

01 July 2013



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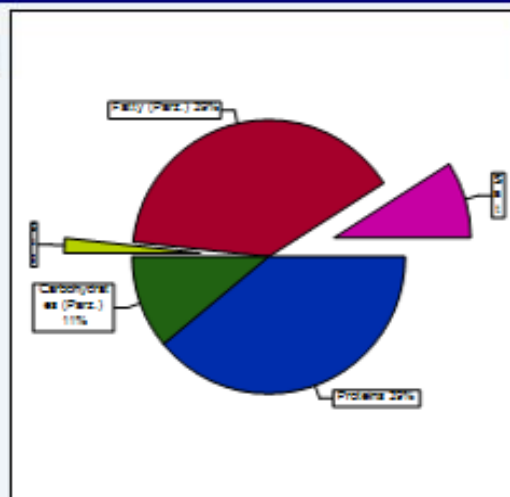


## Nutrition

Id	Hour	Food	n.	grams	Cal.	Prot.	Carb.	Sug.	Sta.	Tot.fat	Sat.fat
16	08:44	Albumi d'uovo (asQuilibrium)		270	113	27	2.16	1.08		0.27	
17	08:49	Pane di segale integrale Pema	1	62.5	121	3.13	22.5			0.625	0.0625
18	08:49	Albicocche		75	21.4	0.3	5.05	4.64		0.0675	0.0075
19	09:30	Fiocchi di Latte Magro, EXQUISA	1	200	168	26	2	2		6	4
20	09:30	Nocciole		20	124	2.78	0.368	0.35		11.8	0.792
21	12:30	Salmone		250	446	46.5				25.6	4.9
22	12:30	Insalata		50	7.5	0.695	0.815			0.145	
23	12:30	Olio di Oliva Extravergine		20	182					20.4	3.49
24	15:30	Tacchino Ala		100	201	23.9				11.3	3.31
25	15:30	Mandorle		20							
30	15:30	wasu integrali since 1919	2	18	63	1.8	11.7	0.45		0.27	0.054
27	18:30	Proteine ZL Anderson		30	114	25.8	0.99			1.56	
28	18:30	Banana		120	75.6	1.49	20.4			0.324	
31	20:15	Tonno al naturale (RIO MARE)		168	169	40.3				0.84	
32	20:15	Olio di Oliva Extravergine		20	182					20.4	3.49
33	22:30	Nocciole		20	124	2.78	0.368	0.35		11.8	0.792
<b>Totals</b>					<b>2,109</b>	<b>202</b>	<b>66.3</b>	<b>8.87</b>		<b>111</b>	<b>20.9</b>

## Nutritional Values - 01 July 2013

Description	Value	%k...	Balance	Informations
Calories	2,109 kcal		OK	$\approx 2078 = (\text{cho} + \text{pro}) * 4 + (\text{fat}) * 9$
Proteins	202 g	39 %	OK	
Carbohydrates (Tot.)	66.3 g	13 %	OK	Total Carbohydrates
└ Sugars	8.87 g	2 %	< Minimum	Simple carbohydrates
└ Starch			<< Minimum	
Fatty (Tot.)	111 g	48 %	OK	Total fatty acids
└ Saturated fatty	20.9 g	9 %	OK	Saturated fatty acids



## Totals - 01 July 2013

Value	Description
76.8	Body weight (Kg)
2,200	Daily target (kcal)
410	Sport calories
1,773	BMR Basal Metabolic Rate (kcal)
2,482	DCN Daily Calorie Needs (kcal)
2,892	TDEE Total Daily Energy Expenditure (kcal)
2,109	Assimilated (kcal)
-782	Balance (kcal)