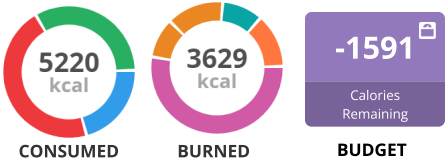
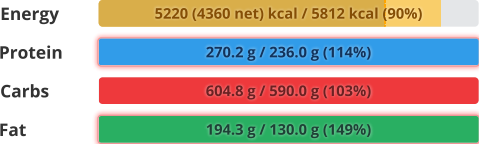


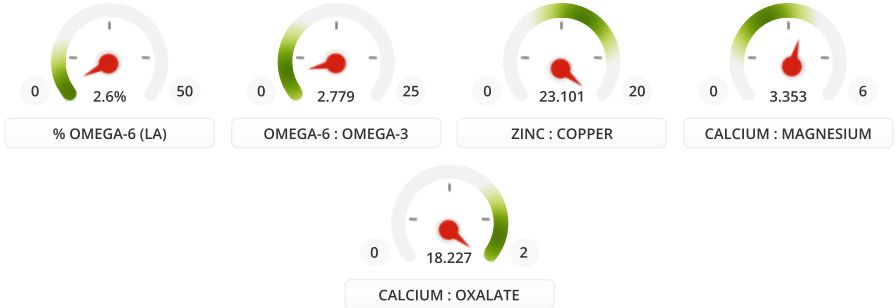
Energy Summary



Macronutrient Targets

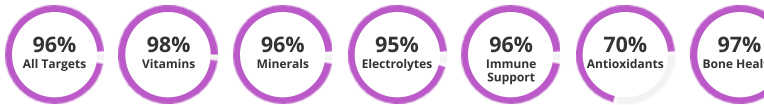


Nutrient Balances

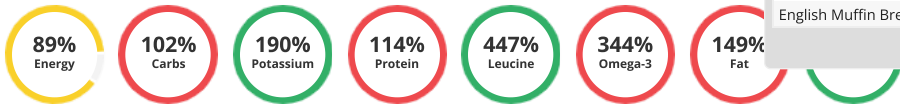


Nutrient Targets

Nutrition Scores



Highlighted Nutrients



- B2 (Riboflavin)
- Optimum Nutrition, Serious M
 - Milk, Whole
 - Equate, Complete Multivitamin
 - Post, Honey Bunches of Oats
 - Polish Sausage
 - Fried Eggs, Whole Egg
 - Espresso
 - Danish Pastry, with Fruit Filling
 - Hashed Brown Potatoes, Prep
 - English Muffin Bread

General			
Energy	5220.2	kcal	90%
Alcohol	0.0	g	No Target
Ash	25.0	g	No Target
Beta-Hydroxybutyrate	-	g	No Target
Caffeine	251.0	mg	No Target
Oxalate	208.8	mg	No Target
Water	1490.1	g	40%

Carbohydrates			
Carbs	604.8	g	103%
Fiber	24.5	g	82%
Starch	164.5	g	No Target
Sugars	163.8	g	No Target
Fructose	6.1	g	No Target
Galactose	0.0	g	No Target
Glucose	13.4	g	No Target
Lactose	55.6	g	No Target
Maltose	3.6	g	No Target
Sucrose	44.7	g	No Target
Added Sugars	49.2	g	No Target
Sugar Alcohol	0.5	g	No Target
Net Carbs	580.3	g	446%

Vitamins			
B1 (Thiamine)	9.9	mg	828%
B2 (Riboflavin)	10.0	mg	772%
B3 (Niacin)	109.9	mg	687%
B5 (Pantothenic Acid)	44.7	mg	894%
B6 (Pyridoxine)	12.5	mg	734%
B12 (Cobalamin)	47.8	µg	1992%
Biotin	332.0	µg	1107%
Choline	802.9	mg	146%
Folate	2010.3	µg	503%
Alpha-carotene	118.3	µg	No Target
Beta-carotene	270.3	µg	No Target
Beta-cryptoxanthin	362.8	µg	No Target
Lutein+Zeaxanthin	1264.7	µg	No Target
Lycopene	300.0	µg	No Target
Retinol	1438.3	µg	No Target
Vitamin C	1189.7	mg	1322%
Vitamin D	6582.8	IU	1097%
Vitamin E	58.4	mg	389%
Beta Tocopherol	0.2	mg	No Target
Delta Tocopherol	7.8	mg	No Target
Gamma Tocopherol	17.8	mg	No Target
Vitamin K	174.4	µg	145%

Lipids			
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Minerals			
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Support

Cronometer

Fat	194.3	g	149%
Monounsaturated	74.1	g	No Target
Polyunsaturated	21.9	g	No Target
Omega-3	5.5	g	344%
Omega-6	15.3	g	109%
Saturated	69.9	g	n/a
Trans-Fats	13.3	g	n/a
Cholesterol	584.7	mg	No Target
Phytosterol	-	mg	No Target

Protein			
Protein	270.2	g	114%
Alanine	11.5	g	No Target
Arginine	8.6	g	No Target
Aspartic acid	22.8	g	No Target
Cystine	4.1	g	400%
Glutamic acid	40.0	g	No Target
Glycine	8.3	g	No Target
Histidine	3.5	g	228%
Hydroxyproline	1.1	g	No Target
Isoleucine	11.3	g	545%
Leucine	20.5	g	448%
Lysine	8.6	g	207%
Methionine	5.1	g	489%
Phenylalanine	8.4	g	467%
Proline	15.1	g	No Target
Serine	10.8	g	No Target
Threonine	12.1	g	553%
Tryptophan	3.2	g	589%
Tyrosine	7.7	g	427%
Valine	12.7	g	486%

Calcium	3805.7	mg	381%
Chromium	170.0	µg	567%
Copper	4.0	mg	441%
Fluoride	-	µg	0%
Iodine	700.6	µg	467%
Iron	92.1	mg	1151%
Magnesium	1135.0	mg	270%
Manganese	6.9	mg	298%
Molybdenum	120.0	µg	267%
Phosphorus	2385.7	mg	341%
Potassium	6462.3	mg	190%
Selenium	234.0	µg	426%
Sodium	4994.4	mg	333%
Zinc	91.8	mg	834%

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