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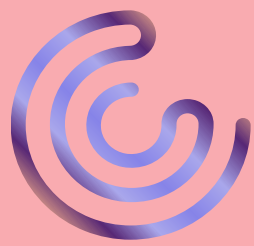
We Help You Be The
Best Version Of
Yourself



SEARCH FOODS

CALCULATE MY BMI

DAILY CALORIES



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Diet Tracking Made Easy

Search Foods*

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Diet Tracking Made Easy

*Invalid input, try again

Or input my own meal

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470
Calories

Carbs

16g

Fat

20g

Protein

30g

Burger

1 Servings per container

Serving size 1 cup (140g)

Amount per serving

Calories **470**

% Daily Value*

Total Fat 20g **10%**

Saturated Fat 8g **10%**

Trans Fat 8g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 16g **8%**

Dietary Fiber 3g **11%**

Total Sugars 15g

Protein 30g **10%**



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4 Matches Found

[Apple](#)

See More

94 Calories

[Apple](#)

See More

105 Calories

[Apple](#)

See More

90 Calories

[Apple](#)

See More

96 Calories



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Error

No Matches Found, Try Again



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My Meals

4 Meals Found

Apple	See More
94 Calories	
Apple	See More
105 Calories	
Apple	See More
90 Calories	
Apple	See More
96 Calories	

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BMI Calculator

Name Of Meal Or Food Item

Height (Feet)

Weight (Pounds)

Your BMI:

0.00



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BMI Calculator

*Invalid input(s), try again

Height (Feet)

Weight (Pounds)

Calculate

Your BMI:

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BMI Calculator

Height (Feet)

Weight (Pounds)

Calculate

Your BMI: 25.8

Overweight



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Input My Own Meal

Name Of Meal Or Food Item

Calories

Fat (g)

Carbohydrates (g)

Protein (g)

Save Meal

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Input My Own Meal

*Invalid input(s), try again

Name Of Meal Or Food Item

Calories

Fat (g)

Carbohydrates (g)

Protein (g)

Save Meal

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