

Daily Average Nutrition Report December 1, 2022 to December 31, 2022

Based on 31 complete days

Energy Summary



Consumed



Burned



Remaining

Macronutrient Targets

Energy

2042 (1319 net) kcal / 2160 kcal (95%)

Protein

104.0 g / 122.0 g (85%)

Carbs

205.7 g / 179.0 g (115%)

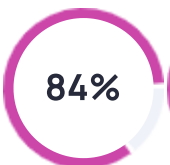
Fat

91.7 g / 55.0 g (167%)

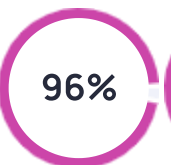
Nutrition Scores



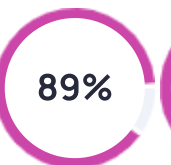
All Targets



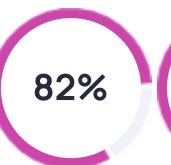
Vitamins



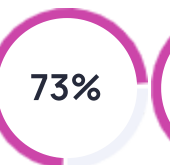
Minerals



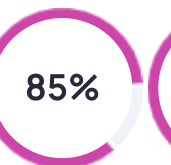
Electrolytes



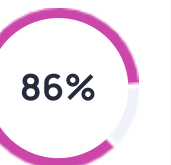
Immune Support



Antioxidants



Bone Health

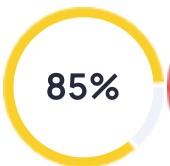


Metabolism Support

Highlighted Nutrients



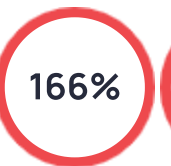
Energy



Protein



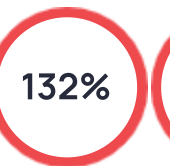
Carbs



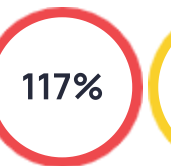
Fat



Sodium



Sugars



Fiber



Potassium

Targets

General			
Energy	2042.3	kcal	95%
Caffeine	239.8	mg	n/a
Water	981.9	g	36%

Carbohydrates			
Carbs	205.7	g	115%
Fiber	23.5	g	117%
Starch	41.0	g	No Target
Sugars	99.6	g	133%

Lipids			
Fat	91.7	g	167%
Monounsaturated	12.9	g	No Target
Polyunsaturated	8.1	g	No Target
Omega-3	0.7	g	66%
Omega-6	6.9	g	63%
Saturated	43.2	g	n/a
Trans-Fats	1.0	g	n/a
Cholesterol	335.5	mg	No Target

Protein

Protein	104.0 g	85%
Cystine	0.5 g	68%
Histidine	1.0 g	99%
Isoleucine	1.6 g	117%
Leucine	2.8 g	94%
Lysine	2.5 g	93%
Methionine	0.8 g	120%
Phenylalanine	1.6 g	132%
Threonine	1.5 g	103%
Tryptophan	0.4 g	110%
Tyrosine	1.2 g	97%
Valine	1.8 g	105%

Vitamins

B1 (Thiamine)	6.3 mg	573%
B2 (Riboflavin)	7.6 mg	695%
B3 (Niacin)	24.4 mg	175%
B5 (Pantothenic Acid)	3.1 mg	62%
B6 (Pyridoxine)	5.2 mg	346%
B12 (Cobalamin)	26.0 µg	1085%
Folate	1284.1 µg	321%
Vitamin A	547.5 µg	78%
Vitamin C	390.2 mg	520%
Vitamin D	239.3 IU	40%
Vitamin E	61.1 mg	407%
Vitamin K	80.4 µg	89%

Minerals

Calcium	1128.5 mg	94%
Iron	15.8 mg	198%
Potassium	2494.7 mg	96%
Sodium	2534.3 mg	101%
Zinc	22.5 mg	281%