



DIET ANALYSIS REPORT

Contact Us :

Phone : 0711530740
Email : gathuimmanuel@gmail.com
Website : www.yoururl.com

Personal Profile

Name : **John Doe**
Age (Yrs) : **29**
Gender : **Male**
Height (Cm) : **178**
Weight (Kgs) : **55**
Physical Activity Level (P.A.L) : **3**

Your EER (Estimated Energy Requirement) in **Kcals** is : **2680.1**

Your Nutritional Goal is : **Weight Management**

Diet History Report**Breakfast**

Food	Amount of Serving(s)
Bread, White	4 slice(s)
coffee, milk drink	1 ceramic glass cup(s)

Mid Morning

Food	Amount of Serving(s)
Apple, red, unpeeled, raw	1 medium

Lunch

Food	Amount of Serving(s)
Ugali (Whole Maize)	4 piece (s)
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)
Water, tap	2 glass(s)

Mid Afternoon

Food	Amount of Serving(s)
Banana, ripe cavendish	1 medium size

Supper

Food	Amount of Serving(s)
Mukimo wa Njahi (Raw & Ripe Bananas)	2 wooden stickful(s)
Beef Stew	2 serving spoonful(s)
Water, tap	2 glass(s)

Late Supper

Food	Amount of Serving(s)
Pineapple, raw	1 quarter piece



DIET ANALYSIS REPORT

Contact Us :

Phone : 0711530740
Email : gathuimmanuel@gmail.com
Website : www.yoururl.com

Macro Nutrients Analysis

Breakfast

Food	No of Serving Item(s)	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Bread, White	4 slice(s)	249.00	36.90	7.72	1.90	48.80	3.10
coffee, milk drink	1 ceramic glass cup(s)	250.66	251.45	11.94	12.62	22.36	0.30
Total							

Mid Morning

Food	No of Serving Item(s)	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Apple, red, unpeeled, raw	1 medium	62.70	93.06	0.33	0.11	13.64	2.53
Total							

Lunch

Food	No of Serving Item(s)	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Ugali (Whole Maize)	4 piece (s)	1128.00	516.00	26.40	14.40	208.00	30.40
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)	132.00	182.60	9.46	4.18	9.90	8.36
Water, tap	2 glass(s)	0.00	499.75	0.00	0.00	0.00	0.00
Total							

Mid Afternoon

Food	No of Serving Item(s)	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Banana, ripe cavendish	1 medium size	85.50	66.96	0.97	0.27	18.54	2.48
Total							

Supper

Food	No of Serving Item(s)	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Mukimo wa Njahi (Raw & Ripe Bananas)	2 wooden stickful(s)	906.00	346.20	38.40	3.60	159.60	39.00
Beef Stew	2 serving spoonful(s)	615.40	223.38	60.18	35.36	12.92	2.72
Water, tap	2 glass(s)	0.00	499.75	0.00	0.00	0.00	0.00
Total							

Late Supper							
Food	No of Serving Item(s)	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Pineapple, raw	1 quarter piece	53.30	115.18	0.62	0.26	10.53	2.99
Total							

Total Macro Nutrients	Energy (ml/g)	Water (ml)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Total	3482.56	2831.23	156.02	72.70	504.29	91.88



DIET ANALYSIS REPORT

Contact Us :

Phone : 0711530740
Email : gathuimmanuel@gmail.com
Website : www.yoururl.com

Minerals Analysis

Breakfast

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Bread, White	4 slice(s)	37.00	1.70	27.00	95.00	120.00	466.00	0.80	10.00
coffee, milk drink	1 ceramic glass cup(s)	422.18	0.36	44.25	433.80	535.35	136.24	22.31	9.14
Total									

Mid Morning

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Apple, red, unpeeled, raw	1 medium	6.60	0.33	4.40	9.90	110.00	1.10	0.08	1.10
Total									

Lunch

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Ugali (Whole Maize)	4 piece (s)	96.00	8.80	248.00	1200.00	744.00	56.00	6.16	32.00
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)	404.80	7.26	85.80	228.80	536.80	382.80	1.54	17.60
Water, tap	2 glass(s)	15.00	0.00	5.00	0.00	5.00	15.00	0.00	1.00
Total									

Mid Afternoon

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Banana, ripe cavendish	1 medium size	9.00	0.27	23.40	33.30	168.30	0.00	0.32	0.00
Total									

Supper

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Mukimo wa Njahi (Raw & Ripe Bananas)	2 wooden stickful(s)	144.00	13.20	324.00	618.00	2622.00	1374.00	4.74	18.00
Beef Stew	2 serving spoonful(s)	40.80	20.00	91.80	873.80	897.60	1071.00	11.83	61.20
Water, tap	2 glass(s)	15.00	0.00	5.00	0.00	5.00	15.00	0.00	1.00
Total									

Late Supper									
Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Pineapple, raw	1 quarter piece	20.80	0.52	16.90	10.40	185.90	1.30	0.48	1.30
Total									

