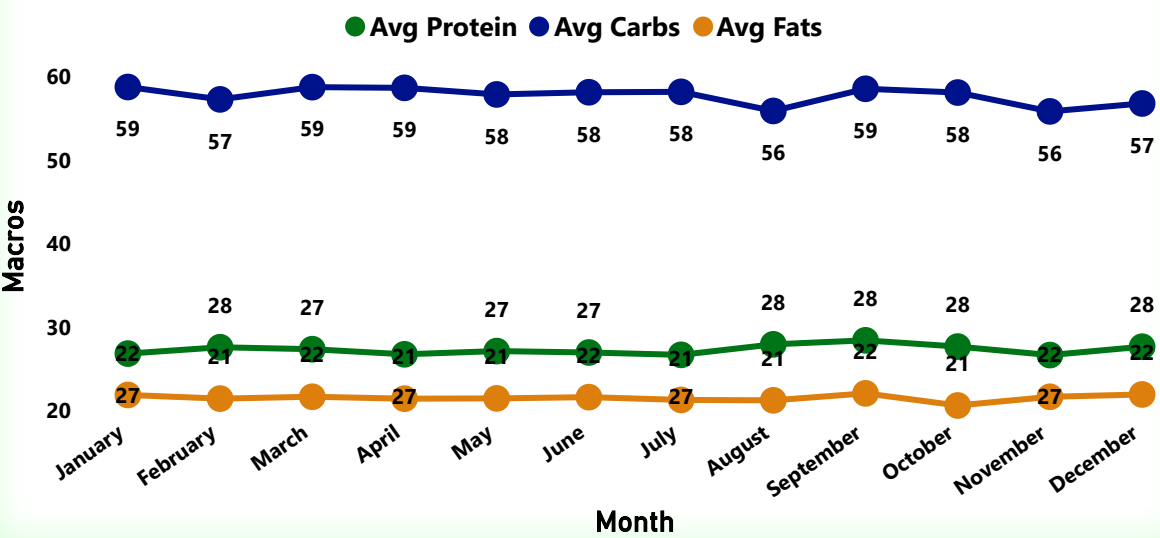


Nutrition Overview & Trends (Meal-Based)

Monthly Average Macro Nutrient Trends



Month

31-01-2022

31-12-2025

Avg Calories per Meal

474

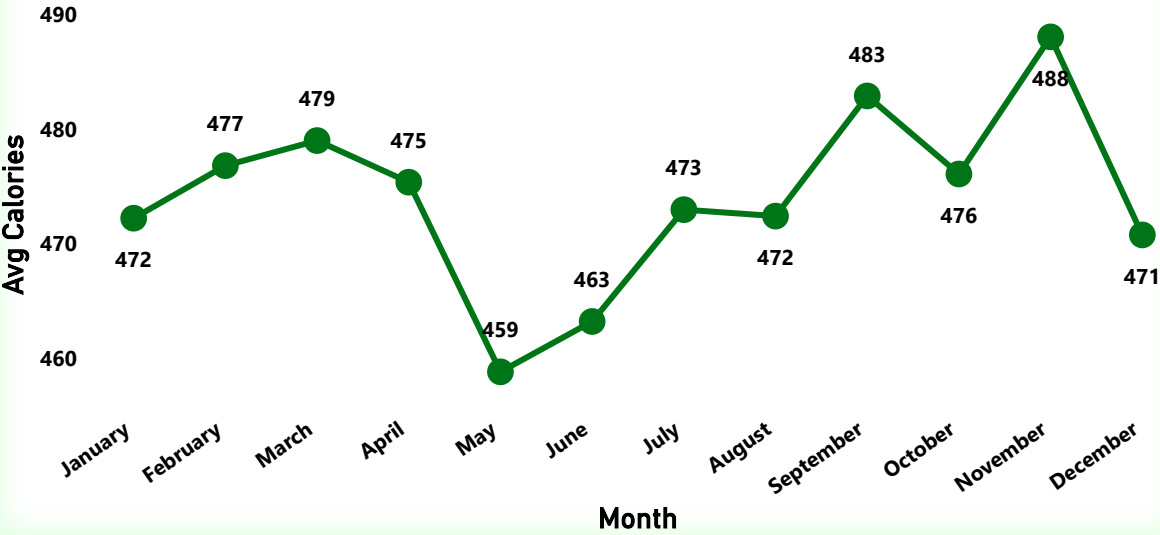
Avg Protein Intake (g)

