

August 2, 2016



ADD FOOD
ADD EXERCISE
ADD BIOMETRIC
ADD NOTE

Description	Amount	Unit	Calories
Tapioca, dry	8	tbsp	272.08
Lettuce, mixed greens	1	cup, chopped	9.46
Tomatoes, red, ripe, raw, year round average	1	small whole (2-2/5" dia)	16.38
Green bell peppers	3	ring - 3" diameter x 1/4"	6
Oregano, dried	1	tsp	2.65
Coffee, from vending machine, black	1	cup	8.47
Pears, raw	1	medium	101.46
Apples, raw, with skin	1	medium (3" dia)	94.64
Tapioca, dry	8	tbsp	272.08
Eggplant, cooked	6	oz	59.53
Onion, white, yellow or red, cooked	1	small	26.4
Zucchini, cooked from fresh	5	oz	21.26
Cabbage, green, cooked	6	oz	39.12
Chicory greens, raw	1	cup, chopped	6.67
Brown rice, steamed	3	cup	649.33
Carrots, cooked from fresh	3	oz	29.77
Chives, raw	3	tbsp chopped	2.7
Tangerines, (mandarin oranges), raw	1	large (2-3/4" dia)	63.6
Bananas, raw	1	medium (7" to 7-7/8" long)	105.02
Brown rice, steamed	1	cup	216.44
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1.5	cup	337.19
Salt	6	g	0

**Calories**

Consumed ▼ Last 7 days ▼

**Weight Change: -1.6 kg**

Last 7 days ▼

**Calories Summary**

2340 kcal CONSUMED
2222 kcal BURNED

For your weight goal you must burn 1116 more calories today

Energy: 2340 kcal / 1224 kcal (191%)
Protein: 56.5 g / 30.6 g (185%)
Carbs: 521.7 g / 244.8 g (213%)
Fat: 11.5 g / 13.6 g (85%)

**Nutrient Targets**

87% TARGETS
199% Fiber
226% Iron
52% Calcium
778% Vit.A
229% Vit.C
0% Vit.B12
175% Folate

General		
Energy	2340.2 kcal	191%
Water	2272.6 g	61%

Carbohydrates		
Carbs	521.7 g	213%
Fiber	75.6 g	199%
Starch	338.0 g	No Target

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B12 (Cobalamin)	0.0 µg	0%
B2 (Riboflavin)	0.9 mg	67%
B3 (Niacin)	19.8 mg	124%
B5 (Pantothenic Acid)	5.6 mg	112%
B6 (Pyridoxine)	3.0 mg	232%
Folate	698.3 µg	175%

Sugars	94.4 g	No Target
Lipids		
Fat	11.5 g	82%
Monounsaturated	3.1 g	No Target
Polyunsaturated	4.4 g	No Target
Omega-3	0.9 g	55%
Omega-6	3.6 g	21%
Saturated	2.2 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	0.0 mg	No Target

Protein		
Protein	56.5 g	182%
Cystine	0.7 g	169%
Histidine	1.5 g	151%
Isoleucine	2.3 g	119%
Leucine	4.1 g	110%
Lysine	2.9 g	101%
Methionine	0.9 g	95%
Phenylalanine	2.7 g	226%
Threonine	2.2 g	151%
Tryptophan	0.6 g	168%
Tyrosine	1.7 g	137%
Valine	2.9 g	115%

Vitamin A	23339.5 IU	778%
Vitamin C	206.3 mg	229%
Vitamin D	0.0 IU	0%
Vitamin E	4.9 mg	33%
Vitamin K	474.5 µg	395%

Minerals		
Calcium	517.1 mg	52%
Copper	2.3 mg	252%
Iron	18.1 mg	226%
Magnesium	661.7 mg	158%
Manganese	10.6 mg	461%
Phosphorus	1379.6 mg	197%
Potassium	4335.7 mg	92%
Selenium	85.5 µg	155%
Sodium	2486.7 mg	166%
Zinc	10.4 mg	94%



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