

Nutrition Report

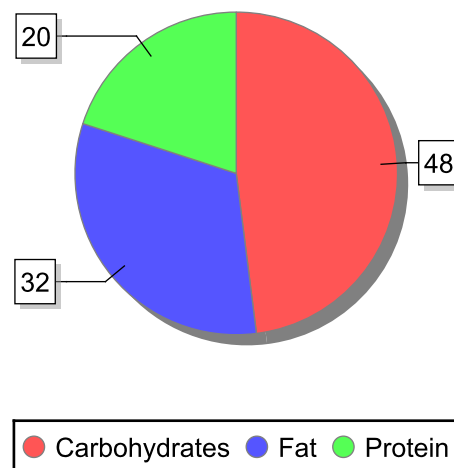
John

DOB : 07/09/1972

Age : 50

Report Generated on November 12, 2022

Nutrient ▲	Total	Goal	Left
Calcium	62%	100%	38%
Carbohydrates	180g	206g	26g
Cholesterol	84mg	300mg	216mg
Fat	60g	55g	-5g
Fiber	20g	38g	18g
Iron	38%	100%	62%
Potassium	2000mg	3500mg	1500mg
Protein	62g	83g	21g
Sodium	2200mg	2300mg	100mg
Sugars	68g	62g	-6g



Food Name	Meal Time	Fat	Protein	Carbohydrate	Total Calories
banana	breakfast	0	1	28	116
avocado	breakfast	22	3	13	262
milk	breakfast	8	8	12	152
chicken	lunch	2	26	0	122
rice	lunch	0	26	45	284
egg	lunch	5	6	0	69
potato	lunch	5	4	37	209
oats	dinner	5	13	51	301
	Calories	423	348	204	1515