



PROFILE_heading

PROFILE_DISCLAIMER_content

PROFILE_CONSUMPTION_SUMMARY_HEADER_txt Apr 23, 2024

Breakfast 9:00 AM	Snack 9:00 PM
White rice , 1/2 cup	Water , 12 fl oz
Pork sausage , 3 ounces	Strawberries , More than 1 piece (5)
Egg yolk , More than 1 egg (3); with Chili sauce , 2 tablespoons	
Baked potato , 1 potato; with Chili sauce , 2 tablespoons	
Apple juice , 12 fl oz (no ice)	
Lunch 1:00 PM	
Pizza , 1 piece	
Coke , 12 fl oz (no ice)	
Dinner 6:00 PM	
Coke , 12 fl oz (no ice)	
Seafood gumbo , 2 cups	
Meatballs , 1 meatball	
Vegan burger sandwich , 1 sandwich	

PROFILE_CONSUMPTION_BREAKDOWN_HEADER_txt

PROFILE_CALORIES



PROFILE_NUTRITION_CARBOHYDRATE

54%

TARGET RANGE
65-45%

PROFILE_NUTRITION_FAT

28%

TARGET RANGE
35-20%

PROFILE_NUTRITION_PROTEIN

18%

TARGET RANGE
35-10%

PROFILE_NUTRITION_ALCOHOL

0%

TARGET RANGE
PROFILE_NUTRITION_LimitIntake

PROFILE_calories

CALORIC_OVERVIEW_INFO_txt

Alcohol

ALCOHOL_OVERVIEW_INFO_txt

PROFILE_NUTRITION_Sources

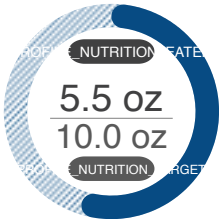
2015-2020 CALORIC_OVERVIEW_DGfA_txt
(<https://health.gov/dietaryguidelines/2015/guidelines/>) CALORIC_OVERVIEW_DRI_txt
(<https://www.nal.usda.gov/fnic/macronutrients>).

PROFILE_FOOD_GROUPS_HEADER_txt

PROFILE_FOOD_GROUPS_SUBHEADER_txt

GRAINS

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Whole grains (e.g. whole wheat bread)	1.4 oz
Refined grains (e.g. white bread)	4.1 oz

FRUITS

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Fruits	0.6 c
Juices	1.5 c

DAIRY

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Milk and Soy Milk	0.0 c
Yogurt	0.0 c
Cheese	1.0 c

VEGETABLES

PROFILE_NUTRITION_STATUS_ACHIEVED

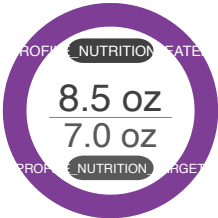


PROFILE_NUTRITION_SUBGROUPSEATEN

Dark Green vegetables	0.3 c
Red and Orange vegetables	1.2 c
Legumes (e.g. beans and peas)	0.0 c
Starchy vegetables (e.g. potatoes, corn)	2.4 c
Other vegetables (e.g. celery and onions)	1.2 c

PROTEIN FOODS

PROFILE_NUTRITION_STATUS_ACHIEVED



PROFILE_NUTRITION_SUBGROUPSEATEN

Meat, Poultry and Eggs	4.3 oz
Seafood	3.4 oz
Nuts, Seeds, Soy and Legumes	0.8 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_LIMITED_NUTRIENT_SUBHEADER_txt

