

August 1, 2016



ADD FOOD



ADD EXERCISE



ADD BIOMETRIC



ADD NOTE



Description	Amount	Unit	Calories
Suplemento de B12 + B9 + B6	1	tablet	0
Tangerines, (mandarin oranges), raw	2	large (2-3/4" dia)	127.2
Tapioca, dry	4	tbsp	136.04
Cinnamon, ground	1	g	2.47
Bananas, raw	1	medium (7" to 7-7/8" long)	105.02
Eggplant, cooked	2	slice	37.8
Onion, white, yellow or red, cooked	1	medium - 2 1/2" diameter	41.36
Tomatoes, red, ripe, raw, year round average	3	large whole (3" dia)	98.28
Brown rice, steamed	3	cup	649.33
Tabbouleh salad	2	cup	315.84
Bananas, raw	2	medium (7" to 7-7/8" long)	210.04
Pasta, spaghetti, whole-wheat, cooked	24	oz	843.68
Basil, fresh	1	× 5 leaves	0.58

### Calories

Consumed ▾ Last 7 days ▾

### Calories Summary

**2568 kcal**  
CONSUMED

+345.8

**2222 kcal**  
BURNED

For your weight goal you must burn 1344 more calories today

Energy: 2568 kcal / 1224 kcal (210%)

Protein: 68.7 g / 30.6 g (224%)

Carbs: 525.5 g / 244.8 g (215%)

Fat: 37.4 g / 13.6 g (275%)

### Weight Change: -1.6 kg

Last 7 days ▾

### Nutrient Targets

91%  
TARGETS

184%  
Fiber

200%  
Iron

45%  
Calcium

319%  
Vit.A

250%  
Vit.C

41667%  
Vit.B12

188%  
Folate

General			Vitamins		
Energy	2567.6 kcal	210%	B1 (Thiamine)	2.0 mg	167%
Water	2324.4 g	63%	B12 (Cobalamin)	1000.0 µg	41667%
Carbohydrates			B2 (Riboflavin)	1.0 mg	81%
Carbs	525.5 g	214%	B3 (Niacin)	23.0 mg	144%
Fiber	69.9 g	184%	B5 (Pantothenic Acid)	7.4 mg	149%
Starch	331.2 g	No Target	B6 (Pyridoxine)	28.7 mg	2211%
Sugars	105.2 g	No Target	Folate	753.4 µg	188%
Lipids			Vitamin A	9556.9 IU	319%
Fat	37.4 g	267%	Vitamin C	224.8 mg	250%
Monounsaturated	8.5 g	No Target	Vitamin D	0.0 IU	0%
Polyunsaturated	18.6 g	No Target	Vitamin E	9.5 mg	63%
Omega-3	1.9 g	121%	Vitamin K	430.5 µg	359%
Omega-6	15.3 g	90%	Minerals		
Saturated	6.4 g	n/a	Calcium	447.3 mg	45%
			Copper	2.8 mg	308%

Trans-Fats	0.1 g	0.128 g
Cholesterol	0.0 mg	No Target

Protein		
Protein	68.7 g	222%
Cystine	1.1 g	290%
Histidine	1.7 g	180%
Isoleucine	2.5 g	131%
Leucine	4.5 g	120%
Lysine	2.0 g	71%
Methionine	1.1 g	110%
Phenylalanine	3.2 g	265%
Threonine	2.0 g	140%
Tryptophan	0.8 g	211%
Tyrosine	1.8 g	151%
Valine	3.0 g	121%

Iron	16.0 mg	200%
Magnesium	725.2 mg	173%
Manganese	17.6 mg	765%
Phosphorus	1509.7 mg	216%
Potassium	4420.4 mg	94%
Selenium	250.3 µg	455%
Sodium	227.7 mg	15%
Zinc	12.1 mg	110%



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