

Analysis

Sun, Mar 25, 2012

Day Complete

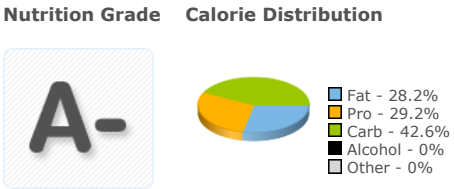
Nutrition settings based on: Calorie Count Recommended Values

Get the Calorie Count mobile app

Calories Energy Nutrients Other Nutrients Vitamins/Minerals Summary

Mar 25, 2012

NET CALS: 0 CALORIE OUTPUT: 0 CALORIE INTAKE: 0



Calories

Consumed: 2,009 cal
Daily Target: 2,040 cal

Average (for completed days)

Nutrition Report

Low	Goal	High	Nutrient/Vitamin	Amount	Trend
			Carbohydrates	220 g	Too Low
			Protein	151 g	Good
			Fats	65 g	Good
			Saturated Fat	18 g	Good
			Cholesterol	597 mg	Too High
			Sodium	2,242 mg	Too High
			Fiber	43 g	Good
			Vitamin A	8,551 IU	Good
			Vitamin C	232 mg	Good
			Calcium	1,230 mg	Good
			Iron	17.6 mg	Good
			Potassium	3,229 mg	Too Low

Mouse over bars for more detail

- Legend:
- Low intakes of "bad" nutrients or adequate intakes of "good" nutrients
 - High intakes of "bad" nutrients, low or excessive intakes of "good" nutrients

Logged Foods for Mar 25, 2012

Mouse over any table cell for more info

Breakfast	Cal (kcal)	Carb (g)	Pro (g)	Fat (g)	SFat (g)	Chol (mg)	Sod (mg)	Fib (g)	Sug (g)	VitA (IU)	VitC (mg)	Calc (mg)	Iron (mg)	Ptsm (mg)
Bananas 1 small (6" to 6-7/8" long)	90	23	1.1	0.3	0.1	0	1	2.6	12.4	65	8.8	5.1	0.3	362
Oats 'N Honey 21 grams	95	14.5	2	3	0.3	0	80	1	6	*	*	*	0.4	*
Red Bull SF 1 grams	10	3	*	*	*	*	100	*	*	*	*	*	*	*
Egg, Whole - Cooked, Ha 2 large	155	1.1	12.6	10.6	3.3	372	124	0	1.1	586	0	50	1.2	126
Milk, Nonfat, Fluid - With 122.5 grams	43	5.9	4.2	0.2	0.1	2.5	64	0	6.2	8.6	1.2	151	0.1	203

