



## DIET ANALYSIS REPORT

### Contact Us :

Phone : 0748780150  
Email : picolinawellness@gmail.com  
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)
Cassava, root, white, peeled, boiled, drained (without salt)	1 small root	Chai ya Maziwa (Mixed Tea)	1 ceramic glass cup(s)
Milk, cow, whole, fresh, boiled	1 ceramic cup(s)	Bread, Brown	2 slice(s)

  

Lunch		Mid Afternoon	
Food	Amount of Serving(s)	Food	Amount of Serving(s)
Ugali (Refined Maize Flour Ugali)	1 piece (s)	Yoghurt, cow milk, whole, plain	1 250ml Container
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)		
Chicken, unspecified part, w/o bone, meat&skin, grilled (without salt and fat)	100 gram(s)		

  

Supper		Late Supper	
Food	Amount of Serving(s)	Food	Amount of Serving(s)
Yam Stew	1 serving spoon(s)		
Sweet Potato Leaves stir fried) kijoto	1 serving spoon(s)		



## DIET ANALYSIS REPORT

## Contact Us :

Phone : 0748780150

Email : picolinawellness@gmail.com

Website : www.picolinawellness.com

### Macro Nutrients Analysis

#### Breakfast

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Cassava, root, white, peeled, boiled, drained (without salt)	1 small root	251.60	102.85	1.87	0.34	56.78	6.63
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)
Chai ya Maziwa (Mixed Tea)	1 ceramic glass cup(s)	108.00	276.30	3.30	3.60	16.20	0.00
Bread, Brown	2 slice(s)	122.50	18.00	4.00	0.75	23.45	2.95
Total							

#### Lunch

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)					
Ugali (Refined Maize Flour Ugali)	1 piece (s)	296.00	125.60	6.80	3.80	54.60	8.00					
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)	138.00	190.90	9.89	4.37	10.35	8.74					
Chicken, unspecified part, w/o bone, meat&skin, grilled (without salt and fat)	100 gram(s)	228.00	55.20	24.00	14700.00	0.00	0.00					
Total								1909.20	1426.09	75.55	14751.41	35.36

Mid Afternoon							
Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Yoghurt, cow milk, whole, plain	1 250ml Container	212.50	205.00	7.25	7.75	28.25	0.00
Total							

  

Supper							
Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Yam Stew	1 serving spoon(s)	141.00	115.05	2.25	3.60	22.95	3.75
Sweet Potato Leaves stir fried) kijoto	1 serving spoon(s)	165.60	85.79	4.49	14.60	1.61	5.29
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	1909.20	1426.09	75.55	14751.41	235.79	35.36



## DIET ANALYSIS REPORT

## Contact Us :

Phone : 0748780150

Email : picolinawellness@gmail.com

Website : www.picolinawellness.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)
Cassava, root, white, peeled, boiled, drained (without salt)	1 small root	45.90	1.19	17.00	28.90	290.70	1.70	0.44	1.70
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)
Chai ya Maziwa (Mixed Tea)	1 ceramic glass cup(s)	126.00	0.00	15.00	120.00	135.00	45.00	0.63	3.00
Bread, Brown	2 slice(s)	28.00	1.30	29.00	67.00	95.50	223.00	0.65	6.50
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 (Refined Maize Flour Ugali)	1 piece (s)	24.00	2.20	66.00	316.00	194.00	16.00	1.62	8.00
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)	423.20	7.59	89.70	239.20	561.20	400.20	1.61	18.40
Chicken, unspecified part, w/o bone, meat&skin, grilled (without salt and fat)	100 gram(s)	15.00	2.90	19.00	249.00	156.00	70.00	1.14	21.00
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)
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									

Supper									
Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Yam Stew	1 serving spoon(s)	19.50	1.05	21.00	69.00	418.50	520.50	0.32	0.00
Sweet Potato Leaves stir fried) kijoto	1 serving spoon(s)	111.55	1.03	58.65	35.65	575.00	745.20	0.30	1.15
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	1585.65	18.06	379.35	1786.25	3230.90	2236.60	9.78	73.75



