PROFILE_heading

PROFILE_DISCLAIMER_content

Lunch | 3:00 AM

Pizza, 1 piece

Apple juice, 12 fl oz (no ice)

Breakfast | 10:00 AM

Burrito (not self prepared), 1 burrito; with **Chili sauce**, 1 tablespoon

Bacon, 2 slices

Egg yolk, 1/2 cup

Iced latte, 12 fl oz

Apple, 1 fruit

Dinner | 7:00 PM

Meatballs, 3 meatballs; with **Tomato sauce**, 1/4 cup

Pasta salad, 1 cup

Apple juice, 12 fl oz (no ice)

Tuna, 8 ounces

PROFILE_CONSUMPTION_BREAKDOWN_HEADER_txt

PROFILE_CALORIES

PROFILE_NUTRITION

2549

2800

NUTRITION

PROFILE_NUTRITION_CARBOHYDRATE	PROFILE_NUTRITION_FAT
41%	39%
TARGET RANGE	TARGET RANGE
65-45%	35-20%

PROFILE_NUTRITION_PROTEIN	PROFILE_NUTRITION_ALCOHOL
21%	0%
TARGET RANGE	TARGET RANGE
35-10%	PROFILE_NUTRITION_LimitIntake

PROFILE_calories

CALORIC_OVERVIEW_INFO_txt

Alcohol

ALCOHOL_OVERVIEW_INFO_txt

PROFILE_NUTRITION_Sources

2015-2020 CALORIC_OVERVIEW_DGfA_txt
(https://health.gov/dietaryguidelines/2015/guidelines/) CALORIC_OVERVIEW_DRI_txt
(https://www.nal.usda.gov/fnic/macronutrients).

PROFILE_FOOD_GROUPS_HEADER_txt

GRAINS

PROFILE_NUTRITION_STATUS_UNDER

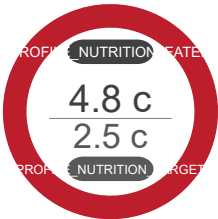NUTRITION EATE

6.4 oz
10.0 oz

PROFILE NUTRITION ARGET
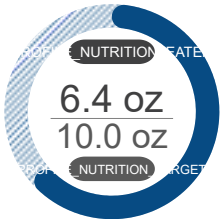
PROFILE_NUTRITION_SUBGROUPSEATEN

Whole grains (e.g. whole wheat bread)
0.0 oz

Refined grains (e.g. white bread)
6.4 oz

FRUITS

PROFILE_NUTRITION_STATUS_ACHIEVED

NUTRITION EATE

4.8 c
2.5 c

PROF NUTRITION ARGET

PROFILE_NUTRITION_SUBGROUPSEATEN

Fruits
1.8 c

Juices
3.0 c

DAIRY

PROFILE_NUTRITION_STATUS_UNDER

NUTRITION EATE

1.5 c
3.0 c

PROF NUTRITION ARGET

PROFILE_NUTRITION_SUBGROUPSEATEN

Milk and Soy Milk
0.7 c

Yogurt
0.0 c

Cheese
0.7 c

VEGETABLES

PROFILE_NUTRITION_STATUS_UNDER

NUTRITION EATE

0.6 c
3.5 c

PROF NUTRITION ARGET

PROFILE_NUTRITION_SUBGROUPSEATEN

Dark Green vegetables
0.0 c

Red and Orange vegetables
0.5 c

Legumes (e.g. beans and peas)
0.0 c

Starchy vegetables (e.g. potatoes, corn)
0.0 c

Other vegetables (e.g. celery and onions)
0.1 c

PROTEIN FOODS

PROFILE_NUTRITION_STATUS_ACHIEVED

NUTRITION EATE

11.8 oz
7.0 oz

PROF NUTRITION ARGET
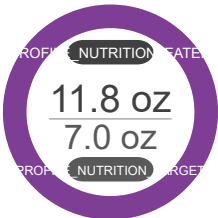
PROFILE_NUTRITION_SUBGROUPSEATEN

Meat, Poultry and Eggs
6.5 oz

Seafood
5.3 oz

Nuts, Seeds, Soy and Legumes
0.0 oz

PORTION_SIZE_txt
https://www.myplate.gov/eat-healthy/food-group-gallery.

