

Daily Averages for Last 7 days Including TodayNon-Empty Days Include Supplements

Oct 3, 2022 to Oct 9, 2022

## Energy Summary



## Macronutrient Targets

Energy	2057 kcal / 1800 kcal (114%)
Protein	71.3 g / 112.5 g (63%)
Net Carbs	220.8 g / 202.5 g (109%)
Fat	94.0 g / 60.0 g (157%)

## Nutrient Targets

## Nutrition Scores



## Get More with Cronometer Gold

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

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## Highlighted Nutrients



## General

Energy	2057.0 kcal	114%
Alcohol	2.0 g	No Target
Caffeine	70.9 mg	No Target
Water	1553.7 g	58%

## Carbohydrates

Carbs	236.7 g	104%
Fiber	15.3 g	61%
Starch	110.3 g	No Target
Sugars	97.4 g	No Target
Net Carbs	220.8 g	109%

## Lipids

Fat	94.0 g	157%
Monounsaturated	30.2 g	No Target
Polysaturated	21.7 g	No Target
Omega-3	1.6 g	149%
Omega-6	18.7 g	156%
Saturated	34.1 g	n/a
Trans-Fats	3.9 g	n/a
Cholesterol	431.7 mg	No Target

## Protein

Protein	71.3 g	63%
Cystine	0.8 g	105%
Histidine	1.7 g	157%
Isoleucine	2.9 g	195%
Leucine	5.0 g	154%
Lysine	3.8 g	130%
Methionine	1.4 g	197%
Phenylalanine	2.8 g	219%
Threonine	2.4 g	156%
Tryptophan	0.8 g	207%
Tyrosine	2.3 g	183%
Valine	3.2 g	175%

## Vitamins

B1 (Thiamine)	1.2 mg	108%
B2 (Riboflavin)	1.6 mg	144%
B3 (Niacin)	23.8 mg	170%
B5 (Pantothenic Acid)	5.9 mg	117%
B6 (Pyridoxine)	3.5 mg	269%
B12 (Cobalamin)	6.1 µg	256%
Folate	293.7 µg	73%
Vitamin A	563.8 µg	81%
Vitamin C	20.2 mg	27%
Vitamin D	247.0 IU	41%
Vitamin E	7.0 mg	46%
Vitamin K	51.9 µg	58%

## Minerals

Calcium	931.4 mg	93%
Copper	0.7 mg	77%
Iron	10.0 mg	56%
Magnesium	225.2 mg	73%
Manganese	2.6 mg	147%
Phosphorus	1070.2 mg	153%
Potassium	1579.6 mg	61%
Selenium	119.3 µg	217%
Sodium	2559.7 mg	171%
Zinc	7.0 mg	88%