

Press 1 to log Food

Press 2 to print nutrient values

Press 0 to EXIT

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--ENTER DATE YOU WANT NUTRITION VALUES FOR--

Enter a year: 2024

Enter a month: 04

Enter a day: 09

--Nutrient values for 2024-04-09--

YOU ATE: Hummus

NUTRIENTS

Water: 56.3 G

Nitrogen: 1.28 G

Total lipid (fat): 19.0 G

Ash: 1.98 G

Phosphorus, P: 188.0 MG

Manganese, Mn: 1.21 MG

Potassium, K: 326.0 MG

Calcium, Ca: 46.0 MG

Sodium, Na: 446.0 MG

Niacin: 0.82 MG
YOU ATE: Milk, 2%

NUTRIENTS

Glucose: 0.0 G

Lactose: 5.03 G

Maltose: 0.0 G

Galactose: 0.0 G

Fructose: 0.0 G

Sucrose: 0.0 G

Thiamin: 0.057 MG

Vitamin B-12: 0.53 UG

Riboflavin: 0.13 MG

Vitamin B-6: 0.064 MG

Glucose: 0.0 G

Sucrose: 0.0 G

Fructose: 0.0 G

Galactose: 0.0 G