

# Nutrition Report

Barbosa, Wilson

DOB : 21/06/1989

AGE : 34

Report Generated on April 29, 2024

Nutrient	Total	Goal	Left
Iron	20mg	40mg	20mg
protein	120g	500g	380g
minerals	80mg	110mg	30mg
fat	200g	300g	100g
sugar	80g	110g	30g
sodium	50mg	80mg	30mg
carbs	175g	200g	25g
calcium	70g	80g	10g
fiber	80g	110g	30g

