

Nutrition Report ?

View daily averages for a selected period of time.

Daily Averages for Last 7 days

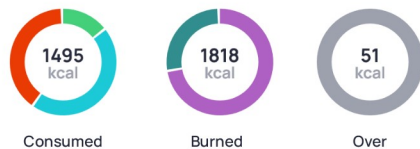
☒ Include Today

Filter Days Non-Empty ...

☒ Include Supplements

Oct 22, 2023 to Oct 28, 2023

Energy Summary



Macronutrient Targets



Nutrient Targets

Nutrition Scores



? Support

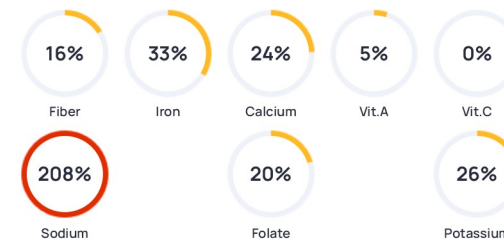
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Upgrade to view full set of nutrition scores representing well researched health concepts

UPGRADE

Highlighted Nutrients



General

Energy	1494.7 kcal	104%
Alcohol	0.0 g	N/T
Caffeine	7.4 mg	N/T
Water	656.1 g	24%

Carbohydrates

Carbs	154.2 g	75%
Fiber	4.1 g	16%
Starch	22.4 g	N/T
Sugars	40.4 g	N/T
Added Sugars	26.8 g	N/T
Net Carbs	150.1 g	83%

Lipids

Fat	59.7 g	124%
Monounsaturated	9.1 g	N/T
Polyunsaturated	5.4 g	N/T

Omega-3	0.7 g	<div><div></div></div>	64%
Omega-6	4.6 g	<div><div></div></div>	38%
Saturated	19.9 g	<div><div></div></div>	n/a
Trans-Fats	0.4 g	<div><div></div></div>	n/a
Cholesterol	171.2 mg	<div><div></div></div>	N/T

Protein

Protein	48.8 g	<div><div></div></div>	68%
Cystine	0.2 g	<div><div></div></div>	46%
Histidine	0.5 g	<div><div></div></div>	66%
Isoleucine	0.8 g	<div><div></div></div>	71%
Leucine	1.3 g	<div><div></div></div>	57%
Lysine	1.2 g	<div><div></div></div>	55%
Methionine	0.4 g	<div><div></div></div>	77%
Phenylalanine	0.8 g	<div><div></div></div>	81%
Threonine	0.7 g	<div><div></div></div>	59%
Tryptophan	0.2 g	<div><div></div></div>	59%
Tyrosine	0.6 g	<div><div></div></div>	62%
Valine	0.9 g	<div><div></div></div>	65%

Vitamins

B1 (Thiamine)	0.3 mg	<div><div></div></div>	28%
B2 (Riboflavin)	0.3 mg	<div><div></div></div>	27%
B3 (Niacin)	4.0 mg	<div><div></div></div>	28%
B5 (Pantothenic Acid)	0.6 mg	<div><div></div></div>	12%
B6 (Pyridoxine)	0.2 mg	<div><div></div></div>	13%
B12 (Cobalamin)	1.0 µg	<div><div></div></div>	41%
Folate	80.6 µg	<div><div></div></div>	20%
Vitamin A	35.3 µg	<div><div></div></div>	5%
Vitamin C	0.2 mg	<div><div></div></div>	0%
Vitamin D	93.4 IU	<div><div></div></div>	16%
Vitamin E	2.9 mg	<div><div></div></div>	19%
Vitamin K	14.0 µg	<div><div></div></div>	16%

Minerals

Calcium	243.6 mg	<div><div></div></div>	24%
Copper	0.2 mg	<div><div></div></div>	22%

Iron	6.0 mg	<div><div></div></div>	33%
Magnesium	37.2 mg	<div><div></div></div>	12%
Manganese	0.4 mg	<div><div></div></div>	22%
Phosphorus	186.4 mg	<div><div></div></div>	27%
Potassium	699.0 mg	<div><div></div></div>	27%
Selenium	26.5 µg	<div><div></div></div>	48%
Sodium	3129.9 mg	<div><div></div></div>	209%
Zinc	2.5 mg	<div><div></div></div>	32%

N/T = No Target