

August 3, 2016



ADD FOOD



ADD EXERCISE



ADD BIOMETRIC



ADD NOTE



Description	Amount	Unit	Calories
Suplemento de B12 + B9 + B6	1	tablet	0
Tapioca, dry	8	tbsp	272.08
Eggplant, cooked	2	slice	37.8
Green bell peppers	6	ring - 3" diameter x 1/4"	12
Kale, raw	2	cup 1" pieces, loosely packed	15.68
Coffee, from vending machine, black	1	cup	8.47
Pita bread, whole wheat	4	small - 4" diameter	297.92
Pasta, spaghetti, whole-wheat, cooked	16	oz	562.45
Beans, kidney, red, mature seeds, cooked, boiled, without salt	3	cup	674.37
Tomatoes, red, ripe, raw, year round average	2	large whole (3" dia)	65.52
Chives, raw	3	tbsp chopped	2.7
Vegetable soup, plain, homemade	1	cup	96.93

Calories

Consumed ▾ Last 7 days ▾

Calories Summary

2046 kcal
CONSUMED

Carbs

Activity

Basal Metabolic Rate

2222 kcal
BURNED

For your weight goal you must burn 822 more calories today

Energy: 2046 kcal / 1224 kcal (167%)
Protein: 91.0 g / 30.6 g (297%)
Carbs: 421.0 g / 244.8 g (172%)
Fat: 11.2 g / 13.6 g (82%)

Weight Change: -1.6 kg

Last 7 days ▾

Nutrient Targets

88% TARGETS

203% Fiber

353% Iron

42% Calcium

332% Vit.A

205% Vit.C

41667% Vit.B12

335% Folate

General		
Energy	2045.9 kcal	167%
Water	1725.1 g	47%

Carbohydrates		
Carbs	421.0 g	172%
Fiber	77.1 g	203%
Starch	307.1 g	No Target
Sugars	29.3 g	No Target

Lipids		
Fat	11.2 g	80%
Monounsaturated	1.5 g	No Target
Polyunsaturated	5.1 g	No Target
Omega-3	1.2 g	75%
Omega-6	2.9 g	17%
Saturated	1.8 g	n/a
Trans-Fats	0.0 g	0.007 g

Vitamins		
B1 (Thiamine)	2.3 mg	189%
B12 (Cobalamin)	1000.0 µg	41667%
B2 (Riboflavin)	0.9 mg	66%
B3 (Niacin)	15.0 mg	94%
B5 (Pantothenic Acid)	5.2 mg	105%
B6 (Pyridoxine)	27.2 mg	2093%
Folate	1338.5 µg	335%
Vitamin A	9955.8 IU	332%
Vitamin C	184.5 mg	205%
Vitamin D	0.0 IU	0%
Vitamin E	6.2 mg	41%
Vitamin K	388.8 µg	324%

Minerals		
Calcium	419.4 mg	42%
Copper	3.4 mg	373%
Iron	28.3 mg	353%

Cholesterol 0.0 mg No Target

Protein		
Protein	91.0 g	294%
Cystine	1.4 g	353%
Histidine	2.3 g	237%
Isoleucine	3.7 g	192%
Leucine	6.5 g	174%
Lysine	4.4 g	152%
Methionine	1.3 g	140%
Phenylalanine	4.6 g	382%
Threonine	3.2 g	224%
Tryptophan	1.1 g	291%
Tyrosine	2.5 g	205%
Valine	4.3 g	172%

Magnesium	574.6 mg	137%
Manganese	12.1 mg	525%
Phosphorus	1600.1 mg	229%
Potassium	4380.2 mg	93%
Selenium	176.3 µg	321%
Sodium	748.1 mg	50%
Zinc	12.8 mg	116%



Copyright © 2011-2016, Cronometer.com All Rights Reserved

[Blog](#)

[Twitter](#)

[Facebook](#)

[Forums](#)

[Help](#)

[Privacy](#)

[Email](#)

[Affiliates](#)

