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Daily Averages for Last 7 days

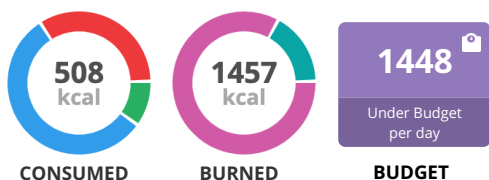
☒ Including Today

All Days

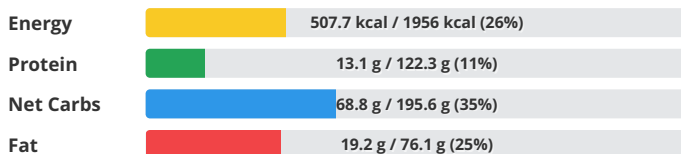
☒ Include Supplements

Sep 30, 2019 to Oct 6, 2019

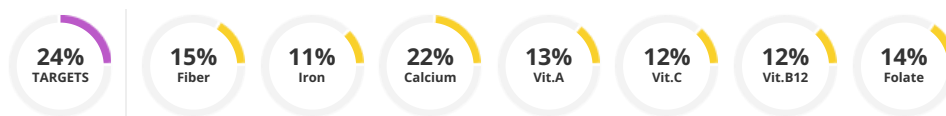
Calories Summary



Macronutrient Targets



Nutrient Targets



General

Energy	507.7 kcal	26%
Alcohol	0.0 g	No Target
Caffeine	28.4 mg	No Target
Water	122.1 g	5%

Carbohydrates

Carbs	72.7 g	33%
Fiber	3.9 g	15%
Starch	24.2 g	No Target
Sugars	30.8 g	No Target
Net Carbs	68.8 g	35%

Lipids

Fat	19.2 g	25%
Monounsaturated	2.8 g	No Target
Polyunsaturated	3.5 g	No Target
Omega-3	0.4 g	35%
Omega-6	3.1 g	26%
Saturated	6.0 g	n/a
Trans-Fats	0.1 g	0.126 g
Cholesterol	31.3 mg	No Target

Protein

Protein	13.1 g	11%
Cystine	0.1 g	24%

Vitamins

B1 (Thiamine)	0.3 mg	24%
B2 (Riboflavin)	0.2 mg	16%
B3 (Niacin)	3.1 mg	22%
B5 (Pantothenic Acid)	0.6 mg	13%
B6 (Pyridoxine)	0.3 mg	23%
B12 (Cobalamin)	0.3 µg	12%
Folate	56.5 µg	14%
Vitamin A	295.1 IU	13%
Vitamin C	8.7 mg	12%
Vitamin D	8.2 IU	1%
Vitamin E	1.8 mg	12%
Vitamin K	9.1 µg	10%

Minerals

Calcium	220.7 mg	22%
Copper	0.2 mg	19%
Iron	2.1 mg	11%
Magnesium	41.1 mg	13%
Manganese	0.6 mg	34%
Phosphorus	136.0 mg	19%
Potassium	414.7 mg	16%
Selenium	15.8 µg	29%
Sodium	581.4 mg	39%
Zinc	1.1 mg	14%

Histidine	0.2 g	35%
Isoleucine	0.4 g	41%
Leucine	0.6 g	32%
Lysine	0.5 g	29%
Methionine	0.2 g	41%
Phenylalanine	0.4 g	47%
Threonine	0.3 g	34%
Tryptophan	0.1 g	45%
Tyrosine	0.3 g	37%
Valine	0.4 g	37%



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