

Nutrition Report

Spirkin, Max
DOB:05/07/2002
Age:21

Report Generated on 18, 2023

Nutrient ▲	Total	Goal	Left
Calcium	62%	100%	38%
Carbonydrates	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