PROFILE_ENCOURAGE_header

- PROFILE_ENCOURAGE_one
- PROFILE_ENCOURAGE_two
- PROFILE_ENCOURAGE_three
- PROFILE_ENCOURAGE_four
- PROFILE_ENCOURAGE_five

PROFILE_LIMITED_NUTRIENT_HEADER_txt

PROFILE_LIMITS_HEADER_sugars

PROFILE_NUTRITION_EATEN
18 g
PROFILE_NUTRITION_LIMIT
70 g

PROFILE_LIMITS_HEADER_satfat

PROFILE_NUTRITION_EATEN
33 g
PROFILE_NUTRITION_LIMIT
31 g

PROFILE_LIMITS_HEADER_alcohol

PROFILE_NUTRITION_CONSUMED
0.00
PROFILE_LIMITS_UNIT_alcohol
PROFILE_NUTRITION_LIMIT
2
PROFILE_LIMITS_UNIT_alcohol

PROFILE_LIMITS_HEADER_sodium

PROFILE_NUTRITION_EATEN
3852 mg
PROFILE_NUTRITION_LIMIT
2300 mg

PROFILE_LIMITED_NUTRIENT_SUMMARY_txt

PROFILE_NUTRITION_Source: https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus

PROFILE_LIMITED_NUTRIENT_SUMMARY_ALCOHOL_txt https://www.myplate.gov/eat-healthy/more-key-topics#mp-container-709543

PROFILE_NUTRIENT_INTAKE_HEADER_txt

PROFILE_NUTRIENT_INTAKE_SUMMARY_txt

PROFILE_NUTRIENT_INTAKE_TO_LEARN_txt https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/vitamins.cfm

PROFILE_MACRONUTRIENTS_SUBHEADER_txt

Carbohydrate (g)	Total Fiber (g)	Protein (g)
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
257	15	131
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
130	38	56

