

# Nutrition Report

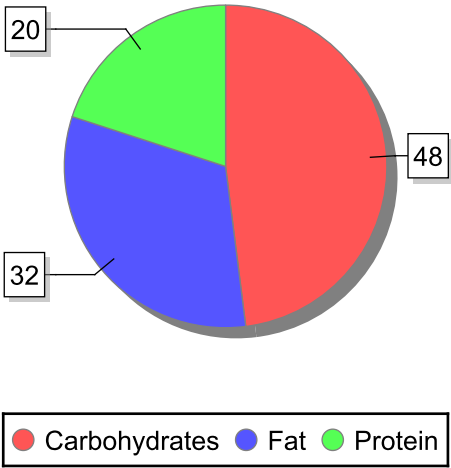
gllgs, pbl

DOB: 07/09/1972

Age: 50

Report Generated on febrero 05, 2024

Nutrient ▲	Total	Goal	Left
Calcium	62%	100%	38 %
Carbohydrates	180g	206g	26 g
Cholesterol	84mg	300mg	216 mg
Fat	60g	55g	-5 g
Fiber	20g	38g	18 g
Iron	38%	100%	62 %
Potassium	2000mg	3500mg	1500 mg
Protein	62g	83g	21 g
Sodium	2200mg	2300mg	100 mg
sugars	68g	62g	-6 g



Food Name	Meal Time	Fat	Protein	Carbohydrate	Total Calories
banana	breakfast	0	1	28	116
acovado	breakfast	12	3	13	172
milk	breakfast	8	8	12	152
chicken	lunch	2	26	0	122
rice	lunch	0	26	45	284
egg	lunch	5	6	0	69
potato	lunch	5	4	37	209
oats	dinner	5	13	51	301
	Calories	148	348	744	301