

August 4, 2016



ADD FOOD



ADD EXERCISE



ADD BIOMETRIC



ADD NOTE



Description	Amount	Unit	Calories
Suplemento de B12 + B9 + B6	1	tablet	0
Coffee, from vending machine, black	1	cup	8.47
Tapioca, dry	4	tbsp	136.04
Tangerines, (mandarin oranges), raw	1	large (2-3/4" dia)	63.6
Eggplant, cooked	2	slice	37.8
Red bell peppers, raw	2	ring - 3" diameter x 1/4"	6.2
Beans, kidney, red, mature seeds, cooked, boiled, without salt	2	cup	449.58
Corn flour, whole-grain, yellow	1.5	oz	153.51
Tangerines, (mandarin oranges), raw	1	large (2-3/4" dia)	63.6
Pita bread, whole wheat	3	tbsp	55.55
Radish, raw	2	oz	9.07
Tomatoes, red, ripe, raw, year round average	1	large whole (3" dia)	32.76
Honeydew melon, fresh	8	oz	81.65
Lettuce, mixed greens	2	cup, chopped	18.92
Chicory greens, raw	2	oz	13.04
Pumpkin, cooked from fresh	2	cup	98
Yams, sweet potato type, boiled	4	small	231.04
Onion, white, yellow or red, cooked	1	medium - 2 1/2" diameter	41.36
Red wine, other types	1	x 1/2 cup	99.96
Pumpkin, cooked from fresh	1	cup	49
Yams, sweet potato type, boiled	3	small	173.28
Beans, kidney, red, mature seeds, cooked, boiled, without salt	2.5	cup	561.98
Cassava (yuca), cooked	2.5	oz	114.11

### Calories

Consumed ⌵ Last 7 days ⌵

### Weight Change: -1.6 kg

Last 7 days ⌵

### Calories Summary

**2499 kcal**  
CONSUMED

+276.7

**Basal Metabolic Rate**

**2222 kcal**  
BURNED

For your weight goal you must burn 1275 more calories today

Energy: 2499 kcal / 1224 kcal (204%)
Protein: 98.2 g / 30.6 g (321%)
Carbs: 509.8 g / 244.8 g (208%)
Fat: 10.0 g / 13.6 g (74%)

### Nutrient Targets

91% TARGETS	277% Fiber	479% Iron	79% Calcium	4650% Vit.A	352% Vit.C	41667% Vit.B12	477% Folate
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General			Vitamins		
Energy	2498.5 kcal	204%	B1 (Thiamine)	2.6 mg	214%
Water	3031.6 g	82%	B12 (Cobalamin)	1000.0 µg	41667%
<b>Carbohydrates</b>			B2 (Riboflavin)	1.8 mg	138%
Carbs	509.8 g	208%	B3 (Niacin)	18.2 mg	114%
Fiber	105.2 g	277%	B5 (Pantothenic Acid)	9.3 mg	185%
			B6 (Pyridoxine)	28.5 mg	2192%

Starch	246.3 g	No Target
Sugars	110.9 g	No Target

Lipids		
Fat	10.0 g	72%
Monounsaturated	1.2 g	No Target
Polyunsaturated	4.4 g	No Target
Omega-3	1.7 g	104%
Omega-6	2.7 g	16%
Saturated	1.8 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	0.0 mg	No Target

Protein		
Protein	98.2 g	317%
Cystine	1.1 g	280%
Histidine	2.5 g	256%
Isoleucine	4.0 g	209%
Leucine	7.2 g	191%
Lysine	5.9 g	205%
Methionine	1.4 g	146%
Phenylalanine	4.9 g	408%
Threonine	3.9 g	272%
Tryptophan	1.2 g	310%
Tyrosine	2.7 g	227%
Valine	4.8 g	193%

Folate	1909.3 µg	477%
Vitamin A	139512.2 IU	4650%
Vitamin C	316.6 mg	352%
Vitamin D	0.0 IU	0%
Vitamin E	15.9 mg	106%
Vitamin K	494.0 µg	412%

Minerals		
Calcium	791.1 mg	79%
Copper	4.0 mg	445%
Iron	38.3 mg	479%
Magnesium	758.9 mg	181%
Manganese	8.1 mg	354%
Phosphorus	1972.3 mg	282%
Potassium	9073.6 mg	193%
Selenium	32.7 µg	59%
Sodium	418.5 mg	28%
Zinc	14.6 mg	133%



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