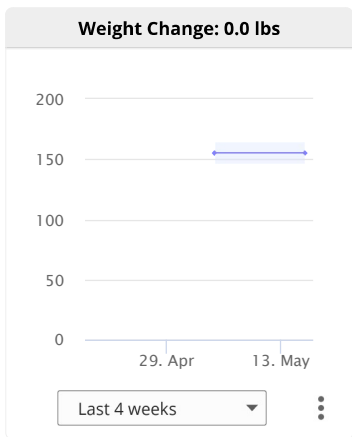
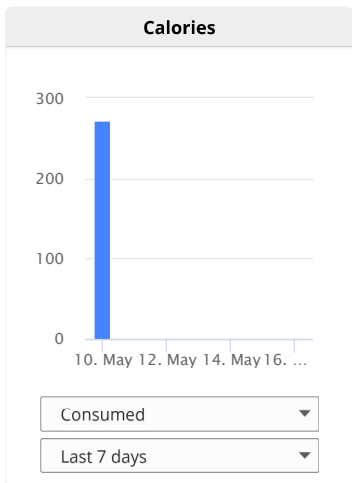




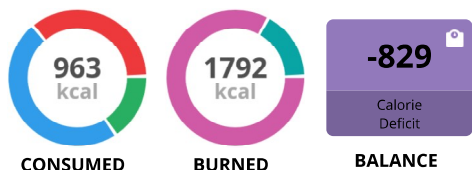
May 9, 2019

ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE

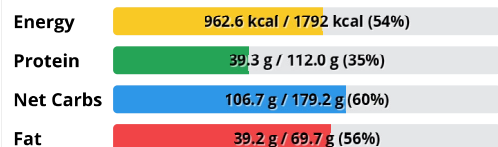


Description	Amount	Unit	Calories
Rice, White, Long-Grain, Regular, Enriched, Cooked	0.2	cup	41.08
Black Beans, Canned, Drained	0.2	cup, whole pieces	48.16
Sweet Potato, Baked	0.75	medium - 2" diameter x 5"	76.95
Tofu, Silken, Cooked	1	slice - each 1"	51.95
Zucchini, Cooked from Fresh	1	small	15
Peanut Butter Cookies, Homemade	1	each - approx 3" diameter	95.76
Tea, Chai Latte, Prepared with Whole Milk	1.5	x 250 mL	219.89
Arugula, Raw	1	cup, cut pieces	5
Sour Cream	2	tbsp	56.93
Eggs, Cooked	2	medium	136.4
Toast, Wheat Bread, with Butter	2	medium slice	215.5

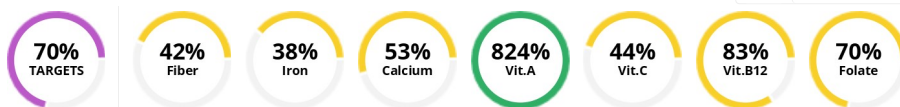
Calories Summary



Macronutrient Targets



Nutrient Targets



General

Energy	962.6 kcal	54%
Alcohol	0.0 g	No Target
Caffeine	16.2 mg	No Target
Water	661.3 g	24%

Carbohydrates

Carbs	117.6 g	58%
Fiber	10.6 g	42%
Starch	44.3 g	No Target
Sugars	56.3 g	No Target
Net Carbs	106.7 g	60%

Lipids

Fat	39.2 g	56%
Monounsaturated	12.8 g	No Target
Polyunsaturated	8.2 g	No Target
Omega-3	0.9 g	79%
Omega-6	7.0 g	58%
Saturated	13.7 g	n/a
Trans-Fats	1.1 g	1.119 g
Cholesterol	373.8 mg	No Target

Vitamins

B1 (Thiamine)	0.8 mg	72%
B2 (Riboflavin)	1.3 mg	117%
B3 (Niacin)	7.1 mg	51%
B5 (Pantothenic Acid)	4.1 mg	82%
B6 (Pyridoxine)	0.7 mg	55%
B12 (Cobalamin)	2.0 µg	83%
Folate	281.3 µg	70%
Vitamin A	19234.2 IU	824%
Vitamin C	33.4 mg	44%
Vitamin D	162.0 IU	27%
Vitamin E	3.6 mg	24%
Vitamin K	45.9 µg	51%

Minerals

Calcium	534.2 mg	53%
Copper	0.6 mg	70%
Iron	6.9 mg	38%
Magnesium	162.9 mg	53%
Manganese	2.3 mg	126%
Phosphorus	699.5 mg	100%
Potassium	1654.5 mg	54%

Protein		
Protein	39.3 g	35%
Cystine	0.6 g	84%
Histidine	0.8 g	85%
Isoleucine	1.7 g	129%
Leucine	2.9 g	98%
Lysine	2.0 g	76%
Methionine	0.8 g	118%
Phenylalanine	1.8 g	159%
Threonine	1.5 g	106%
Tryptophan	0.5 g	149%
Tyrosine	1.4 g	117%
Valine	2.0 g	120%

Selenium	67.0 µg	122%
Sodium	838.2 mg	56%
Zinc	4.4 mg	55%

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cronometer

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