## DIET ANALYSIS REPORT

**Contact Us :**  
 Phone : 0748780150  
 Email : picolinawellness@gmail.com  
 Website : www.picolinawellness.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)	Cholesterol (mg)	Oxalic Acid (mg)	Phytate (mg)
Cassava, root, white, peeled, boiled, drained (without salt)	1 small root	1.70	1.70	0.00	10.20	0.26	0.02	0.51	25.50	25.50	0.00	39.10	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)
Chai ya Maziwa (Mixed Tea)	1 ceramic glass cup(s)	42.00	42.00	0.00	18.00	0.00	0.00	0.00	3.00	3.00	0.51	0.00	921.00	0.00	0.00
Bread, Brown	2 slice(s)	0.00	0.00	0.00	0.00	0.11	0.00	1.70	18.50	18.50	0.02	0.00	8.00	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)
Ugali (Refined Maize Flour Ugali)	1 piece (s)	0.00	0.00	0.00	0.00	0.18	0.08	1.60	42.00	42.00	0.00	0.00	0.00	0.00	440.00
Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade)	2 serving spoon(s)	303.60	561.20	43.70	3105.00	0.05	0.51	0.92	184.00	184.00	0.57	37.03	16.00	0.00	27.60
Chicken, unspecified part, w/o bone, meat&skin, grilled (without salt and fat)	100 gram(s)	72.00	72.00	72.00	0.00	0.11	0.13	6.60	9.00	9.00	1.00	1.00	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)
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															

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)
Yam Stew	1 serving spoon(s)	51.00	100.50	0.00	606.00	0.09	0.03	0.60	22.50	22.50	0.00	7.80	0.00	0.00	24.00
Sweet Potato Leaves stir fried) kijoto	1 serving spoon(s)	158.70	317.40	0.00	1900.95	0.08	0.30	1.03	2.30	2.30	0.00	9.32	0.00	0.00	17.25
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	855.00	1325.80	336.70	5697.65	1.13	2.47	13.21	330.80	330.80	5.60	94.25	945.00	0.00	508.85



## DIET ANALYSIS REPORT

### Contact Us :

Phone : 0748780150  
Email : picolinawellness@gmail.com  
Website : www.picolinawellness.com

### ANALYSIS RESULTS

Nutrients	Reference	Your Intake Results	Comment
Energy (Kcals)	1945.3	1909.20	...
Water (mls)	1945.3	1426.09	...
Protein (g)	72.9	75.55	...
Fat (g)	64.8	14751.41	...
Fibre (g)	25.0	35.36	...
Carbohydrate (g)	267.5	235.79	...
Calcium (mg)	1000.0	1585.65	...
Iron (mg)	18.0	18.06	...
Magnesium (mg)	320.0	379.35	...
Phosphorous (mg)	700.0	1786.25	...
Potassium (mg)	4700.0	3230.90	...
Sodium (mg)	2300.0	2236.60	...
Zinc (mg)	8.0	9.78	...
Selenium (mcg)	55.0	73.75	...
Vit_A_RAE (mcg)	700.0	855.00	...
Vit_A_RE (mcg)	0.0	1325.80	...
Retinol (mcg)	0.0	336.70	...
B_Carotene (mcg)	0.0	5697.65	...
Thiamin (mg)	1.1	1.13	...
Riboflavin (mg)	1.1	2.47	...
Niacin (mg)	14.0	13.21	...
Dietary Folate (mcg)	400.0	330.80	...
Food Folate (mcg)	0.0	330.80	...
Vit_B_12 (mcg)	2.4	5.60	...
Vit_C (mg)	75.0	94.25	...
Cholestrol (mg)	300.0	945.00	...
Oxalic_Acid_OXALAC (mg)	0.0	0.00	...
Phytate (mg)	0.0	508.85	...





NUTRITIONIST REPORT

**Contact Us :**  
Phone : 0748780150  
Email : [picolinawellness@gmail.com](mailto:picolinawellness@gmail.com)  
Website : [www.picolinawellness.com](http://www.picolinawellness.com)

**Nutritionist Report :**

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