

Calories advisor App

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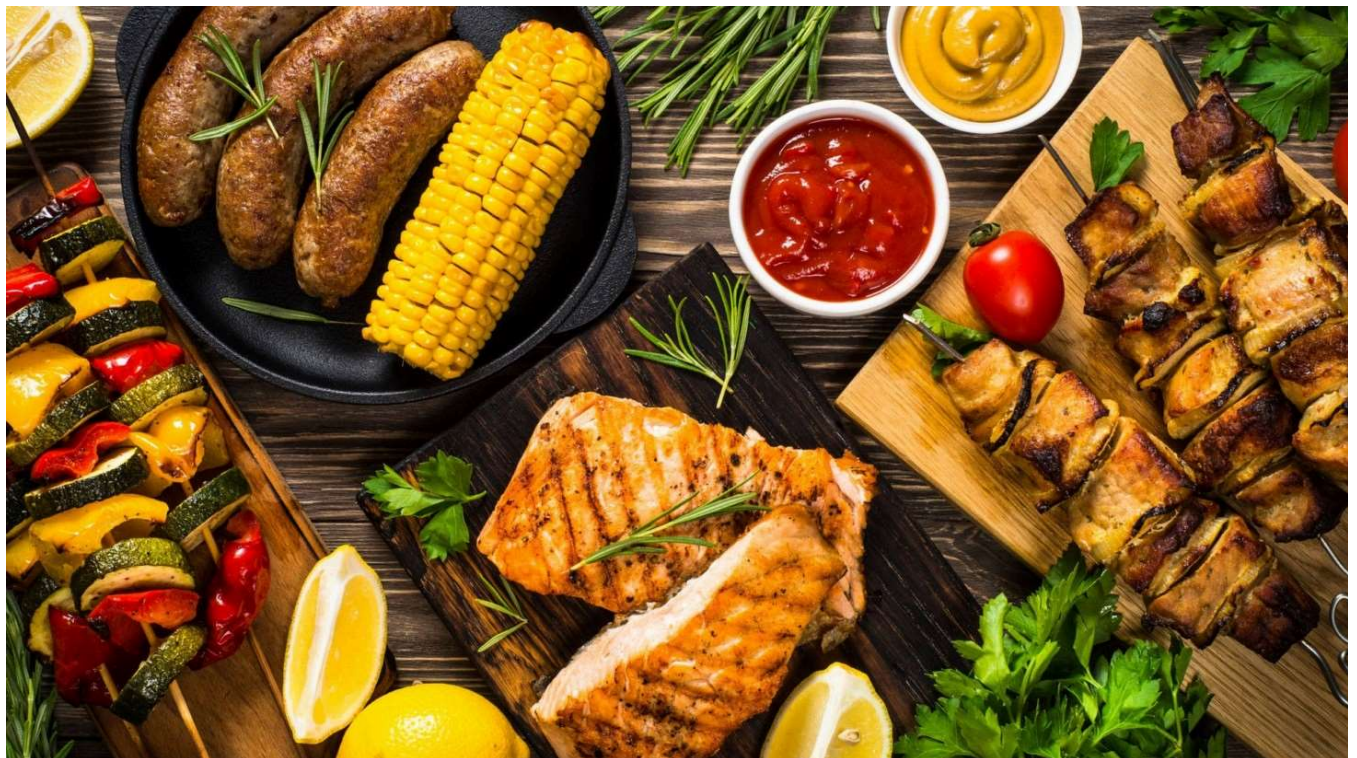
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food-4k-1pf6px6ryqfjtnyr.jpg 0.5MB



Uploaded Image.

Tell me about the total calories

The Response is.

It is impossible to calculate the exact calories from an image alone. To determine the exact calorie content, I need to know the specific ingredients, portion sizes, and cooking methods used. However, I can provide you with an estimate of the calories and a nutritional breakdown.

Estimated Calorie Breakdown:

1. **Grilled Sausages (3 sausages):** ~ 600-750 calories (assuming 200-250 calories per sausage depending on size and type)
2. **Grilled Corn on the Cob (1 ear):** ~ 100-150 calories
3. **Grilled Salmon (2 fillets):** ~ 400-600 calories (assuming 200-300 calories per fillet depending on size)

4. **Pork Skewers (3 skewers):** ~ 500-700 calories (highly variable depending on the amount and cuts of meat)
5. **Vegetable Skewer (1 skewer):** ~ 100-150 calories (depending on the types and quantities of vegetables used)

Total Estimated Calories: ~ 1700 - 2350 calories

Nutritional Breakdown (Estimate):

This meal is high in:

- **Protein:** From the salmon, sausages, and pork.
- **Fat:** Sausages, pork, and salmon skin contain fat. The cooking oil used also adds fat.
- **Carbohydrates:** Primarily from the corn on the cob.

This meal is likely low in:

- **Fiber:** While the vegetables provide some fiber, the overall amount in this meal is likely low.
- **Certain Vitamins and Minerals:** Depends on the specific vegetables used, but overall this meal may be lacking in variety.

Healthy or Unhealthy?

This meal is a mixed bag in terms of health. Here's why:

- **Positives:**
 - **Protein:** Excellent sources of protein for muscle building and repair.
 - **Salmon:** Rich in heart-healthy omega-3 fatty acids.
 - **Vegetables:** Provide vitamins, minerals, and antioxidants.
- **Negatives:**
 - **High in Saturated Fat:** Processed meats like sausages and some cuts of pork can be high in saturated fat, which can raise cholesterol levels.
 - **High in Sodium:** Processed meats and sauces are often high in sodium.
 - **Limited Fiber:** Low in fiber, which is essential for digestion and blood sugar control.
 - **Calorie-Dense:** This meal could be very high in calories depending on portion sizes and cooking methods.

Recommendations for a Healthier Meal:

- **Choose leaner protein sources:** Opt for chicken breast, fish, or lean cuts of pork.
- **Limit processed meats:** Reduce the number of sausages or choose lower-fat varieties.
- **Load up on vegetables:** Add more vegetable skewers or a side salad for increased fiber, vitamins, and minerals.
- **Control portion sizes:** Be mindful of the quantity of each food group you consume.

- **Choose healthier cooking methods:** Grill, bake, or broil instead of frying to reduce added fat.

Important Note: This is just a general assessment. Individual dietary needs and health conditions vary greatly. It's always best to consult with a registered dietitian or your healthcare provider for personalized nutritional advice.