Total Micro Nutrients	Calcium (mg)	Iron(Fe) (mg)	Magnesium(Mg) (mg)	Phosphorous(P)(mg)	Potassium(K)(mg)	Sodium(Na)(mg)	Zinc(Zn) (mg)	Selenium(Se) (mcg)
Total	1211.18	52.44	875.55	3503.00	5929.95	3518.44	48.26	152.34



DIET ANALYSIS REPORT

Contact Us :

Phone : 0711530740
Email : gathuimmanuel@gmail.com
Website : www.yoururl.com

Vitamins Analysis

Breakfast															
Food	No of Serving Item(s)	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Bread, White	4 slice(s)	0.00	0.00	0.00	0.00	0.16	0.06	3.80	28.00	28.00	0.07	0.00	0.00	0.00	0.00
coffee, milk drink	1 ceramic glass cup(s)	141.00	141.00	141.00	0.00	0.00	0.92	0.64	24.20	24.20	3.00	0.03	0.00	0.00	0.00
Total															
Mid Morning															
Food	No of Serving Item(s)	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Apple, red, unpeeled, raw	1 medium	1.10	2.20	0.00	15.40	0.02	0.01	0.14	5.50	5.50	0.00	4.40	0.00	0.00	0.00
Total															
Lunch															
Food	No of Serving Item(s)	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Ugali (Whole Maize)	4 piece (s)	0.00	0.00	0.00	0.00	0.64	0.32	6.40	160.00	160.00	0.00	0.00	0.00	0.00	1672.00
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)	290.40	536.80	41.80	2970.00	0.04	0.48	0.88	176.00	176.00	0.55	35.42	15.40	0.00	26.40
Water, tap	2 glass(s)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total															
Mid Afternoon															
Food	No of Serving Item(s)	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Banana, ripe cavendish	1 medium size	4.50	8.10	0.00	50.40	0.04	0.04	0.32	19.80	19.80	0.00	3.60	0.00	0.00	0.00
Total															

Supper															
Food	No of Serving Item(s)	Vit_A_RAE (mcg)	Vit_A_RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit_B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Mukimo wa Njahi (Raw & Ripe Bananas)	2 wooden stickful(s)	6.00	12.00	0.00	72.00	0.90	0.42	4.80	84.00	84.00	0.00	58.80	0.00	0.00	666.00
Beef Stew	2 serving spoonful(s)	47.60	71.40	23.80	302.60	0.03	0.68	11.22	23.80	23.80	3.94	26.18	550.80	0.00	3.40
Water, tap	2 glass(s)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total															

Late Supper															
Food	No of Serving Item(s)	Vit_A_RAE (mcg)	Vit_A_RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit_B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Pineapple, raw	1 quarter piece	3.90	6.50	0.00	40.30	0.06	0.04	0.16	41.60	41.60	0.00	47.32	0.00	0.00	0.00
Total															

Total Vitamins	Vit_A_RAE (mcg)	Vit_A_RE (mcg)	Retinol (mcg)	B_Carotene (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate (mcg)	Food Folate (mcg)	Vit_B_12 (mcg)	Vit_C (mg)	Cholestrol (mg)	Oxalic Acid (mg)	Phytate (mg)
Total	494.50	778.00	206.60	3450.70	1.89	2.97	28.36	562.90	562.90	7.56	175.75	566.20	0.00	2367.80



DIET ANALYSIS REPORT

Contact Us :

Phone : 0711530740
 Email : gathuimmanuel@gmail.com
 Website : www.yoururl.com

ANALYSIS RESULTS

Nutrients	Reference	Your Intake Results	Comment
Energy (Kcals)	2680.1	3482.56	...
Water (mls)	2680.1	2831.23	...
Protein (g)	100.5	156.02	...
Fat (g)	89.2	72.70	...
Fibre (g)	38.0	91.88	...
Carbohydrate (g)	368.5	504.29	...
Calcium (mg)	1000.0	1211.18	...
Iron (mg)	8.0	52.44	...
Magnesium (mg)	400.0	875.55	...
Phosphorous (mg)	700.0	3503.00	...
Potassium (mg)	4700.0	5929.95	...
Sodium (mg)	2300.0	3518.44	...
Zinc (mg)	11.0	48.26	...
Selenium (mcg)	55.0	152.34	...
Vit_A_RAE (mcg)	900.0	494.50	...
Vit_A_RE (mcg)	0.0	778.00	...
Retinol (mcg)	0.0	206.60	...
B_Carotene (mcg)	0.0	3450.70	...
Thiamin (mg)	1.2	1.89	...
Riboflavin (mg)	1.3	2.97	...
Niacin (mg)	16.0	28.36	...
Dietary Folate (mcg)	400.0	562.90	...
Food Folate (mcg)	0.0	562.90	...
Vit_B_12 (mcg)	2.4	7.56	...
Vit_C (mg)	90.0	175.75	...
Cholestrol (mg)	300.0	566.20	...
Oxalic_Acid_OXALAC (mg)	0.0	0.00	...
Phytate (mg)	0.0	2367.80	...

Contact Us :

Phone : 0711530740
Email : gathuimmanuel@gmail.com
Website : www.yoururl.com