



DIET ANALYSIS REPORT

Contact Us :

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Website : www.picolinawellness.com

Client Data

Name : **Ms Rebecca**

Age (Yrs) : **42**

Gender : **Female**

Height (Cm) : **158**

Weight (Kgs) : **70**

Physical Activity Level (P.A.L) : **2**

Your EER (Estimated Energy Requirement) in Kcals is : **1945.3**

Your Nutritional Goal is :

Diet History Report

Breakfast		Mid Morning	
Food	Amount of Serving(s)	Food	Amount of Serving(s)
Breakfast cereal, wheat biscuits, Weetabix type	3 slice(s)	Papaya, yellow skin, peeled, raw	2 piece(s)
Milk, cow, whole, fresh, boiled	1 ceramic cup(s)	Yoghurt, cow milk, whole, plain	1 250ml Container

Lunch		Mid Afternoon	
Food	Amount of Serving(s)	Food	Amount of Serving(s)
Rice (Onion Fried) (Wali wa Yasmin)	1 serving spoon (s)	Nut, almond, with or without skin, raw, unsalted	30 gram(s)
Black Bean Stew	2 serving spoon(s)	Apple, red, unpeeled, raw	1 small
"Terere" (Amaranth) (stir fried)	2 serving spoon(s)		

Supper		Late Supper	
Food	Amount of Serving(s)	Food	Amount of Serving(s)
Pilau	1 serving spoon(s)		
Cabbage (stir fried)	2 serving spoon(s)		



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Macro Nutrients Analysis

Breakfast

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Breakfast cereal, wheat biscuits, Weetabix type	3 slice(s)	205.88	2.14	6.47	1.07	39.77	5.57
Milk, cow, whole, fresh, boiled	1 ceramic cup(s)	246.00	251.40	11.70	12.60	21.60	0.00
Total							

Mid Morning

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Papaya, yellow skin, peeled, raw	2 piece(s)	86.40	215.52	1.44	0.72	16.32	5.04
Yoghurt, cow milk, whole, plain	1 250ml Container	212.50	205.00	7.25	7.75	28.25	0.00
Total							

Lunch

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Rice (Onion Fried) (Wali wa Yasmin)	1 serving spoon (s)	194.25	61.84	3.26	5.36	32.76	0.63
Black Bean Stew	2 serving spoon(s)	142.60	192.28	8.28	2.99	17.71	6.44
"Terere" (Amaranth) (stir fried)	2 serving spoon(s)	190.90	185.38	6.90	12.19	6.67	12.65
Total							

Mid Afternoon

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Nut, almond, with or without skin, raw, unsalted	30 gram(s)	183.60	1.38	6.06	15.84	2.58	3.30
Apple, red, unpeeled, raw	1 small	57.00	84.60	0.30	0.10	12.40	2.30
Total							

Supper							
Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Pilau	1 serving spoon(s)	244.95	64.74	7.94	10.81	28.52	1.26
Cabbage (stir fried)	2 serving spoon(s)	149.50	190.21	2.76	10.58	7.13	5.52
Total							

Late Supper							
Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Total							

Total Macro Nutrients	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Total	1913.58	1454.49	62.36	80.01	213.71	42.71



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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)
Breakfast cereal, wheat biscuits, Weetabix type	3 slice(s)	16.88	4.28	70.31	173.25	220.50	202.50	1.12	2.87
Milk, cow, whole, fresh, boiled	1 ceramic cup(s)	420.00	0.30	39.00	429.00	480.00	135.00	2.22	9.00
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)
Papaya, yellow skin, peeled, raw	2 piece(s)	50.40	1.44	67.20	40.80	336.00	9.60	0.48	0.00
Yoghurt, cow milk, whole, plain	1 250ml Container	372.50	0.50	25.00	232.50	325.00	80.00	0.85	5.00
Total									

Lunch

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Rice (Onion Fried) (Wali wa Yasmin)	1 serving spoon (s)	13.65	0.52	12.60	64.05	48.30	288.75	0.56	1.05
Black Bean Stew	2 serving spoon(s)	39.10	2.76	59.80	126.50	402.50	377.20	0.97	4.60
"Terere" (Amaranth) (stir fried)	2 serving spoon(s)	441.60	11.27	200.10	165.60	442.00	370.30	1.72	32.20
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)
Nut, almond, with or without skin, raw, unsalted	30 gram(s)	74.70	1.23	84.90	140.70	217.20	0.30	1.03	1.20
Apple, red, unpeeled, raw	1 small	6.00	0.30	4.00	9.00	100.00	1.00	0.07	1.00
Total									

