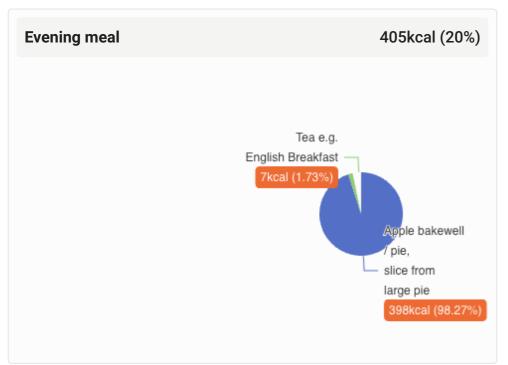


Your total calorie intake for 10/11/2023 is: 2,007kcal











John Smith



Protein intake

Your total protein intake for 10/11/2023 is 116g which is above the daily recommended amount: 48g



Well done meeting your daily protein intake 116 g ^ 48 g















John Smith