

July 31, 2016



UPGRADE TO GOLD EDITION

ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE Completed

Description	Amount	Unit	Calories
Papayas, raw	1	cup, mashed	98.9
Bananas, raw	1	cup, sliced	133.5
Tapioca, dry	8	tbsp	272.08
Tomatoes, red, ripe, raw, year round average	1	large whole (3" dia)	32.76
Lettuce, mixed greens	1	cup, chopped	9.46
Coffee, made from ground	300	g	3
Eggplant, cooked	4	slice	75.6
Tomatoes, red, ripe, raw, year round average	1	large whole (3" dia)	32.76
Onion, white, yellow or red, cooked	2	oz	24.95
Coconut milk, plain or original, not fortified, typically used in cooking	2	oz	96.02
Oregano, dried	1	tsp	2.65
Brown rice, steamed	2	cup	432.88
Carrots, cooked from fresh	3	oz	29.77
Green peas, cooked from frozen	2	oz	44.23
Snow peas (edible pea pods), cooked from fresh	8	pod	8.74
Lettuce, mixed greens	2	cup, chopped	18.92
Tabbouleh salad	2	cup	315.84
Honeydew melon, fresh	8	oz	81.65
Ginger root, raw	1	oz	22.68
Beans, white, mature seeds, cooked, boiled, without salt	1	cup	248.81
Rum	4	oz	261.95

