

PROFILE_heading

PROFILE_DISCLAIMER_content

PROFILE_CONSUMPTION_SUMMARY_HEADER_txt Apr 18, 2024

Breakfast | 10:00 AM

- Eggs, More than 1 egg (2); with Chili sauce, 2 tablespoons
- Egg yolk, More than 1 egg (3); with Chili sauce, 2 tablespoons
- Breakfast sausage, More than 1 patty (2); with Chili sauce, 2 tablespoons
- White rice, 1 cup
- Cappuccino, 5.6 fl oz; with Brown sugar, 2 teaspoons

Dinner | 5:25 PM

- Fish and vegetables, 1 cup
- Pasta with meat sauce, 1 cup
- Coke, 9.6 fl oz (no ice)
- Tiramisu, 1 piece

PROFILE_CALORIES



PROFILE_NUTRITION_CARBOHYDRATE

39%

TARGET RANGE
65-45%

PROFILE_NUTRITION_FAT

44%

TARGET RANGE
35-20%

PROFILE_NUTRITION_PROTEIN

17%

TARGET RANGE
35-10%

PROFILE_NUTRITION_ALCOHOL

0%

TARGET RANGE
PROFILE_NUTRITION_LimitIntake

PROFILE_calories

CALORIC_OVERVIEW_INFO_txt

Alcohol

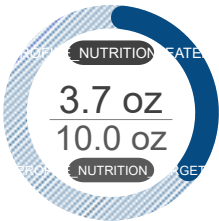
ALCOHOL_OVERVIEW_INFO_txt

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>).

GRAINS

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Whole grains (e.g. whole wheat bread)	1.7 oz
Refined grains (e.g. white bread)	2.1 oz

FRUITS

PROFILE_NUTRITION_STATUS_UNDER



PROFILE_NUTRITION_SUBGROUPSEATEN

Fruits	0.0 c
Juices	0.0 oz

DAIRY

PROFILE_NUTRITION_STATUS_UNDER

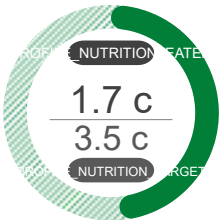


PROFILE_NUTRITION_SUBGROUPSEATEN

Milk and Soy Milk	0.4 c
Yogurt	0.0 c
Cheese	0.0 c

VEGETABLES

PROFILE_NUTRITION_STATUS_UNDER

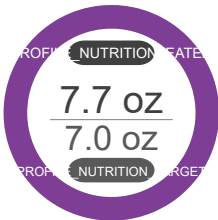


PROFILE_NUTRITION_SUBGROUPSEATEN

Dark Green vegetables	0.2 c
Red and Orange vegetables	1.5 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)	0.0 c

PROTEIN FOODS

PROFILE_NUTRITION_STATUS_ACHIEVED



PROFILE_NUTRITION_SUBGROUPSEATEN

Meat, Poultry and Eggs	6.0 oz
Seafood	1.7 oz
Nuts, Seeds, Soy and Legumes	0.0 oz

PROFILE_ENCOURAGE_header

- PROFILE_ENCOURAGE_one
- PROFILE_ENCOURAGE_two
- PROFILE_ENCOURAGE_three
- PROFILE_ENCOURAGE_four
- PROFILE_ENCOURAGE_five

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>

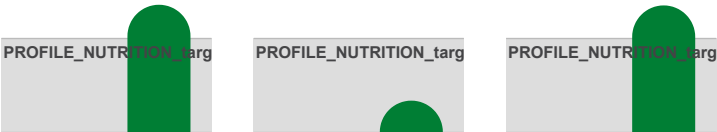
PROFILE_NUTRIENT_INTAKE_HEADER_txt

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
175	13	75
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
130	38	56

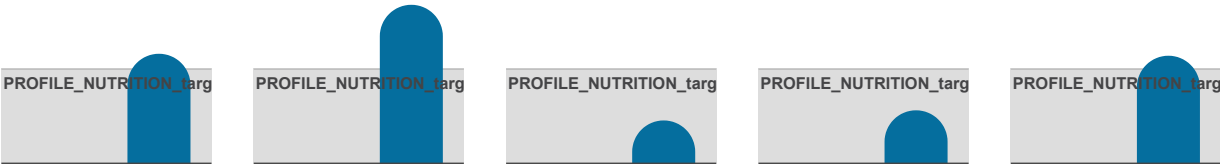


PROFILE_VITAMINS_SUBHEADER_txt

Folate	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)	Vitamin A
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
363	22	1.5	1.1	959
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
1.5	4	41	337	17
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
88
PROFILE_NUTRITION_TARGET
120

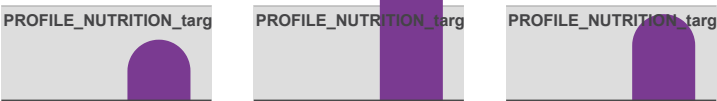


PROFILE_MINERALS_SUBHEADER_txt

Calcium	Copper (mg)	Iron	Magnesium	Phosphorus (mg)
PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN	PROFILE_NUTRITION_EATEN
407	0.9	12	228	1148
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
2182	164	10
PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET	PROFILE_NUTRITION_TARGET
3400	55	11

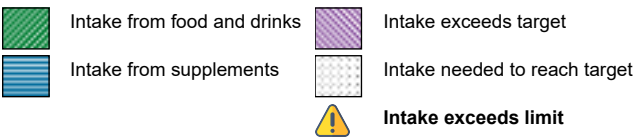


¹PROFILE_MINERALS_SUP_DFE_txt
²PROFILE_MINERALS_SUP_RAE_txt
³PROFILE_MINERALS_SUP_IU_txt
⁴PROFILE_MINERALS_SUP_AT_txt

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	407 mg	0 mg	407 mg	1,000 mg	2,500 mg
Folate	363 mcg	0 mcg	363 mcg	400 mcg	1,000 mcg
Iron	12 mg	0 mg	12 mg	8 mg	45 mg
Magnesium	228 mg	0 mg	228 mg	400 mg	No Limit
Potassium	2,182 mg	0 mg	2,182 mg	3,400 mg	No Limit
Vitamin A	959 mcg	0 mcg	959 mcg	900 mcg	3,000 mcg
Vitamin B12	4 mcg	0 mcg	4 mcg	2.4 mcg	No Limit
Vitamin C	41 mg	0 mg	41 mg	90 mg	2,000 mg
Vitamin D	337 IU	0 IU	337 IU	600 IU	4,000 IU
Vitamin E	17 mg	0 mg	17 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.