



PROFILE_heading

PROFILE_DISCLAIMER_content

PROFILE_CONSUMPTION_SUMMARY_HEADER_txt Apr 21, 2024

Breakfast | 10:05 AM

Burrito (not self prepared), 1 burrito; with Tomato sauce, 3/8 cup

Apple, More than 1 slice (5)

Apple juice, 12 fl oz (no ice)

Tiramisu, 1 piece

Dinner | 6:00 PM

Fried rice, 2 cups; with Soy sauce, 1 packet

Coke, 12 fl oz (no ice)

Fruit salad, 1 cup

Snack | 10:00 PM

Berries, 1 cup

Water, 12 fl oz

PROFILE_CONSUMPTION_BREAKDOWN_HEADER_txt

PROFILE_CALORIES



PROFILE_NUTRITION_CARBOHYDRATE

52%

TARGET RANGE

65-45%

PROFILE_NUTRITION_FAT

38%

TARGET RANGE

35-20%

PROFILE_NUTRITION_PROTEIN

11%

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

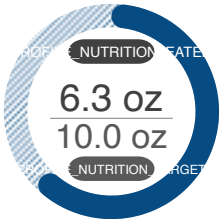
2015-2020 CALORIC_OVERVIEW_DGfA_txt
(<https://health.gov/dietaryguidelines/2015/guidelines/>) CALORIC_OVERVIEW_DRI_txt
(<https://www.nal.usda.gov/fnic/macronutrients>).

PROFILE_FOOD_GROUPS_HEADER_txt

PROFILE_FOOD_GROUPS_SUBHEADER_txt

GRAINS

PROFILE_NUTRITION_STATUS_UNDER

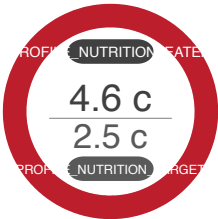


PROFILE_NUTRITION_SUBGROUPSEATEN

Whole grains (e.g. whole wheat bread)	0.0 oz
Refined grains (e.g. white bread)	6.3 oz

FRUITS

PROFILE_NUTRITION_STATUS_ACHIEVED



PROFILE_NUTRITION_SUBGROUPSEATEN

Fruits	3.1 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	0.3 c

VEGETABLES

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Dark Green vegetables	0.0 c
Red and Orange vegetables	0.4 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)	0.0 c

PROTEIN FOODS

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Meat, Poultry and Eggs	4.9 oz
Seafood	0.0 oz
Nuts, Seeds, Soy and Legumes	1.1 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

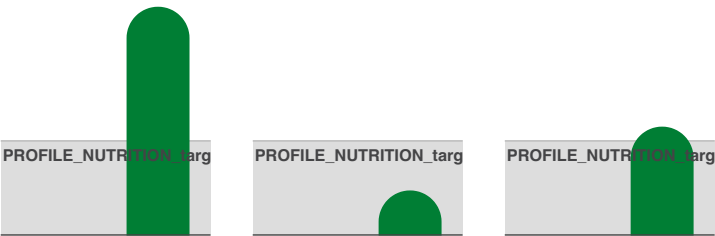
PROFILE_NUTRIENT_INTAKE_SUBHEADER_txt

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
312	18	64
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
130	38	56

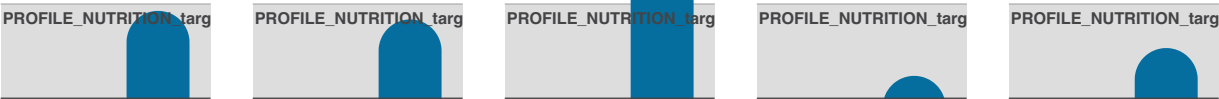


PROFILE_VITAMINS_SUBHEADER_txt

Folate	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)	Vitamin A
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
253	16	1.4	1.4	461
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
1.2	2	255	145	8
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
116
PROFILE_NUTRITION_TARGET
120

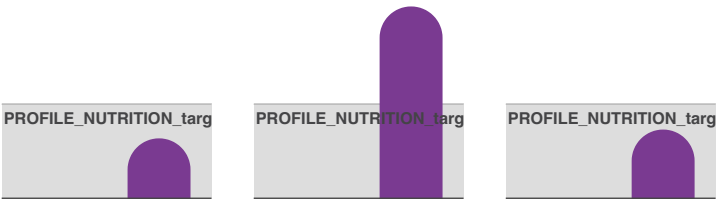


PROFILE_MINERALS_SUBHEADER_txt

Calcium	Copper (mg)	Iron	Magnesium	Phosphorus (mg)
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
473	1.2	10	205	1017
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
1000	0.9	8	400	700



Potassium	Selenium (mcg)	Zinc (mg)
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
2159	111	8
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
3400	55	11



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	473 mg	0 mg	473 mg	<div><div></div><div></div></div>	1,000 mg 2,500 mg
Folate	253 mcg	0 mcg	253 mcg	<div><div></div><div></div></div>	400 mcg 1,000 mcg
Iron	10 mg	0 mg	10 mg	<div><div></div><div></div></div>	8 mg 45 mg
Magnesium	205 mg	0 mg	205 mg	<div><div></div><div></div></div>	400 mg No Limit
Potassium	2,159 mg	0 mg	2,159 mg	<div><div></div><div></div></div>	3,400 mg No Limit
Vitamin A	461 mcg	0 mcg	461 mcg	<div><div></div><div></div></div>	900 mcg 3,000 mcg
Vitamin B12	2 mcg	0 mcg	2 mcg	<div><div></div><div></div></div>	2.4 mcg No Limit
Vitamin C	255 mg	0 mg	255 mg	<div><div></div><div></div></div>	90 mg 2,000 mg
Vitamin D	145 IU	0 IU	145 IU	<div><div></div><div></div></div>	600 IU 4,000 IU
Vitamin E	8 mg	0 mg	8 mg	<div><div></div><div></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.