

Nutrition Report

null,Madhusanka

DOB20/11/1998

Age25

Report Generated on December 27, 2023

Nutri ent ▲	Total	Goal	Left
Calcium	62 %	100 %	38 %
Choleste rol	84 mg	300 mg	216 mg
Fat	60 g	55 g	-5 g
Fiber	20 g	38 g	18 g
Iron	38 %	100 %	62 %
Potassiu m	2000 mg	3500 mg	1500 mg
Protein	62 g	83 g	21 g
Sodium	2200 mg	2300 mg	100 mg
Sugars	68 g	62 g	-6 g