Supper									
Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Pilau	1 serving spoon(s)	21.85	1.50	23.00	158.70	327.75	401.35	1.43	3.45
Cabbage (stir fried)	2 serving spoon(s)	110.40	1.38	25.30	98.90	701.50	1173.00	0.55	2.30
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)
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	1567.08	25.48	611.21	1639.00	3600.75	3039.00	11.00	62.67



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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)	Cholesterol (mg)	Oxalic Acid (mg)	Phytate (mg)
Breakfast cereal, wheat biscuits, Weetabix type	3 slice(s)	0.00	0.00	0.00	0.00	0.56	0.70	6.19	29.81	29.81	0.00	0.00	0.00	0.00	0.00
Milk, cow, whole, fresh, boiled	1 ceramic cup(s)	141.00	141.00	141.00	0.00	0.00	0.90	0.00	24.00	24.00	3.00	0.00	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)	Cholesterol (mg)	Oxalic Acid (mg)	Phytate (mg)
Papaya, yellow skin, peeled, raw	2 piece(s)	204.00	408.00	0.00	2443.20	0.10	0.07	0.72	88.80	88.80	0.00	122.40	0.00	69.60	0.00
Yoghurt, cow milk, whole, plain	1 250ml Container	85.00	90.00	80.00	57.50	0.25	0.50	0.25	0.00	0.00	0.50	0.00	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)	Cholesterol (mg)	Oxalic Acid (mg)	Phytate (mg)
Rice (Onion Fried) (Wali wa Yasmin)	1 serving spoon (s)	0.00	0.00	0.00	1.05	0.02	0.05	0.52	4.20	4.20	0.00	0.94	0.00	0.00	61.95
Black Bean Stew	2 serving spoon(s)	6.90	11.50	0.00	69.00	0.16	0.07	0.92	9.20	9.20	0.00	5.98	0.00	0.00	142.60
"Terere" (Amaranth) (stir fried)	2 serving spoon(s)	480.70	961.40	0.00	5773.00	0.07	0.37	1.38	85.10	85.10	0.00	113.39	0.00	0.00	6.90
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)
Nut, almond, with or without skin, raw, unsalted	30 gram(s)	0.30	0.60	0.00	2.70	0.05	0.28	1.11	11.10	11.10	0.00	0.06	0.00	0.00	289.20
Apple, red, unpeeled, raw	1 small	1.00	2.00	0.00	14.00	0.02	0.01	0.13	5.00	5.00	0.00	4.00	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)
Pilau	1 serving spoon(s)	5.75	9.20	2.30	44.85	0.05	0.12	1.72	13.80	13.80	0.46	6.78	14.00	0.00	56.35
Cabbage (stir fried)	2 serving spoon(s)	0.00	0.00	0.00	2.30	0.09	0.09	0.92	25.30	25.30	0.00	88.78	0.00	0.00	16.10
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)
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	924.65	1623.70	223.30	8407.60	1.37	3.16	13.86	296.31	296.31	3.96	342.33	14.00	69.60	573.10



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ANALYSIS RESULTS

Nutrients	Reference	Your Intake Results	Comment
Energy (Kcals)	1945.3	1913.58	...
Water (mls)	1945.3	1454.49	...
Protein (g)	72.9	62.36	...
Fat (g)	64.8	80.01	...
Fibre (g)	25.0	42.71	...
Carbohydrate (g)	267.5	213.71	...
Calcium (mg)	1000.0	1567.08	...
Iron (mg)	18.0	25.48	...
Magnesium (mg)	320.0	611.21	...
Phosphorous (mg)	700.0	1639.00	...
Potassium (mg)	4700.0	3600.75	...
Sodium (mg)	2300.0	3039.00	...
Zinc (mg)	8.0	11.00	...
Selenium (mcg)	55.0	62.67	...
Vit_A_RAE (mcg)	700.0	924.65	...
Vit_A_RE (mcg)	0.0	1623.70	...
Retinol (mcg)	0.0	223.30	...
B_Carotene (mcg)	0.0	8407.60	...
Thiamin (mg)	1.1	1.37	...
Riboflavin (mg)	1.1	3.16	...
Niacin (mg)	14.0	13.86	...
Dietary Folate (mcg)	400.0	296.31	...
Food Folate (mcg)	0.0	296.31	...
Vit_B_12 (mcg)	2.4	3.96	...
Vit_C (mg)	75.0	342.33	...
Cholestrol (mg)	300.0	14.00	...
Oxalic_Acid_OXALAC (mg)	0.0	69.60	...
Phytate (mg)	0.0	573.10	...



NUTRITIONIST REPORT

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Nutritionist Report :

Large area for the Nutritionist Report, featuring horizontal dotted lines for writing. A large, diagonal watermark reading "Picolina" is visible across the page.