



## DIET ANALYSIS REPORT

## Contact Us :

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**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**

Food	Amount of Serving(s)
Ndazi Basic (mandazi ya kawaida)	2 small
Chai ya Maziwa (Mixed Tea)	1 ceramic glass cup(s)
Banana, ripe cavendish, raw	1 medium size

**Mid Morning**

Food	Amount of Serving(s)
Egg Toast	1 slice(s)
Banana, ripe cavendish, raw	1 medium size

**Lunch**

Food	Amount of Serving(s)
Arrowroot Stew	2 serving spoon(s)

**Mid Afternoon**

Food	Amount of Serving(s)
Milk, cow, whole, fermented (Lala - Industrial)	1 glass(s)

**Supper**

Food	Amount of Serving(s)
Mukimo (Maize, Beans, Potatoes & Pumpkin Leaves)	1 serving bowl(s)
Mudfish (kamongo), fillet, grilled (without salt and fat)	1 small fillet

**Late Supper**

Food	Amount of Serving(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)
Ndazi Basic (mandazi ya kawaida)	2 small	340.00	28.20	6.40	12.90	48.70	2.10
Chai ya Maziwa (Mixed Tea)	1 ceramic glass cup(s)	108.00	276.30	3.30	3.60	16.20	0.00
Banana, ripe cavendish, raw	1 medium size	85.50	66.96	0.97	0.27	18.54	2.48
Total							

#### Mid Morning

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Egg Toast	1 slice(s)	140.00	20.15	6.25	5.35	16.20	0.95
Banana, ripe cavendish, raw	1 medium size	85.50	66.96	0.97	0.27	18.54	2.48
Total							

#### Lunch

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Arrowroot Stew	2 serving spoon(s)	273.00	233.40	5.70	6.90	44.70	5.40
Total							

#### Mid Afternoon

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Milk, cow, whole, fermented (Lala - Industrial)	1 glass(s)	162.50	220.75	7.00	10.25	10.25	0.00
Total							

#### Supper

Food	No of Serving Item(s)	Energy (ml/g)	Water (g)	protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)
Mukimo (Maize, Beans, Potatoes & Pumpkin Leaves)	1 serving bowl(s)	472.00	268.40	20.00	2.80	82.00	19.20
Mudfish (kamongo), fillet, grilled (without salt and fat)	1 small fillet	212.80	114.88	37.12	7.20	0.00	0.00
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	1879.30	1296.00	87.71	49.54	255.13	32.61



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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)
Ndazi Basic (mandazi ya kawaida)	2 small	136.00	3.50	19.00	331.00	350.00	241.00	0.52	0.00
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
Banana, ripe cavendish, raw	1 medium size	9.00	0.27	23.40	33.30	168.30	0.00	0.32	0.00
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)
Egg Toast	1 slice(s)	28.00	1.05	12.50	83.50	76.00	293.50	0.60	10.00
Banana, ripe cavendish, raw	1 medium size	9.00	0.27	23.40	33.30	168.30	0.00	0.32	0.00
Total									

## Lunch

Food	No of Serving Item(s)	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
Arrowroot Stew	2 serving spoon(s)	33.00	2.70	54.00	123.00	1293.00	750.00	1.32	3.00
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)
Milk, cow, whole, fermented (Lala - Industrial)	1 glass(s)	250.00	0.25	25.00	345.00	315.00	90.00	0.85	7.50
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 (Maize, Beans, Potatoes & Pumpkin Leaves)	1 serving bowl(s)	152.00	8.00	144.00	636.00	1744.00	1064.00	2.96	8.00
Mudfish (kamongo), fillet, grilled (without salt and fat)	1 small fillet	48.00	0.96	44.80	252.00	532.80	72.00	2.22	78.40
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	791.00	17.00	361.10	1957.10	4782.40	2555.50	9.74	109.90



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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)
Ndazi Basic (mandazi ya kawaida)	2 small	48.00	48.00	48.00	1.00	0.46	0.29	3.00	230.00	17.00	0.40	0.00	0.00	0.00	58.00
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
Banana, ripe cavendish, raw	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															
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)
Egg Toast	1 slice(s)	53.00	53.00	53.00	0.00	0.07	0.14	1.10	23.50	23.50	0.50	0.00	125.00	0.00	7.00
Banana, ripe cavendish, raw	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															
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)
Arrowroot Stew	2 serving spoon(s)	144.00	285.00	0.00	1710.00	0.27	0.15	3.30	39.00	39.00	0.00	15.90	0.00	0.00	57.00
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)	Cholesterol (mg)	Oxalic Acid (mg)	Phytate (mg)
Milk, cow, whole, fermented (Lala - Industrial)	1 glass(s)	85.00	85.00	85.00	0.00	0.00	0.50	0.00	0.00	0.00	0.57	0.00	28.00	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 (Maize, Beans, Potatoes & Pumpkin Leaves)	1 serving bowl(s)	16.00	36.00	0.00	208.00	0.32	0.20	3.60	192.00	192.00	0.00	10.80	0.00	0.00	492.00
Mudfish (kamongo), fillet, grilled (without salt and fat)	1 small fillet	17.60	17.60	17.60	0.00	0.13	0.06	5.60	22.40	22.40	6.40	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)
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	414.60	582.80	203.60	2037.80	1.33	1.42	17.24	549.50	336.50	8.38	33.90	1074.00	0.00	614.00



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### ANALYSIS RESULTS

Nutrients	Reference	Your Intake Results	Comment
Energy (Kcals)	1945.3	1879.30	...
Water (mls)	1945.3	1296.00	...
Protein (g)	72.9	87.71	...
Fat (g)	64.8	49.54	...
Fibre (g)	25.0	32.61	...
Carbohydrate (g)	267.5	255.13	...
Calcium (mg)	1000.0	791.00	...
Iron (mg)	18.0	17.00	...
Magnesium (mg)	320.0	361.10	...
Phosphorous (mg)	700.0	1957.10	...
Potassium (mg)	4700.0	4782.40	...
Sodium (mg)	2300.0	2555.50	...
Zinc (mg)	8.0	9.74	...
Selenium (mcg)	55.0	109.90	...
Vit_A_RAE (mcg)	700.0	414.60	...
Vit_A_RE (mcg)	0.0	582.80	...
Retinol (mcg)	0.0	203.60	...
B_Carotene (mcg)	0.0	2037.80	...
Thiamin (mg)	1.1	1.33	...
Riboflavin (mg)	1.1	1.42	...
Niacin (mg)	14.0	17.24	...
Dietary Folate (mcg)	400.0	549.50	...
Food Folate (mcg)	0.0	336.50	...
Vit_B_12 (mcg)	2.4	8.38	...
Vit_C (mg)	75.0	33.90	...
Cholestrol (mg)	300.0	1074.00	...
Oxalic_Acid_OXALAC (mg)	0.0	0.00	...
Phytate (mg)	0.0	614.00	...





## NUTRITIONIST REPORT

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### Nutritionist Report :

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