PROFILE_NUTRITION_targ PROFILE_NUTRITION_targ PROFILE_NUTRITION_targ

PROFILE_VITAMINS_SUBHEADER_txt

Folate
PROFILE_NUTRITION_EATEN
542
PROFILE_NUTRITION_TARGET
400

PROFILE_NUTRITION_targ

Niacin (mg)
PROFILE_NUTRITION_EATEN
59
PROFILE_NUTRITION_TARGET
16

PROFILE_NUTRITION_targ

Riboflavin (mg)
PROFILE_NUTRITION_EATEN
2.4
PROFILE_NUTRITION_TARGET
1.3

PROFILE_NUTRITION_targ

Thiamin (mg)
PROFILE_NUTRITION_EATEN
1.9
PROFILE_NUTRITION_TARGET
1.2

PROFILE_NUTRITION_targ

Vitamin A
PROFILE_NUTRITION_EATEN
798
PROFILE_NUTRITION_TARGET
900

PROFILE_NUTRITION_targ

Vitamin B6 (mg)
PROFILE_NUTRITION_EATEN
3
PROFILE_NUTRITION_TARGET
1.3

PROFILE_NUTRITION_targ

Vitamin B12
PROFILE_NUTRITION_EATEN
8
PROFILE_NUTRITION_TARGET
2.4

PROFILE_NUTRITION_targ

Vitamin C
PROFILE_NUTRITION_EATEN
307
PROFILE_NUTRITION_TARGET
90

PROFILE_NUTRITION_targ

Vitamin D
PROFILE_NUTRITION_EATEN
485
PROFILE_NUTRITION_TARGET
600

PROFILE_NUTRITION_targ

Vitamin E
PROFILE_NUTRITION_EATEN
12
PROFILE_NUTRITION_TARGET
15

PROFILE_NUTRITION_targ

Vitamin K (mcg)
PROFILE_NUTRITION_EATEN
94
PROFILE_NUTRITION_TARGET
120

PROFILE_NUTRITION_targ

PROFILE_MINERALS_SUBHEADER_txt

Calcium
PROFILE_NUTRITION_EATEN
842
PROFILE_NUTRITION_TARGET
1000

PROFILE_NUTRITION_targ

Copper (mg)
PROFILE_NUTRITION_EATEN
0.8
PROFILE_NUTRITION_TARGET
0.9

PROFILE_NUTRITION_targ

Iron
PROFILE_NUTRITION_EATEN
14
PROFILE_NUTRITION_TARGET
8

PROFILE_NUTRITION_targ

Magnesium
PROFILE_NUTRITION_EATEN
310
PROFILE_NUTRITION_TARGET
400

PROFILE_NUTRITION_targ

Phosphorus (mg)
PROFILE_NUTRITION_EATEN
1995
PROFILE_NUTRITION_TARGET
700

PROFILE_NUTRITION_targ

Potassium
PROFILE_NUTRITION_EATEN
3358
PROFILE_NUTRITION_TARGET
3400

PROFILE_NUTRITION_targ

Selenium (mcg)
PROFILE_NUTRITION_EATEN
351
PROFILE_NUTRITION_TARGET
55

PROFILE_NUTRITION_targ

Zinc (mg)
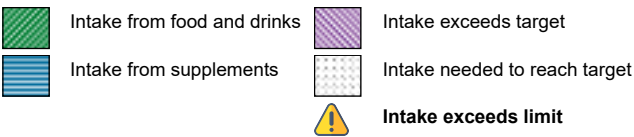| PROFILE_NUTRITION_EATEN |
| --- |
| 9 |
| PROFILE_NUTRITION_TARGET |
| 11 |

PROFILE_NUTRITION_targ

[1]PROFILE_MINERALS_SUP_DFE_txt
[2]PROFILE_MINERALS_SUP_RAE_txt
[3]PROFILE_MINERALS_SUP_IU_txt
[4]PROFILE_MINERALS_SUP_AT_txt

PROFILE_NUTRIENT_INTAKE_ALL_HEADER_txt

PROFILE_NUTRIENT_INTAKE_ALL_SUMMARY_txt

Legend:
- Intake from food and drinks
- Intake from supplements
- Intake exceeds target
- Intake needed to reach target
- ⚠️ **Intake exceeds limit**

NUTRIENT	PROFILE_NUTRIENT_FOOD_txt	PROFILE_NUTRIENT_TOTAL_txt INTAKE	TARGET	LIMIT
Calcium	842 mg	0 mg	842 mg	1,000 mg	2,500 mg
Folate	542 mcg	0 mcg	542 mcg	400 mcg	1,000 mcg
Iron	14 mg	0 mg	14 mg	8 mg	45 mg
Magnesium	310 mg	0 mg	310 mg	400 mg	No Limit
Potassium	3,358 mg	0 mg	3,358 mg	3,400 mg	No Limit
Vitamin A	798 mcg	0 mcg	798 mcg	900 mcg	3,000 mcg
Vitamin B12	8 mcg	0 mcg	8 mcg	2.4 mcg	No Limit
Vitamin C	307 mg	0 mg	307 mg	90 mg	2,000 mg
Vitamin D	485 IU	0 IU	485 IU	600 IU	4,000 IU
Vitamin E	12 mg	0 mg	12 mg	15 mg	1,000 mg

PROFILE_NUTRIENT_INTAKE_ALL_SUPPLEMENT_INFO_SOURCE_txt
(https://ods.od.nih.gov/HealthInformation/healthinformation.aspx)PROFILE_NUTRIENT_INTAKE_ALL_SUPPLEMENT_INFO_SOURCE_OLD_txt
(https://health.gov/dietaryguidelines/2015/guidelines/)

*Please note: Nutrients from supplements are included in the graphs only if the amounts from foods do not meet the target amounts.