Meal Totals	393 19%	48 19%	19.9 20%	14.1 21%	3.8 17%	375 125%	369 25%	3.6 9%	26 50%	659 13%	10 11%	206 21%	2 25%	691 15%
Lunch	Cal (kcal)	Carb (g)	Pro (g)	Fat (g)	SFat (g)	Chol (mg)	Sod (mg)	Fib (g)	Sug (g)	VitA (IU)	VitC (mg)	Calc (mg)	Iron (mg)	Ptsm (mg)
Sugar Free Preserves - B 25.8 grams	15	7.5	0	0	*	*	0	*	0	*	*	*	*	*
Organics Bread - Organic 1 slice	90	19	4	1	0	0	230	3	3	0	0	40	0.7	70
Bananas 1 medium (7" to 7-7/8" long)	105	27	1.3	0.4	0.1	0	1.2	3.1	14.4	76	10.3	5.9	0.3	422
100 Calorie Packs Almon 1 pack	100	4	4	9	0.5	0	0	2	1	0	0	40	0.7	130
Organics Peanut Butter - 2 tbsp	210	6	8	18	3	0	5	2	2	0	0	0	0.7	*
Meal Totals	520 25%	64 25%	17.3 17%	28 42%	3.6 16%	0 0%	236 16%	10.1 27%	20 40%	76 2%	10.3 11%	86 9%	2.4 30%	622 13%
Dinner	Cal (kcal)	Carb (g)	Pro (g)	Fat (g)	SFat (g)	Chol (mg)	Sod (mg)	Fib (g)	Sug (g)	VitA (IU)	VitC (mg)	Calc (mg)	Iron (mg)	Ptsm (mg)
Black Beans - Meal Comr 1 Serving (4 oz)	130	24	9	1	*	*	318	7.5	*	952	*	*	*	*
Chipotle Brown Rice 1 grams	120	23	3	3	1	*	110	2	*	*	*	*	*	*
Bell Pepper Green - 1 me 59.5 grams	15	4	0.5	*	*	*	*	1	1.5	375	54	*	0.4	105
Grape Tomatoes .5 cup chopped raw	15	3	1	*	*	*	5	1	1	500	15	*	0.4	*
Milk, Nonfat, Fluid - With 122.5 grams	43	5.9	4.2	0.2	0.1	2.5	64	0	6.2	8.6	1.2	151	0.1	203
Chicken - Meal Compone 4 oz	190	1	32	6.5	2	115	370	0	1	500	1.2	20	1.4	*
Meal Totals	513 25%	61 24%	50 49%	10.7 16%	3.1 14%	118 39%	867 58%	11.5 30%	9.7 19%	2,336 47%	71 79%	171 17%	2.3 29%	308 7%
Snack	Cal (kcal)	Carb (g)	Pro (g)	Fat (g)	SFat (g)	Chol (mg)	Sod (mg)	Fib (g)	Sug (g)	VitA (IU)	VitC (mg)	Calc (mg)	Iron (mg)	Ptsm (mg)
Apples - Fresh Fruit 38.5 grams	20	5.5	*	*	*	*	*	1.3	4	25	1.2	*	0.1	*
Red Bull SF 1 grams	10	3	*	*	*	*	100	*	*	*	*	*	*	*
2% Small Curd Cottage C 1 container	90	6	11	2.5	1.5	15	390	*	4	200	*	150	*	*
Strawberries 4 medium (1-1/4" dia)	15.4	3.7	0.3	0.1	0	0	0.5	1	2.4	5.8	28	7.7	0.2	73
Pro Performance 100% V 1 scoop	120	4	21	2	1	70	160	*	2	*	*	*	*	*
Pure Protein High Protein 1 bar	280	26	32	7	5	20	120	3	4	1,750	21	400	2.7	180
Meal Totals	535 26%	48 19%	64 63%	11.6 17%	7.5 33%	105 35%	771 51%	5.3 14%	16.4 32%	1,981 40%	50 56%	558 56%	3 38%	253 5%
Other	Cal (kcal)	Carb (g)	Pro (g)	Fat (g)	SFat (g)	Chol (mg)	Sod (mg)	Fib (g)	Sug (g)	VitA (IU)	VitC (mg)	Calc (mg)	Iron (mg)	Ptsm (mg)
Centrum 1 grams	0	*	*	*	*	*	*	*	*	3,500	90	210	7.9	80
Other fiber/potassium/su 1 grams	48	*	*	*	*	*	*	12.5	*	*	*	*	*	1,274
Meal Totals	48	0	0	0	0	0	0	12.5	0	3,500	90	210	7.9	1,354
YOUR REQUIREMENTS	Cal (kcal) 2,040	Carb (g) 255	Pro (g) 102	Fat (g) 68	SFat (g) 23	Chol (mg) 300	Sod (mg) 1,500	Fib (g) 38	Sug (g) 51	VitA (IU) 5,000	VitC (mg) 90	Calc (mg) 1,000	Iron (mg) 8	Ptsm (mg) 4,700
YOUR INTAKE	2,009 98%	220 86%	151 148%	65 95%	18 79%	597 199%	2,242 149%	43 113%	72 142%	8,551 171%	232 258%	1,230 123%	17.6 220%	3,229 69%

BRAIN TRAINING GAMES

Memory


Focus

Spatial Reasoning

Attention

Speed

Problem Solving



[Play Games](#)