PROFILE_LIMITS_HEADER_sugars



PROFILE_LIMITS_HEADER_satfat



PROFILE_LIMITS_HEADER_alcohol



PROFILE_LIMITS_UNIT_alcohol

PROFILE_LIMITS_HEADER_sodium



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

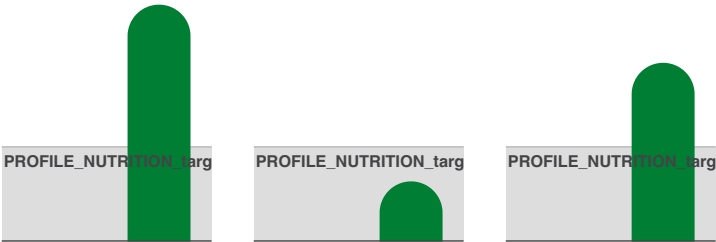
PROFILE_NUTRIENT_INTAKE_SUBHEADER_txt

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
323	24	105
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
130	38	56

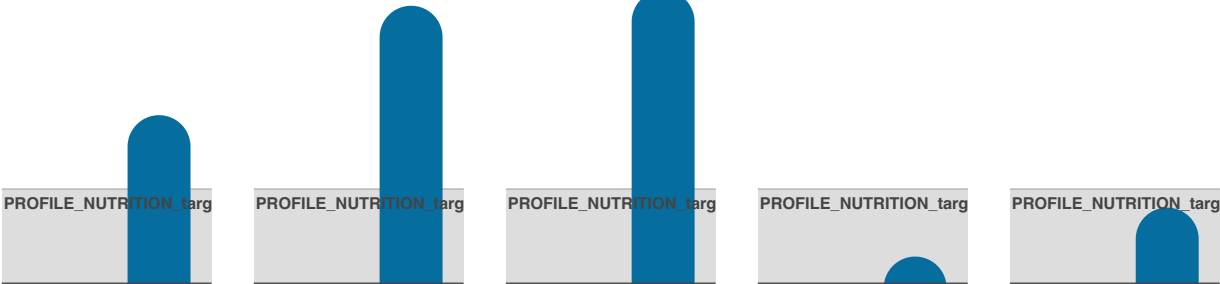


PROFILE_VITAMINS_SUBHEADER_txt

Folate	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)	Vitamin A
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
628	27	1.7	2.2	498
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
400	16	1.3	1.2	900



