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📅

Oct 23

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DAILY TARGET EDITOR

🔒

Thu - Default Macronutrient Targets

🍏+

FOOD

🏃+

EXERCISE

💓+

BIOMETRIC

📝+

NOTE

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🕒+

FAST

Uncategorized

-130 kcal • 0 g protein • 0 g carbs • 0 g fat

🏃

Stair Treadmill, Hard

15

minutes

-130

kcal

Breakfast

650 kcal • 40 g protein • 63 g carbs • 24 g fat

🍏

Starabuck's, Turkey, Provolone & Pesto on Ciabatta

1

Serving

520

kcal

🍏

Starbucks, Iced Caffe Latte, 2% Milk, 2 Shots, Grande

1

× 16 fl oz

130

kcal

Lunch

Dinner

314 kcal • 13 g protein • 47 g carbs • 6 g fat

🍏

Ace, California Roll Sushi

1

package

230

kcal

🍏

Miso Soup

1

cup

84

kcal

Snacks

199 kcal • 2 g protein • 41 g carbs • 3 g fat

🍏

Ocean Bomb, Bubble Milk Tea, Thai Tea

1

× 10.60 fl oz (315 mL)

199

kcal

Water

24 / 64 fl oz

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Water added here will contribute to your total water nutrient target.

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Support

16 / 125.11 fl oz

38%

https://cronometer.com/#diary

1/5

+ ADD CUSTOM ⚙️ WATER SETTINGS

Energy Summary

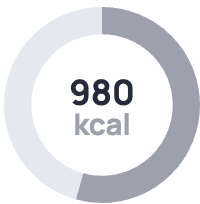
TARGET ↕️



Consumed



Expenditure



Remaining

Targets

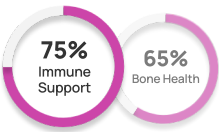
CONSUMED ↕️

Energy	1163 (1033 net) / 2143 kcal	54%
Protein	55.0 / 133.9 g	41%
Net Carbs	150.9 / 241.1 g	63%
Fat	32.9 / 71.4 g	46%

Nutrient Targets

🔍 SUGGEST FOOD

Nutrition Scores



Get more with Cronometer Gold
Upgrade to view full set of nutrition scores representing well researched health concepts

UPGRADE

Highlighted Nutrients

18% 35% 13% 0% 5% 0% 0% 18%

<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>							
General Fiber	Iron	Calcium	Vit.A	Vit.C	Vit.B12	Folate	Potassium
Energy				1163.0 kcal	<div></div>		54%
Alcohol				0.0 g	<div></div>		N/T
Caffeine				150.0 mg	<div></div>		N/T
Water				1424.4 g	<div></div>		38%

Carbohydrates

Carbs	157.8 g	<div></div>	57%
Fiber	6.9 g	<div></div>	18%
Starch	0.0 g	<div></div>	N/T
Sugars	55.6 g	<div></div>	N/T
Added Sugars	32.0 g	<div></div>	N/T
Net Carbs	150.9 g	<div></div>	63%

Lipids

Fat	32.9 g	<div></div>	46%
Monounsaturated	1.1 g	<div></div>	N/T
Polyunsaturated	1.4 g	<div></div>	N/T
Omega-3	0.0 g	<div></div>	0%
Omega-6	0.0 g	<div></div>	0%
Saturated	11.1 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a
Cholesterol	95.0 mg	<div></div>	N/T

Protein

Protein	55.0 g	<div></div>	41%
Cystine	0.0 g	<div></div>	0%
Histidine	0.0 g	<div></div>	0%

Isoleucine	0.0 g	<div></div>	0%
Leucine	0.0 g	<div></div>	0%
Lysine	0.0 g	<div></div>	0%
Methionine	0.0 g	<div></div>	0%
Phenylalanine	0.0 g	<div></div>	0%
Threonine	0.0 g	<div></div>	0%
Tryptophan	0.0 g	<div></div>	0%
Tyrosine	0.0 g	<div></div>	0%
Valine	0.0 g	<div></div>	0%

Vitamins

B1 (Thiamine)	0.0 mg	<div></div>	0%
B2 (Riboflavin)	0.0 mg	<div></div>	0%
B3 (Niacin)	0.0 mg	<div></div>	0%
B5 (Pantothenic Acid)	0.0 mg	<div></div>	0%
B6 (Pyridoxine)	0.0 mg	<div></div>	0%
B12 (Cobalamin)	0.0 µg	<div></div>	0%
Folate	0.0 µg	<div></div>	0%
Vitamin A	0.0 µg	<div></div>	0%
Vitamin C	4.8 mg	<div></div>	5%
Vitamin D	40.0 IU	<div></div>	7%
Vitamin E	0.0 mg	<div></div>	0%
Vitamin K	0.0 µg	<div></div>	0%

Minerals

Calcium	136.0 mg	<div></div>	14%
Copper	0.0 mg	<div></div>	0%
Iron	2.8 mg	<div></div>	35%
Magnesium	0.0 mg	<div></div>	0%
Manganese	0.0 mg	<div></div>	0%

Phosphorus	0.0 mg	<div></div>	0%
Potassium	637.0 mg	<div></div>	19%
Selenium	0.0 µg	<div></div>	0%
Sodium	2826.0 mg	<div></div>	188%
Zinc	0.0 mg	<div></div>	0%

N/T = No Target