Login Nutrition Calculator
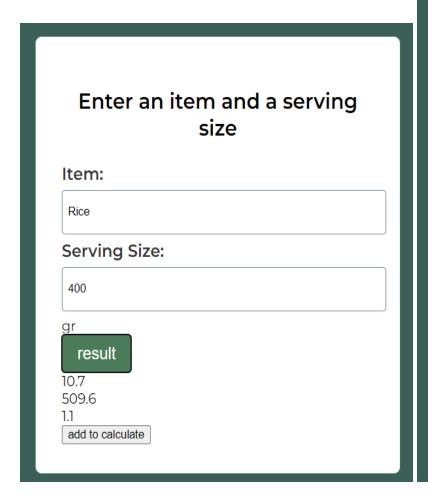
Username:

Password:

Login

Enter an item and a serving size

Item:

e.g: banana

Serving Size:

e.g: 200

gr

result

protein

calories

fat

add to calculate

Nutrition Data

name

serving size

protein

calories

fat

protein

calories

fat

Enter an item and a serving size

Item:

Rice

Serving Size:

400

gr

result

10.7
509.6
1.1

add to calculate

Nutrition Data

name

serving size

protein

calories

fat

Rice

400

10.7

509.6

1.1

burger

400

60.9

950.8

46.2

protein

calories

fat