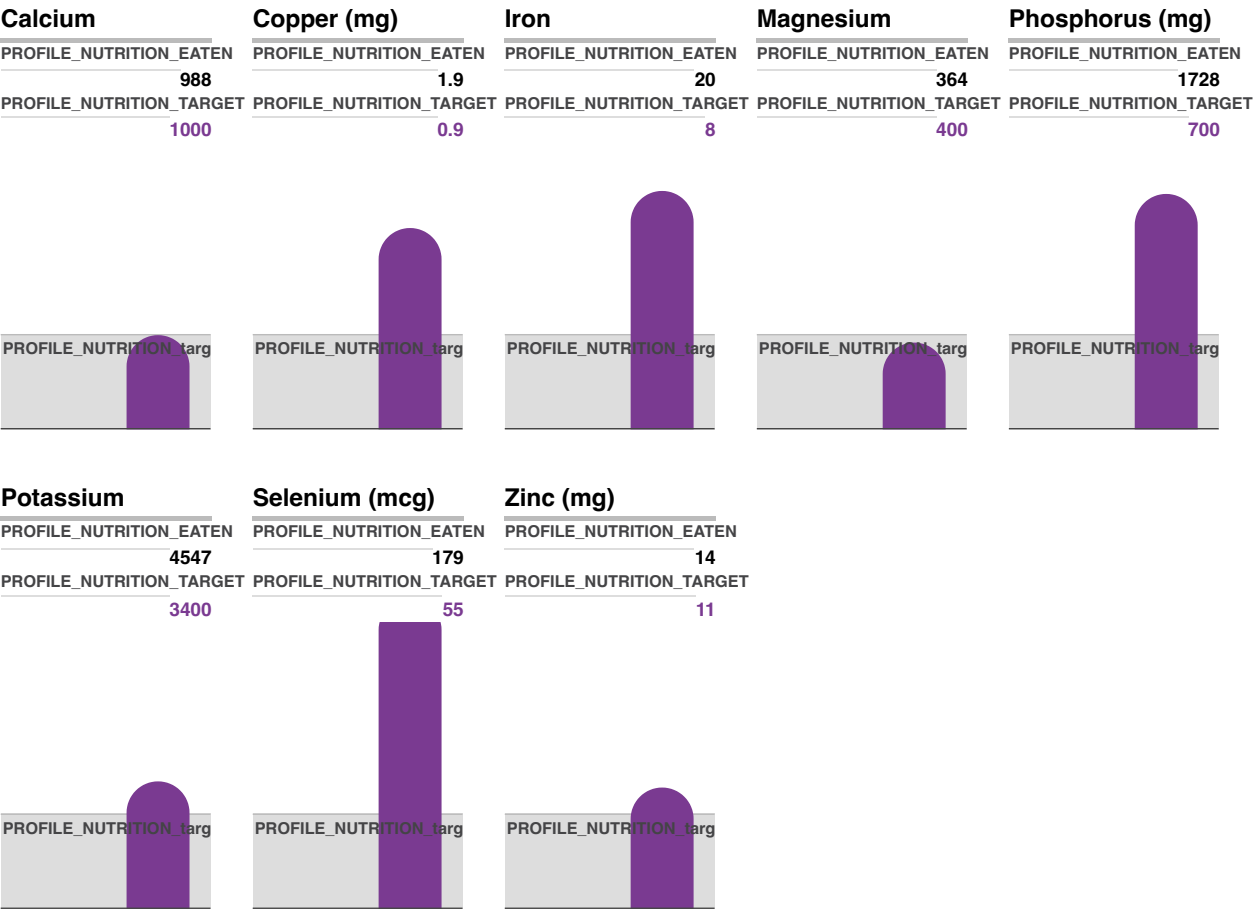
Vitamin B6 (mg)	Vitamin B12	Vitamin C	Vitamin D	Vitamin E
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
2.3	7	277	172	12
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
1.3	2.4	90	600	15



Vitamin K (mcg)
PROFILE_NUTRITION_EATEN
149
PROFILE_NUTRITION_TARGET
120



PROFILE_MINERALS_SUBHEADER_txt



¹PROFILE_MINERALS_SUP_DFE_txt
²PROFILE_MINERALS_SUP_RAE_txt
³PROFILE_MINERALS_SUP_IU_txt
⁴PROFILE_MINERALS_SUP_AT_txt

PROFILE_NUTRIENT_INTAKE_ALL_HEADER_txt

PROFILE_NUTRIENT_INTAKE_SUBHEADER_txt

PROFILE_NUTRIENT_INTAKE_ALL_SUMMARY_txt



NUTRIENT	PROFILE_NUTRIENT_FOOD_INTAKE	PROFILE_NUTRIENT_SUPPLEMENT_INTAKE	PROFILE_NUTRIENT_TOTAL_INTAKE	TARGET	LIMIT
Calcium	988 mg	0 mg	988 mg	<div></div>	1,000 mg 2,500 mg
Folate	628 mcg	0 mcg	628 mcg	<div></div>	400 mcg 1,000 mcg
Iron	20 mg	0 mg	20 mg	<div></div>	8 mg 45 mg
Magnesium	364 mg	0 mg	364 mg	<div></div>	400 mg No Limit
Potassium	4,547 mg	0 mg	4,547 mg	<div></div>	3,400 mg No Limit
Vitamin A	498 mcg	0 mcg	498 mcg	<div></div>	900 mcg 3,000 mcg
Vitamin B12	7 mcg	0 mcg	7 mcg	<div></div>	2.4 mcg No Limit
Vitamin C	277 mg	0 mg	277 mg	<div></div>	90 mg 2,000 mg
Vitamin D	172 IU	0 IU	172 IU	<div></div>	600 IU 4,000 IU
Vitamin E	12 mg	0 mg	12 mg	<div></div>	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.