27

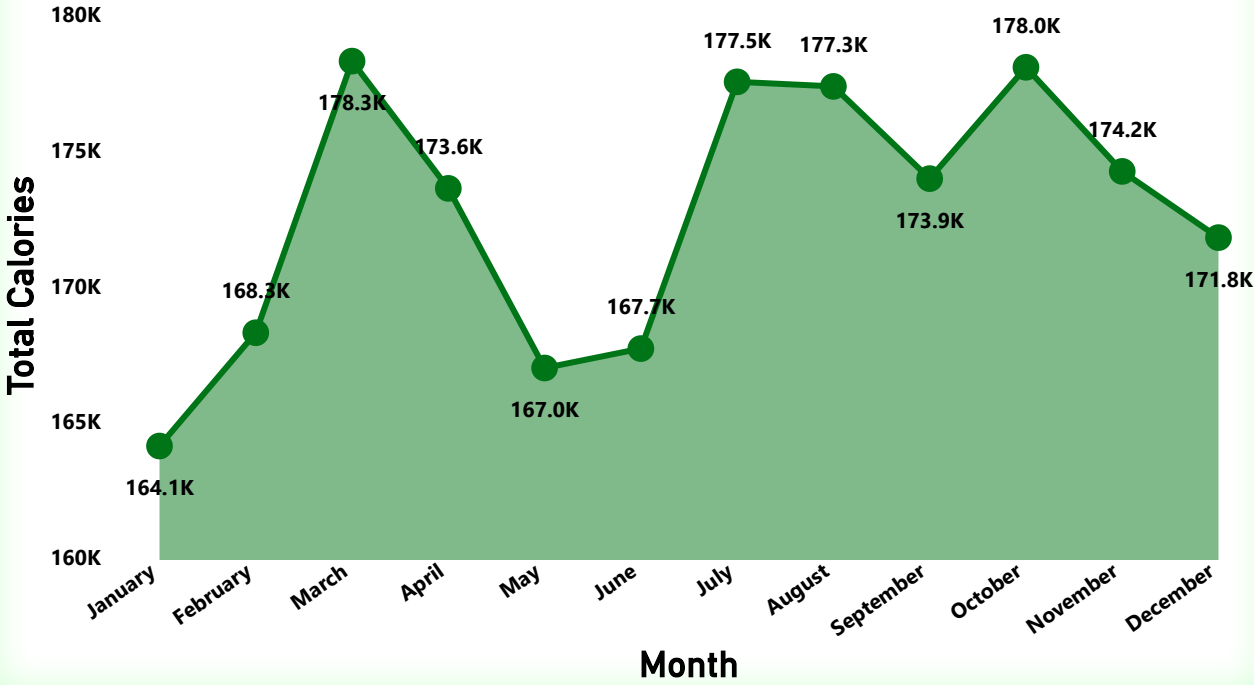
Avg Water Intake (ml)

655

Monthly Average Calorie Trend

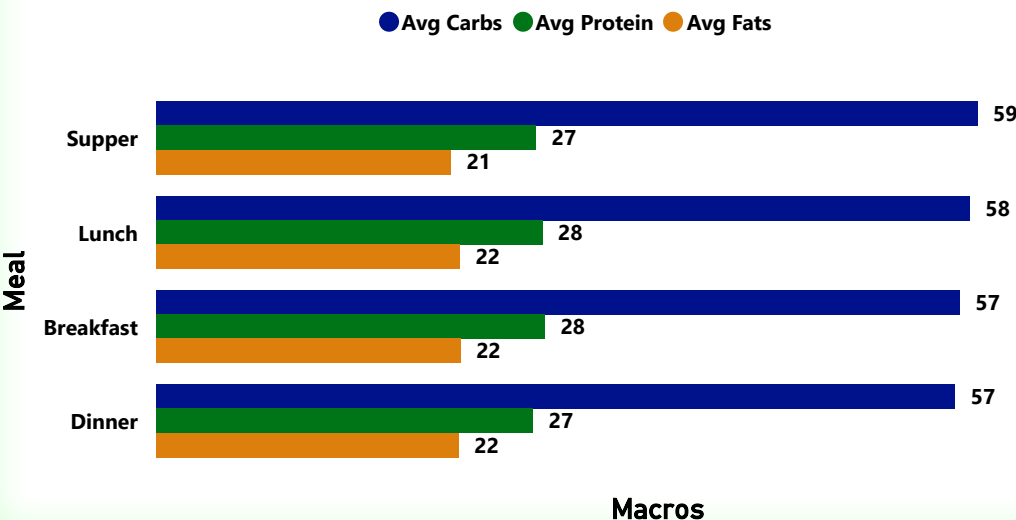


Total Calories Consumed per Month



Meal-wise Nutrition Behavior Analysis

Macro Nutrient Distribution by Meal



Avg Calories by Meal



Meal, Month

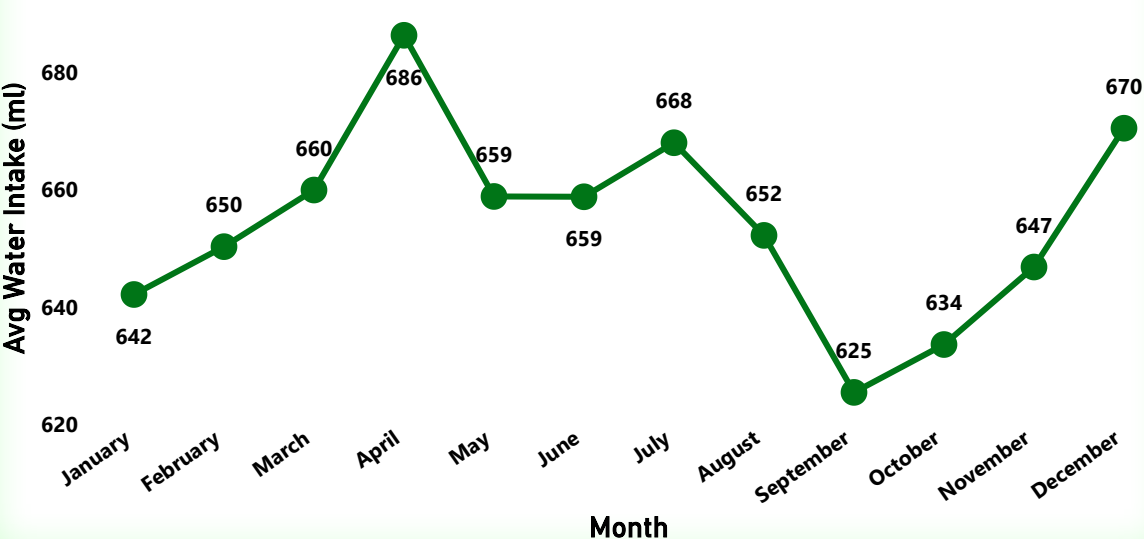
▽ Breakfast

▽ Dinner

▽ Lunch

▽ Supper

Avg Daily Water Intake Over Time



Meal-wise Contribution to Calorie Intake Over Time

