

Daily Average Nutrition Report November 1, 2023 to November 30, 2023

Energy Summary



Consumed

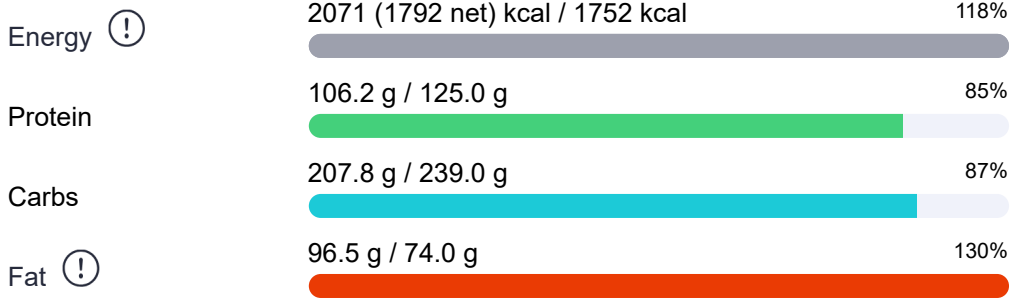


Burned

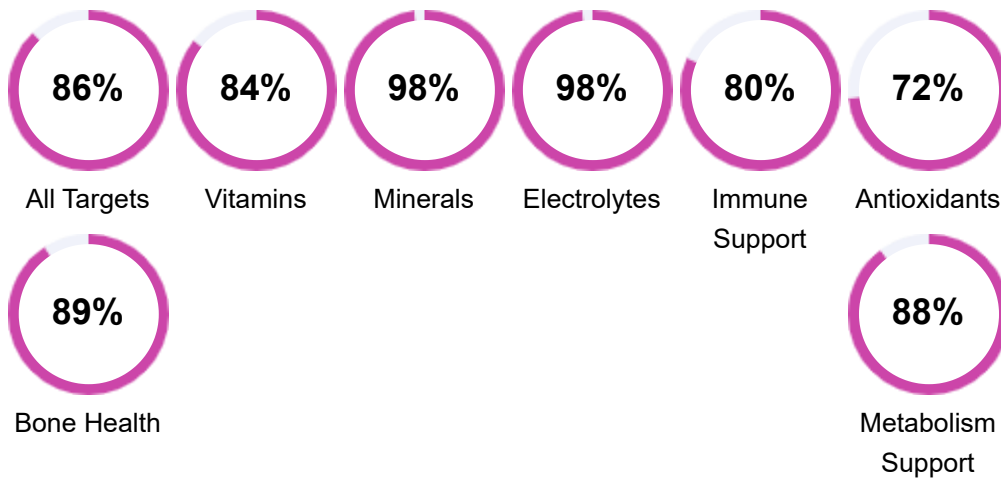


Over

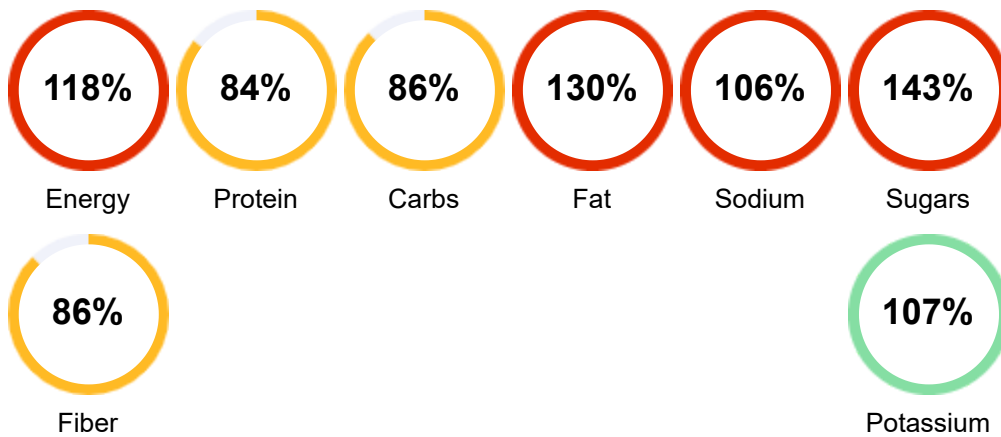
Macronutrient Targets



Nutrition Scores



Highlighted Nutrients



Targets

General			Vitamins		
Energy	2070.6 kcal		B1 (Thiamine)	14.2 mg	1290%
Carbohydrates Carbs 207.8 g 87% Fiber 17.4 g 87% Starch 27.9 g Sugars 107.6 g 143%			B2 (Riboflavin)	16.8 mg	1525%
			B3 (Niacin)	41.0 mg	293%
			B5 (Pantothenic Acid)	3.4 mg	68%
			B6 (Pyridoxine)	9.8 mg	655%
Lipids Fat 96.5 g 130% Monounsaturated 13.4 g Polyunsaturated 9.8 g Omega-3 0.6 g 55% Omega-6 6.9 g 63% Saturated 44.5 g Trans-Fats 0.7 g Cholesterol 344.3 mg			N/T B12 (Cobalamin)	627.4 µg	26142%
			Folate	2602.8 µg	651%
			Vitamin A	554.0 µg	79%
			Vitamin C	735.4 mg	980%
Protein Protein 106.2 g 85% Cystine 0.3 g 47% Histidine 0.7 g 73% Isoleucine 1.1 g 82% Leucine 2.1 g 68% Lysine 1.9 g 71% Methionine 0.6 g 90% Phenylalanine 1.2 g 97% Threonine 1.1 g 75% Tryptophan 0.3 g 79% Tyrosine 0.9 g 72% Valine 1.3 g 76%			N Vitamin D	195.0 IU	32%
			N Vitamin E	182.3 mg	1216%
			N Vitamin K	96.1 µg	107%
			Minerals Calcium 1328.2 mg 111% Iron 18.6 mg 233% Potassium 2796.4 mg 108% Sodium 2667.9 mg 107% Zinc 31.8 mg 398%		

