

# Daily Average Nutrition Report January 1, 2023 to January 31, 2023

Based on 31 complete days

## Energy Summary



Consumed

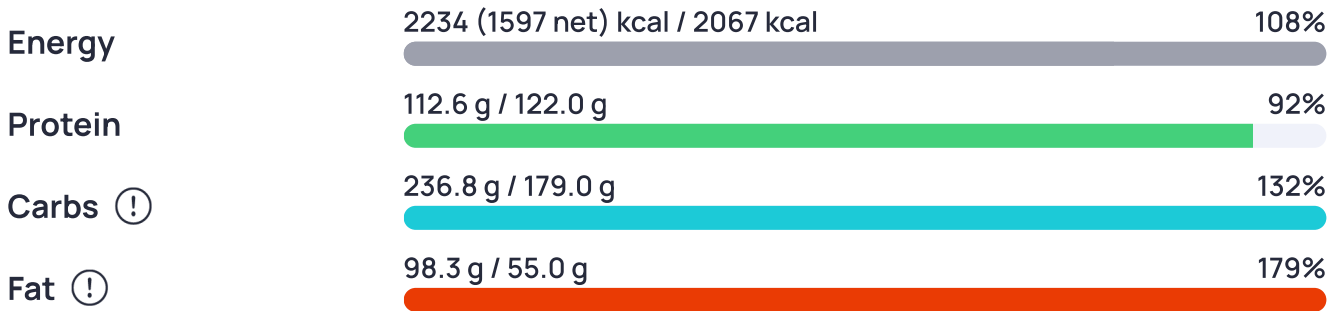


Burned

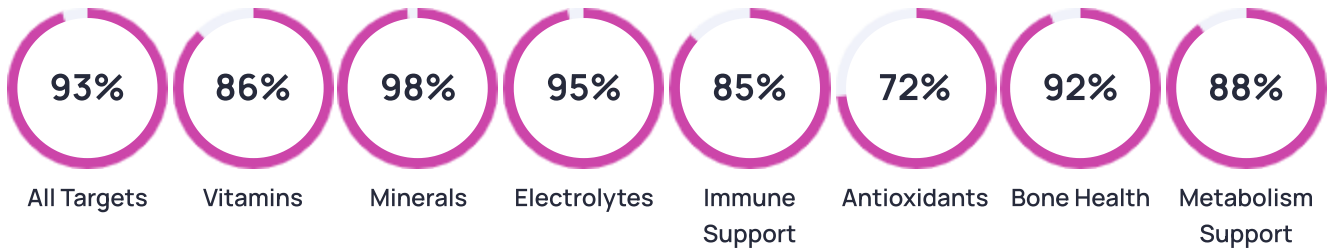


Over

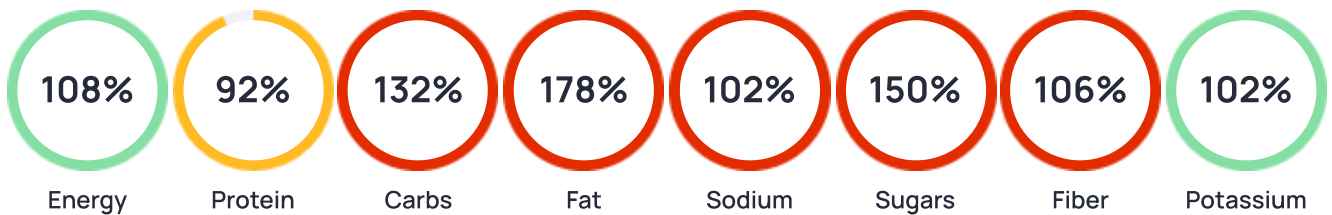
## Macronutrient Targets



## Nutrition Scores




## Highlighted Nutrients



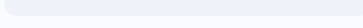
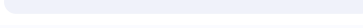
# Targets

General			
Energy	2234.1 kcal		108%
Caffeine	275.2 mg		n/a
Water	1073.4 g		40%

Carbohydrates			
Carbs	236.8 g		132%
Fiber	21.3 g		106%
Starch	57.7 g		N/T
Sugars	113.2 g		151%

Lipids			
Fat	98.3 g		179%
Monounsaturated	15.8 g		N/T
Polyunsaturated	9.9 g		N/T
Omega-3	0.8 g		77%
Omega-6	8.1 g		73%
Saturated	42.3 g		n/a
Trans-Fats	2.0 g		n/a
Cholesterol	273.8 mg		N/T

## Protein

Protein	112.6 g		92%
Cystine	0.5 g		76%
Histidine	1.1 g		108%
Isoleucine	1.9 g		135%
Leucine	3.2 g		105%
Lysine	2.6 g		96%
Methionine	0.9 g		130%
Phenylalanine	1.8 g		154%
Threonine	1.6 g		113%
Tryptophan	0.5 g		143%
Tyrosine	1.4 g		117%
Valine	2.1 g		122%

## Vitamins

B1 (Thiamine)	8.9 mg		812%
B2 (Riboflavin)	10.3 mg		936%
B3 (Niacin)	32.1 mg		230%
B5 (Pantothenic Acid)	3.5 mg		70%
B6 (Pyridoxine)	6.2 mg		412%
B12 (Cobalamin)	241.0 µg		10041%
Folate	1758.8 µg		440%
Vitamin A	479.4 µg		68%
Vitamin C	461.0 mg		615%
Vitamin D	360.2 IU		60%
Vitamin E	97.0 mg		647%
Vitamin K	86.4 µg		96%

## Minerals

Calcium	1580.2 mg		132%
Iron	21.7 mg		271%
Potassium	2677.4 mg		103%
Sodium	2571.8 mg		103%
Zinc	25.7 mg		321%