

Food Recorder

02/10/2022 - 00:00

Dati generali

Paziente:

Data di nascita: 15/02/1970

Età: 52

Sesso: M

Dati antropometrici

Altezza 178

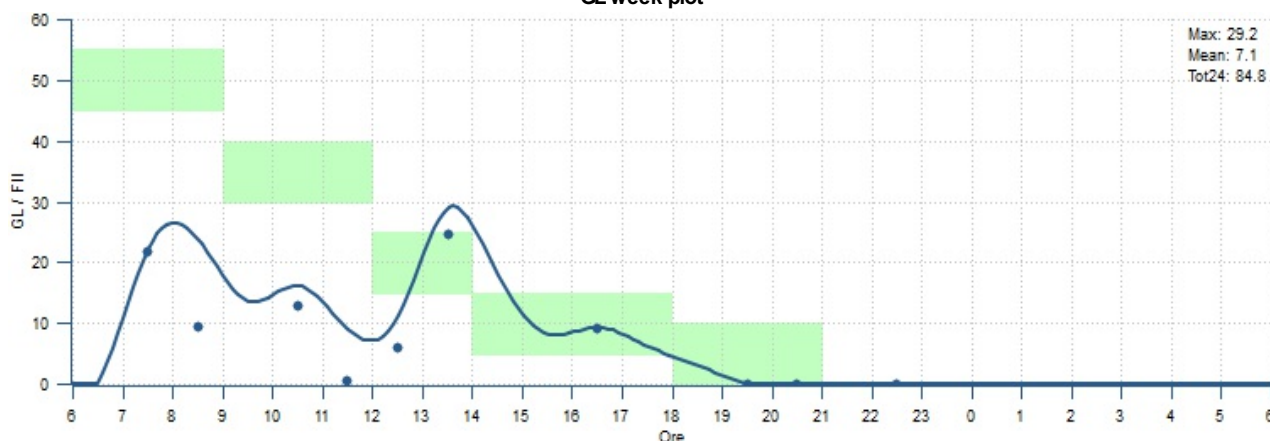
Peso 77.8

BMI 24.6 Normal

Food recorder week stats

	Min	Avg	Max	GL max		
Water intake [lt]	1.7	2.1	2.5	Max	Fascia oraria	Giorno
Food water intake [lt]	0.7	0.8	0.9	66	13 - 14	25-09-2022
Apporto energetico [kCal]	800	1208	1881	PRAL max		
GL Tot24	70	101	147	Max	Fascia oraria	Giorno
PRAL mean	-8.7	-1.2	6.8	21	13 - 14	25-09-2022
dAges	987	3101	5112	Stimolo circadianità		
Protein intake g/Kg of BW	0.5	0.7	0.9	GL	PRAL	
FIRQ	0.85	0.87	0.89	7/7 giorni	2/7 giorni	

GL week plot



PRAL week plot



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Carboidrati	Min	Avg	Max
Carboidrati (g)	126.1	153.0	197.8
Amido (g)	69.3	93.7	142.5
Zuccheri (g)	44.4	72.7	94.9

Fibre	Min	Avg	Max
Fibre (g)	14.3	17.2	21.9
Fibre solubili (g)	0.1	1.0	2.5
Fibre insolubili (g)	0.9	3.4	6.4
Rapporto S/I (%)	0.1	0.3	0.4

Proteine	Min	Avg	Max
Proteine (g)	42.1	54.7	73.8

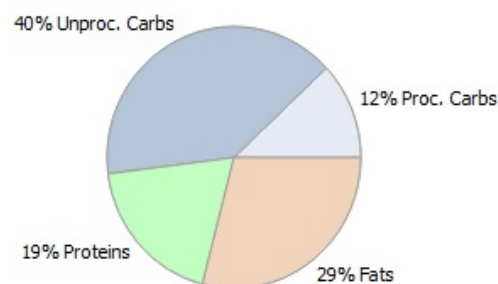
Lipidi	Min	Avg	Max
Lipidi (g)	18.0	38.4	79.7
Acidi grassi saturi (g)	2.9	11.1	23.7
Acidi grassi insaturi (g)			
Acidi grassi monoinsaturi (g)	4.1	13.4	24.7
Acidi grassi polinsaturi (g)	3.1	6.0	8.3
Colesterolo (mg)	0.4	186.5	551.4

Vitamine Idrosolubili	Min	Avg	Max	RDA	UL
Vitamina B9 (Acido folico) (µg)	167.1	219.1	319.6	200	-
Vitamina B3 (Niacina) (mg)	9.2	15.0	20.9	16	-
Vitamina B2 (Riboflavina) (mg)	0.9	1.2	1.7	1.4	-
Vitamina B1 (Tiamina) (mg)	0.5	0.8	1.2	1.1	-
Vitamina B6 (Piridossina) (mg)	0.6	0.9	1.4	1.4	25
Vitamina B12 (µg)	ND	1.6	4.4	2.5	-
Vitamina C (Acido ascorbico) (mg)	10.1	39.0	76.6	80	2000

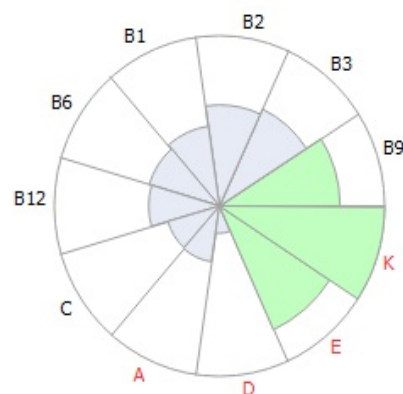
Vitamine Liposolubili	Min	Avg	Max	RDA	UL
Vitamina A (Retinolo) (µg)	132.4	397.5	638.5	800	3000
Vitamina D (µg)	0.0	1.2	2.6	5.0	50
Vitamina E (Tocoferolo) (mg)	4.6	14.3	26.8	12	300
Vitamina K (µg)	90.6	149.5	218.1	75	-

Minerali	Min	Avg	Max	RDA	UL
Calcio (mg)	315.4	454.2	677.1	800	-
Fosforo (mg)	674.2	868.4	1061.1	700	-
Magnesio (mg)	246.0	321.2	379.4	375	-
Sodio (mg)	799.2	1535.1	2935.2	-	-
Potassio (mg)	1633.7	2331.0	2771.9	2000	-
Cloruro (mg)	0.9	333.2	1131.0	800	-
Ferro (mg)	6.3	8.7	11.1	14	45
Zinco (mg)	5.0	7.9	9.9	10	25
Rame (mg)	0.1	0.5	0.8	1.0	5
Selenio (µg)	8.4	23.4	8.4	55	300
Iodio (µg)	ND	16.8	50.3	150	1100
Manganese (mg)	0.0	0.3	0.7	2.0	11

Distribuzione energetica



Distribuzione delle vitamine



Distribuzione dei minerali