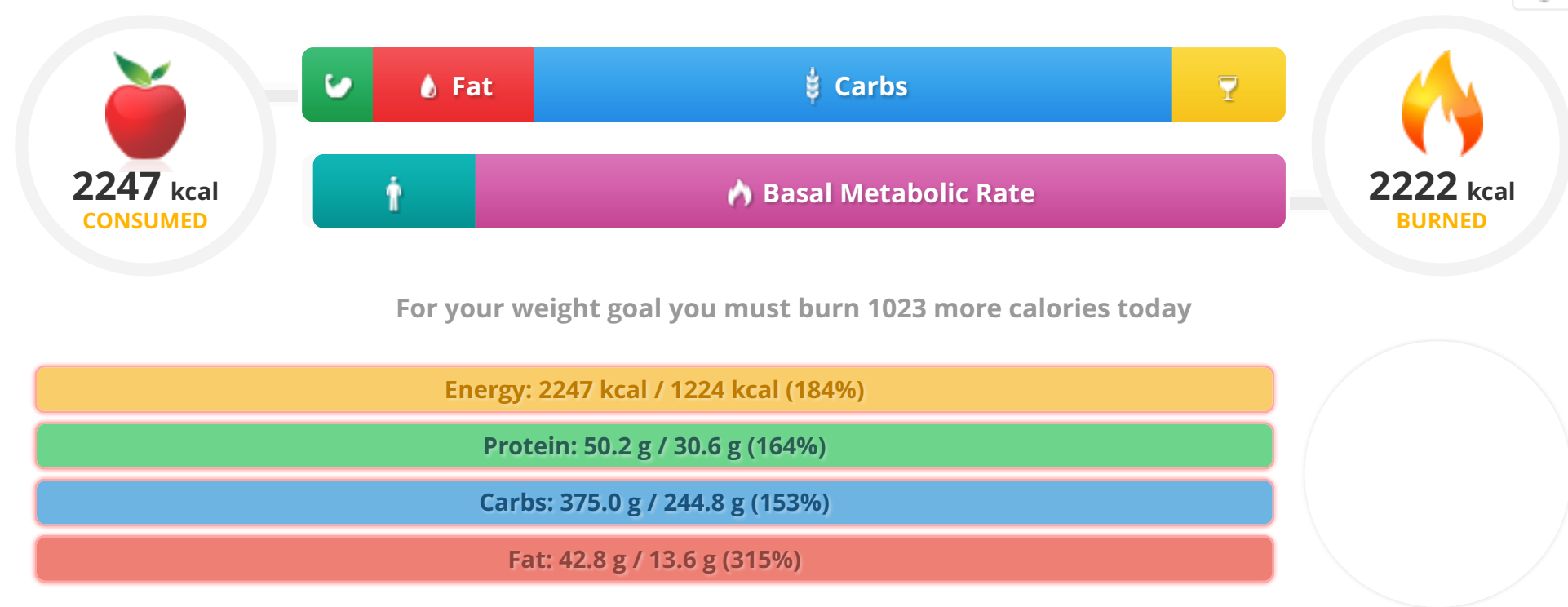
Calories

Consumed Last 7 days

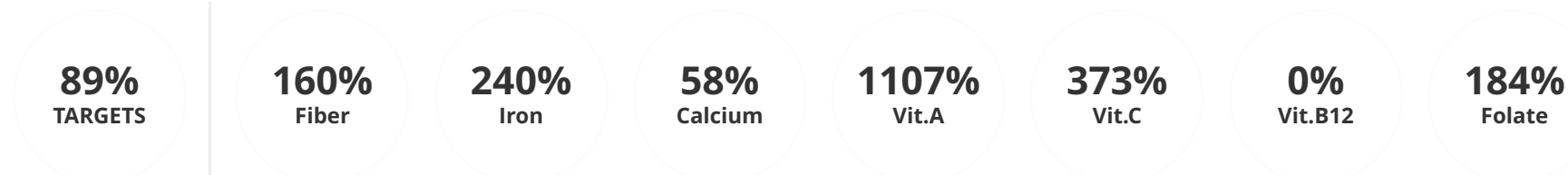
Weight Change: -1.6 kg

Last 7 days

Calories Summary



Nutrient Targets



General		
Energy	2247.1 kcal	184%
Water	2506.4 g	68%

Carbohydrates		
Carbs	375.0 g	153%
Fiber	60.7 g	160%
Starch	203.8 g	No Target
Sugars	94.4 g	No Target

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B12 (Cobalamin)	0.0 µg	0%
B2 (Riboflavin)	1.1 mg	85%
B3 (Niacin)	17.7 mg	111%
B5 (Pantothenic Acid)	5.7 mg	114%
B6 (Pyridoxine)	2.8 mg	213%
Folate	735.0 µg	184%
Vitamin A	33199.3 IU	1107%



macpaw.com/Mac-Lento

Lipids			
Fat	42.8 g		306%
Monounsaturated	7.9 g		No Target
Polyunsaturated	17.2 g		No Target
Omega-3	2.3 g		142%
Omega-6	15.0 g		88%
Saturated	14.4 g		n/a
Trans-Fats	0.1 g		0.128 g
Cholesterol	0.0 mg		No Target

Protein			
Protein	50.2 g		162%
Cystine	0.6 g		153%
Histidine	1.2 g		129%
Isoleucine	2.0 g		102%
Leucine	3.4 g		91%
Lysine	2.6 g		90%
Methionine	0.7 g		76%
Phenylalanine	2.3 g		191%
Threonine	1.9 g		134%
Tryptophan	0.6 g		144%
Tyrosine	1.4 g		113%
Valine	2.4 g		97%

Vitamin C	335.3 mg		373%
Vitamin D	0.0 IU		0%
Vitamin E	10.8 mg		72%
Vitamin K	776.4 µg		647%

Minerals			
Calcium	575.5 mg		58%
Copper	2.2 mg		243%
Iron	19.2 mg		240%
Magnesium	630.7 mg		150%
Manganese	8.3 mg		361%
Phosphorus	1044.6 mg		149%
Potassium	5662.3 mg		120%
Selenium	62.2 µg		113%
Sodium	408.0 mg		27%
Zinc	9.3 mg		84%



Copyright © 2011-2016, [Cronometer.com](http://Cronometer.com) All Rights Reserved

[Blog](#)

[Twitter](#)

[Facebook](#)

[Forums](#)

[Help](#)

[Privacy](#)

[Email](#)

[Affiliates](#)

