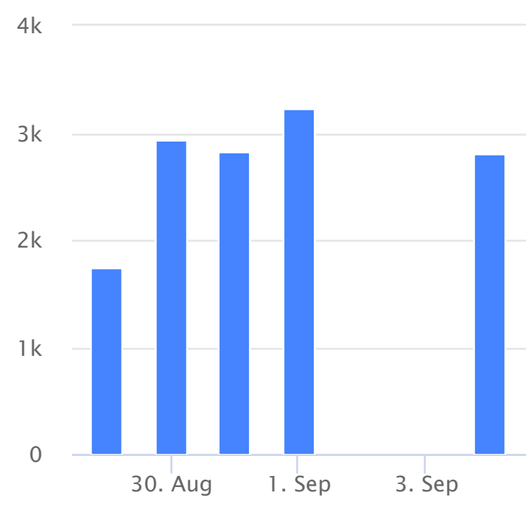
September 4, 2020

ADD FOOD | ADD EXERCISE | ADD BIOMETRIC | ADD NOTE

Description	Amount	Unit	Calories
Rohmilch	3	Serving	2070
Banana, Fresh	2	medium - 7" to 7 7/8" long	210.04
Orange Juice, Not Fortified	2	cup	244.02
Honey	2	tbsp	128.82
Beef Liver	1	slice - 6 1/2" x 2 3/8" x 3/8"	162.35

Calories

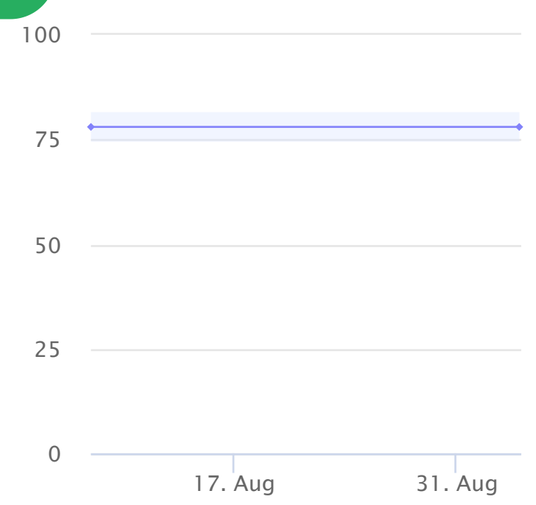


Consumed

Last 7 days

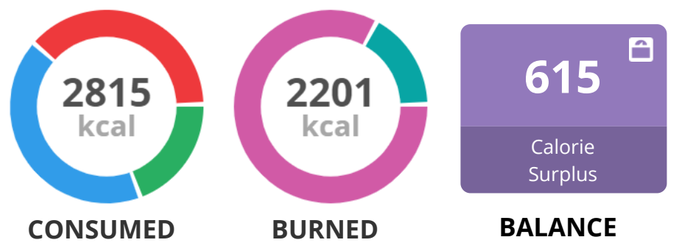
Weight Change: 0.0 kg

Support



Last 4 weeks

Calories Summary



Macronutrient Targets

Energy	2815 kcal / 2400 kcal (117%)
Protein	129.8 g / 120.0 g (108%)
Net Carbs	284.9 g / 130.0 g (219%)
Fat	110.8 g / 100.0 g (110%)

Nutrient Targets

Suggest Foods

Nutrition Scores

84% All Targets | 75% Immune Support | 75% Electrolytes | 65% Bone Health

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

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Highlighted Nutrients

20% Fiber | 113% Iron | 66% Calcium | 1040% Vit.A | 277% Vit.C | 3062% Vit.B12 | 126% Folate | 119% Potassium

General

Energy	2815.2	kcal	117%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	668.4	g	18%

Carbohydrates

Carbs	293.5	g	225%
Fiber	7.7	g	20%
Starch	17.1	g	No Target
Sugars	105.0	g	No Target
Net Carbs	284.9	g	219%

Lipids

Fat	110.8	g	110%
Monounsaturated	1.1	g	No Target
Polyunsaturated	1.3	g	n/a
Omega-3	0.1	g	n/a
Omega-6	1.1	g	1.121 g
Saturated	66.4	g	n/a
Trans-Fats	0.3	g	n/a
Cholesterol	336.6	mg	No Target

Protein

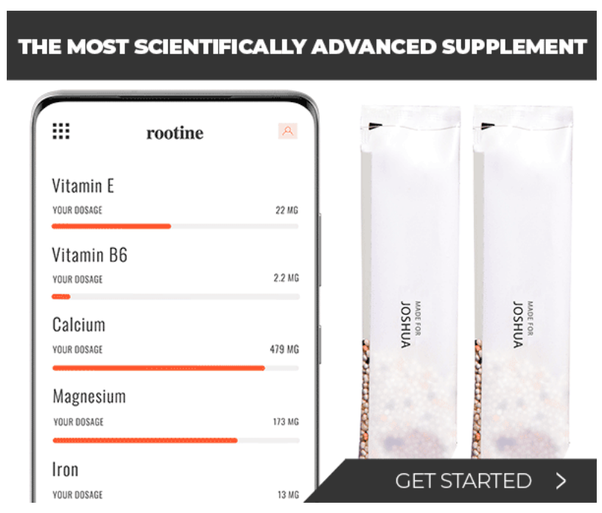
Protein	129.8	g	108%
Alanine	4.8	g	No Target
Arginine	5.3	g	No Target
Aspartic acid	10.4	g	No Target
Cystine	1.3	g	169%
Glutamic acid	23.8	g	No Target
Glycine	3.6	g	No Target
Histidine	3.3	g	303%
Hydroxyproline	-	g	No Target
Isoleucine	6.9	g	464%
Leucine	11.8	g	360%
Lysine	9.2	g	308%
Methionine	3.0	g	398%
Phenylalanine	6.0	g	467%
Proline	10.9	g	No Target
Serine	6.4	g	No Target
Threonine	5.2	g	333%
Tryptophan	1.6	g	419%
Tyrosine	5.6	g	432%
Valine	7.8	g	418%

Vitamins

B1 (Thiamine)	1.8	mg	151%
B2 (Riboflavin)	8.5	mg	657%
B3 (Niacin)	20.6	mg	128%
B5 (Pantothenic Acid)	18.3	mg	366%
B6 (Pyridoxine)	3.6	mg	278%
B12 (Cobalamin)	73.5	µg	3062%
Biotin	105.3	µg	351%
Folate	507.7	µg	126%
Vitamin A	31217.1	IU	1040%
Vitamin C	249.7	mg	277%
Vitamin D	161.7	IU	5%
Vitamin E	4.7	mg	31%
Vitamin K	154.0	µg	128%

Minerals

Calcium	3974.2	mg	66%
Chromium	-	µg	0%
Copper	13.6	mg	1511%
Fluoride	90.0	µg	2%
Iodine	1200.0	µg	800%
Iron	9.1	mg	113%
Magnesium	557.2	mg	139%
Manganese	1.2	mg	53%
Molybdenum	-	µg	0%
Phosphorus	3560.7	mg	142%
Potassium	5952.6	mg	119%
Selenium	153.9	µg	279%
Sodium	981.2	mg	65%
Zinc	26.3	mg	239%



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