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Daily Averages for Last 7 days

Including Today

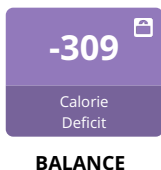
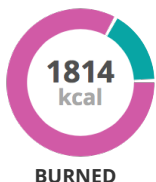
Non-Empty Days

Include Supplements

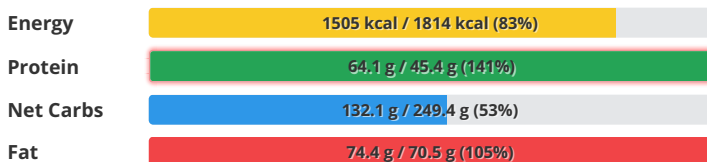


Apr 14, 2021 to Apr 20, 2021

Calories Summary

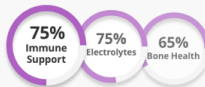


Macronutrient Targets



Nutrient Targets

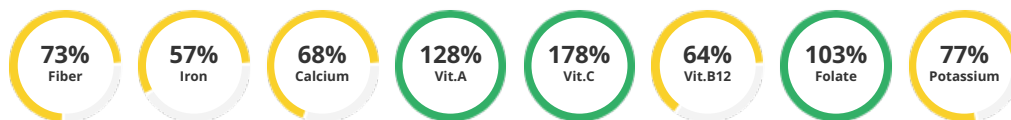
Nutrition Scores



Get More with Cronometer Gold
We've compiled a set of 8 nutrition scores to represent well researched health concepts. Start a trial to view the full set.

Start Free Trial

Highlighted Nutrients



General			
Energy	1504.5	kcal	83%
Alcohol	0.0	g	No Target
Caffeine	71.0	mg	No Target
Water	774.4	g	29%

Carbohydrates			
Carbs	151.2	g	55%
Fiber	18.4	g	74%
Starch	67.9	g	No Target
Sugars	50.7	g	No Target

Vitamins		
B1 (Thiamine)	1.3 mg	115%
B2 (Riboflavin)	1.3 mg	119%
B3 (Niacin)	17.8 mg	127%
B5 (Pantothenic Acid)	4.7 mg	94%
B6 (Pyridoxine)	1.3 mg	101%
B12 (Cobalamin)	1.5 µg	64%
Folate	415.5 µg	104%
Vitamin A	3001.4 IU	129%
Vitamin C	133.9 mg	179%
Vitamin D	59.0 IU	10%

Net Carbs 132.1 g

Lipids

Fat	74.4 g	105%
Monounsaturated	20.9 g	No Target
Polyunsaturated	17.0 g	No Target
Omega-3	2.0 g	180%
Omega-6	14.2 g	119%
Saturated	21.7 g	n/a
Trans-Fats	1.1 g	n/a
Cholesterol	254.6 mg	No Target

Protein

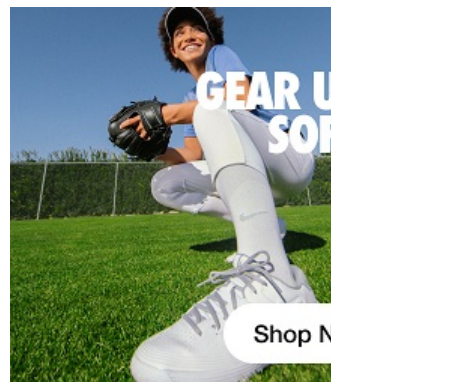
Protein	64.1 g	142%
Cystine	0.6 g	82%
Histidine	1.2 g	110%
Isoleucine	2.1 g	140%
Leucine	3.6 g	108%
Lysine	2.8 g	91%
Methionine	1.0 g	134%
Phenylalanine	2.1 g	163%
Threonine	1.8 g	110%
Tryptophan	0.6 g	141%
Tyrosine	1.6 g	122%
Valine	2.4 g	126%

Vitamin E 5.3 mg 36%

Vitamin K 121.8 µg 135%

Minerals

Calcium	689.4 mg	69%
Copper	1.0 mg	114%
Iron	10.4 mg	58%
Magnesium	176.7 mg	57%
Manganese	1.9 mg	106%
Phosphorus	906.5 mg	129%
Potassium	2024.3 mg	78%
Selenium	78.8 µg	143%
Sodium	1983.2 mg	132%
Zinc	5.8 mg	73%



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