

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 |