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📅

Oct 24

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DAILY TARGET EDITOR

🔒

Fri - Default Macronutrient Targets

🍏+

FOOD

🏃+

EXERCISE

💓+

BIOMETRIC

📝+

NOTE

⋮

^

🕒+

FAST

Uncategorized

0 kcal • 0 g protein • 0 g carbs • 0 g fat

💓

Weight

110

lbs

Breakfast

150 kcal • 5 g protein • 23 g carbs • 3 g fat

🍏

Quaker Oats, Overnight Rolled Oats

1

× 1/2 cup dry

150

kcal

Lunch

1070 kcal • 55 g protein • 165 g carbs • 88 g fat

🍏

Dunkin Donuts, Wake Up Wrap, Bacon, Egg & Cheese

1

wrap

220

kcal

🍏

Dunkin' Donuts, French Vanilla Swirl Iced Macchiato with Skim Milk, Medium

1

Medium

230

kcal

🍏

Daves hot chicken slider

1

Serving

620

kcal

Dinner

122 kcal • 7 g protein • 13 g carbs • 4 g fat

🍏

Stuffed Pasta Shells, Cheese Filled, Tomato Sauce, without Meat

1

jumbo

122.46

kcal

Snacks

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

Total water

25.98 / 125.11 fl oz

21%

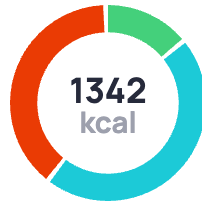
https://cronometer.com/#diary

1/5

[+ ADD CUSTOM](#)[⚙️ WATER SETTINGS](#)

Energy Summary

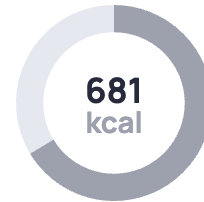
TARGET ↕



Consumed



Expenditure



Remaining

Targets

CONSUMED ↕

Energy

1342 / 2023 kcal

66%

Protein

66.5 / 126.4 g

53%

Net Carbs

201.2 / 227.6 g

88%

Fat ⓘ

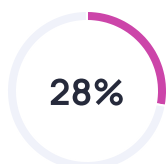
95.4 / 67.4 g

142%

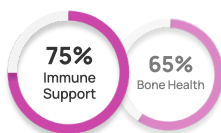
Nutrient Targets

[🔍 SUGGEST FOOD](#)

Nutrition Scores



All Targets

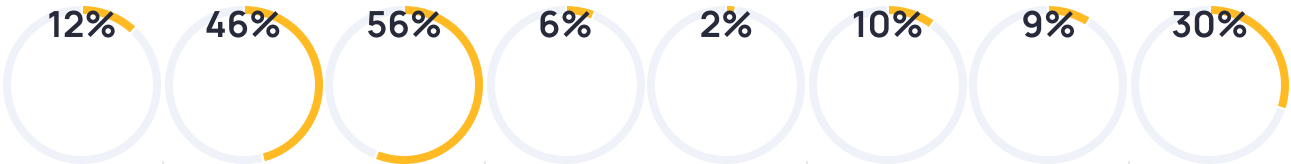


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representing well
researched health
concepts

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Highlighted Nutrients



Fiber		General	Iron	Calcium	Vit.A	Vit.C	Vit.B12	Folate	Potassium
Energy						1342.5 kcal	<div></div>		66%
Alcohol						0.0 g	<div></div>		N/T
Caffeine						0.0 mg	<div></div>		N/T
Water						768.3 g	<div></div>		21%

Carbohydrates									
Carbs						206.0 g	<div></div>		78%
Fiber						4.8 g	<div></div>		13%
Starch						10.2 g	<div></div>		N/T
Sugars						49.5 g	<div></div>		N/T
Added Sugars						32.2 g	<div></div>		N/T
Net Carbs						201.2 g	<div></div>		88%

Lipids									
Fat						95.4 g	<div></div>		142%
Monounsaturated						2.3 g	<div></div>		N/T
Polyunsaturated						1.4 g	<div></div>		N/T
Omega-3						0.0 g	<div></div>		3%
Omega-6						0.3 g	<div></div>		2%
Saturated						12.7 g	<div></div>		n/a
Trans-Fats						0.1 g	<div></div>		n/a
Cholesterol						151.2 mg	<div></div>		N/T

Protein									
Protein						66.5 g	<div></div>		53%
Cystine						0.1 g	<div></div>		18%
Histidine						0.2 g	<div></div>		28%

Isoleucine	0.3 g	<div><div></div></div>	32%
Leucine	0.6 g	<div><div></div></div>	28%
Lysine	0.5 g	<div><div></div></div>	27%
Methionine	0.2 g	<div><div></div></div>	33%
Phenylalanine	0.3 g	<div><div></div></div>	40%
Threonine	0.3 g	<div><div></div></div>	26%
Tryptophan	0.1 g	<div><div></div></div>	32%
Tyrosine	0.3 g	<div><div></div></div>	36%
Valine	0.4 g	<div><div></div></div>	30%

Vitamins

B1 (Thiamine)	0.3 mg	<div><div></div></div>	29%
B2 (Riboflavin)	0.2 mg	<div><div></div></div>	14%
B3 (Niacin)	1.2 mg	<div><div></div></div>	7%
B5 (Pantothenic Acid)	0.3 mg	<div><div></div></div>	6%
B6 (Pyridoxine)	0.1 mg	<div><div></div></div>	5%
B12 (Cobalamin)	0.3 µg	<div><div></div></div>	11%
Folate	36.8 µg	<div><div></div></div>	9%
Vitamin A	55.6 µg	<div><div></div></div>	6%
Vitamin C	1.8 mg	<div><div></div></div>	2%
Vitamin D	130.5 IU	<div><div></div></div>	22%
Vitamin E	0.5 mg	<div><div></div></div>	3%
Vitamin K	2.0 µg	<div><div></div></div>	2%

Minerals

Calcium	563.0 mg	<div><div></div></div>	56%
Copper	0.1 mg	<div><div></div></div>	7%
Iron	3.7 mg	<div><div></div></div>	47%
Magnesium	53.5 mg	<div><div></div></div>	13%
Manganese	0.1 mg	<div><div></div></div>	6%

Phosphorus	234.4 mg	<div><div></div></div>	33%
Potassium	1036.2 mg	<div><div></div></div>	30%
Selenium	9.5 µg	<div><div></div></div>	17%
Sodium	1101.8 mg	<div><div></div></div>	73%
Zinc	0.7 mg	<div><div></div></div>	6%

N/T = No Target