

Feb 4, 2024 to Feb 10, 2024

Energy Summary



Consumed



Burned



Over

Macronutrient Targets

Energy

2818 (2762 net) kcal / 2029 kcal 139%

Protein

85.1 g / 126.8 g 67%

Net Carbs

373.9 g / 228.3 g 164%

Fat

86.0 g / 67.6 g 127%

Nutrient Targets

Nutrition Scores



All Targets



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UPGRADE

Highlighted Nutrients



Fiber



Iron



Calcium



Vit.A



Vit.C



Vit.B12



Folate



Potassium

General			
Energy	2817.5 kcal		139%
Alcohol	0.1 g		N/T
Caffeine	54.0 mg		N/T
Water	2114.2 g		57%

Carbohydrates			
Carbs	402.1 g		151%
Fiber	26.1 g		69%
Starch	156.7 g		N/T
Sugars	145.6 g		N/T
Added Sugars	66.5 g		N/T
Net Carbs	373.9 g		164%

Lipids			
Fat	86.0 g		126%
Monounsaturated	24.0 g		N/T
Polyunsaturated	22.1 g		N/T
Omega-3	2.7 g		170%
Omega-6	18.3 g		108%
Saturated	32.5 g		n/a
Trans-Fats	1.6 g		n/a
Cholesterol	246.6 mg		N/T

Protein			
Protein	85.1 g		67%
Cystine	1.0 g		152%
Histidine	2.2 g		228%
Isoleucine	3.5 g		268%
Leucine	6.0 g		211%
Lysine	4.7 g		181%
Methionine	1.7 g		266%
Phenylalanine	3.5 g		309%
Threonine	3.1 g		225%
Tryptophan	1.1 g		317%
Tyrosine	2.8 g		249%
Valine	4.0 g		246%

Vitamins			
B1 (Thiamine)	1.8 mg		151%
B2 (Riboflavin)	1.8 mg		141%
B3 (Niacin)	20.7 mg		130%
B5 (Pantothenic Acid)	5.2 mg		104%
B6 (Pyridoxine)	2.1 mg		165%
B12 (Cobalamin)	3.8 µg		157%
Folate	497.6 µg		124%
Vitamin A	400.8 µg		45%
Vitamin C	91.5 mg		102%
Vitamin D	149.2 IU		25%
Vitamin E	7.0 mg		47%
Vitamin K	147.4 µg		123%

Minerals			
Calcium	1018.4 mg		102%
Copper	1.1 mg		124%
Iron	14.5 mg		181%
Magnesium	237.4 mg		59%
Manganese	3.0 mg		132%
Phosphorus	1250.1 mg		179%
Potassium	2809.6 mg		83%
Selenium	122.8 µg		223%
Sodium	3922.2 mg		261%
Zinc	10.3 mg		93%

N/T = No Target

I think this report gives me a great overview of how many calories gain and burn. It also let me know I need more protein and fiber and less carbohydrate.

From this report, I found out I have more intake of carbohydrates and fat than my body needs. And I have gained about 10 pounds over the course of 1 year. 10 pounds does not seem too bad; however, I have a big fat belly now. I felt like I was 30 years old instead of only 22 years old. I feel tired when I climb up a three-story building which did not happen before then. I think one of my habits is the major issue here. I like to sit immediately after I finish my food and stare at the computer all day without any exercise, I think that's why my belly is getting bigger. The reason why that is the case is because I don't have extra time to exercise in school other than walking from class to class.

Moreover, I like eating fried chicken or other fried food and fast food which is convenient for me to get around campus. I am not saying I am unable to access healthier food, but healthier food is usually more expensive and does not taste as good as fast food in my opinion. The report also shows I need more food that contains fiber which is vegetables. I think fresh vegetables are more expensive now than frozen produce. I usually don't eat vegetables or don't buy them at the grocery at all. The report also shows I need to double my vitamin A to reach what my body needs. I am not surprised since I don't eat vegetables because a lot of food that contains vitamin A is vegetable. I do drink milk and eat eggs every day, but this is not enough vitamin A for my body. I really need to eat more vegetables and try to buy fresh produce instead of frozen ones. The report also shows I need more vitamin D which I think this is due to a lack of outdoor exercise especially not being exposed to the sun enough. Fish is also containing a lot of vitamin D, but fish is expensive more than other produce in the market, and this more true for fresh fish. I think I should go out on sunny days and eat more fish even frozen fish help me to gain more vitamin D. I also learned I need more magnesium which helps my body reduce fat and carbohydrates faster. Coffee, tea, and beans are great sources to get magnesium. I am not surprised at this one because I don't drink tea and coffee, I like to drink water which is a good thing, but I think I need to drink some more tea and coffee just to get some more magnesium in my body. I think this will also allow me to lose my belly fat. The report also shows I need more Vitamin E as well. Vitamin E is usually found in seeds and grains. I love eating rice, but rice is mainly carbohydrate which is not too good for my body when I eat it every day. I think I need to eat some grain as well so I can balance my carbohydrates. The report shows I have too much sodium than my body needs which is extremely bad for my body. I think this is because I am eating too much fried food because I like strong taste and most of them are salty or over seasoning. This will cause High blood pressure and Kidney stones and increase the chance of getting heart disease which is the number one cause of death in all ages. I think I need to eat food that is light and not use too much condiment since it contains a lot of sodium.

From this report, I realize I need to do more exercise and eat healthier. I will try to cook food at home using fresh produce and eating less carbohydrate food to reduce fat. This assignment and this report convinced me that health is the most important thing for us and we need to take care of ourselves and take some action to approach more healthier lifestyle. And the Cronometer app provides great feedback on how the things I ate in the past three days can affect my health. I will keep using this app to make progress in cutting my weight and getting a better and healthier life.