

# All Daily Reports

A variety of reports and information combined into one document.

## Profile Info

Personal: Joshua Assignment 5 Male 24 yrs 5 ft 11 in 155 lb

Student Info:

Day(s): 2021 May 14

Activity Level: Active

(Strive for an Active activity level.)

BMI: 21.6

Normal is 18.5 to 25.

Weight Change: None

Best not to exceed 2 lbs per week.

## Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as the DRI (Dietary Reference Intake).

Nutrient	DRI Goal	Notes
Basic Components		
Calories	3,047.0	
Protein (g)	56.2	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	419.0	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	42.7	
Fat (g)	94.8	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	30.5	Less than 10% of Calories +
Mono Fat (g)	33.9	
Poly Fat (g)	30.5	
Cholesterol (mg)	300.0	Less than 300 mg per day ^
Water (g)	3,700.0	
Vitamins		
Vitamin A - RAE (mcg)	900.0	Do not exceed 3000mg *
Vitamin B1 - Thiamin (mg)	1.2	
Vitamin B2 - Riboflavin (mg)	1.3	
Vitamin B3 - Niacin (mg)	16.0	
Vitamin B6 (mg)	1.3	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.4	Over 50 should take a supplement *
Vitamin C (mg)	90.0	Do not exceed 2000 mg *
Vitamin D - mcg (mcg)	15.0	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.0	Do not exceed 1000mg *
Folate (mcg)	400.0	Women of child bearing age should take a supplement *
Minerals		

Calcium (mg)	1,000.0	Do not exceed 2500 mg *
Iron (mg)	8.0	Do not exceed 45 mg *
Magnesium (mg)	400.0	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.0	Do not exceed 4000 mg *
Potassium (mg)	3,400.0	
Sodium (mg)	2,300.0	Less than 2300 mg - lower for some people +
Zinc (mg)	11.0	Do not exceed 40 mg *

Sources:

\* Dietary Reference Intakes - For Adult 19-70 years, non-pregnant

+ Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Reference Daily Intake

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## Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	2,696.00	3,047.0	88 %	<div><div></div></div>			
Calories from Fat	756.00	853.0	89 %	<div><div></div></div>			
Calories from SatFat	194.00	274.0	71 %	<div><div></div></div>			
Protein (g)	87.80	56.2*	156 %	<div><div></div></div>			
Protein (% Calories)	13.00	1,354.0*	1 %	<div><div></div></div>			
Carbohydrates (g)	402.00	419.0	96 %	<div><div></div></div>			
Carbohydrates (% Calories)	59.70	182.0	33 %	<div><div></div></div>			
Total Sugars (g)	219.00 ^						
Dietary Fiber (g)	21.30	42.7	50 %	<div><div></div></div>			
Soluble Fiber (g)	0.02						
InSoluble Fiber (g)	0.08						
Fat (g)	84.00	94.8	89 %	<div><div></div></div>			
Fat (% Calories)	28.00	357.0	8 %	<div><div></div></div>			
Saturated Fat (g)	21.50	30.5~	71 %	<div><div></div></div>			
Trans Fat (g)	0.71						
Mono Fat (g)	26.60	33.9	79 %	<div><div></div></div>			
Poly Fat (g)	24.20	30.5	80 %	<div><div></div></div>			
Cholesterol (mg)	175.00	300.0~	58 %	<div><div></div></div>			
Water (g)	1,276.00	3,700.0	34 %	<div><div></div></div>			
Vitamins							
Vitamin A - RAE (mcg)	660.00	900.0	73 %	<div><div></div></div>			
Vitamin B1 - Thiamin (mg)	1.10	1.2	91 %	<div><div></div></div>			
Vitamin B2 - Riboflavin (mg)	1.65	1.3	127 %	<div><div></div></div>			
Vitamin B3 - Niacin (mg)	23.80	16.0	149 %	<div><div></div></div>			
Vitamin B6 (mg)	1.89	1.3	145 %	<div><div></div></div>			
Vitamin B12 (mcg)	2.83	2.4	118 %	<div><div></div></div>			
Vitamin C (mg)	37.30	90.0	41 %	<div><div></div></div>			
Vitamin D - mcg (mcg)	8.09	15.0	54 %	<div><div></div></div>			
Vitamin E - a-Toco (mg)	4.13	15.0	28 %	<div><div></div></div>			
Folate (mcg)	154.00	400.0	39 %	<div><div></div></div>			
Minerals							
Calcium (mg)	1,218.00	1,000.0	122 %	<div><div></div></div>			
Iron (mg)	10.20	8.0	127 %	<div><div></div></div>			
Magnesium (mg)	184.00	400.0	46 %	<div><div></div></div>			
Phosphorus (mg)	1,215.00	700.0	174 %	<div><div></div></div>			
Potassium (mg)	2,706.00	3,400.0	80 %	<div><div></div></div>			
Sodium (mg)	2,988.00	2,300.0~	130 %	<div><div></div></div>			
Zinc (mg)	6.33	11.0	58 %	<div><div></div></div>			
Other							
Omega-3 (g)	1.27 +						

Omega-6 (g)	16.70 +
Alcohol (g)	0.00
Caffeine (mg)	5.00

**DRI Goal Key:**

**Black** = Consume at least the DRI goal

**Red** = Consume less than the DRI goal

\* Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Total Sugars includes those naturally occurring in food and added sugars.

+ There is no established recommendation for Omega-3 and Omega-6.

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## Spreadsheet Report

The Spreadsheet shows all the values for all nutrients. Nutrients are displayed horizontally, with totals at the bottom of the list.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	2 cup	380.0	85.5	53.0	14.9
	Lunch	bread, multigrain (Oroweat)	2 slice	180.0	27.0	0.0	8.0
		lunchmeat, turkey breast,	2 oz	60.7	9.1		10.1
	Dinner	chicken breast, roasted, skinless	3 oz	140.3	27.3	7.7	26.4
		french fries, cooked in vegetable	1 med	365.0	155.1	24.6	4.0
		ketchup (USDA)	4 indiv pkt	36.4	0.3	0.0	0.4
		coleslaw (USDA: Fast Food)	1 cup	292.2	170.4	27.5	1.8
	Snack	toaster pastry, blueberry,	2 ea	406.6	93.6	18.5	4.8
		mayonnaise, real (Best Foods)	2 tsp	60.0	60.0	9.0	0.0
		mustard, yellow, prepared	1 tsp	3.0	1.5	0.1	0.2
		cheese, swiss (USDA)	1 oz	111.4	79.1	46.5	7.6
		sports drink, fruit punch, G02	20 fl-oz	158.6	0.0	0.0	0.0
		yogurt, strawberries & bananas,	6 oz	90.1	0.0	0.0	5.0
		granola, oats & honey	0.5 cup	201.5	47.0	6.7	4.5
		lemonade, pink, Snapple	16 fl-oz	210.0	0.0	0.0	0.0
	Day Total		--	2695.9	755.9	193.7	87.8
	Average Day Total		--	2695.9	755.9	193.7	87.8

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	60.6	47.8	3.5			9.5
	Lunch	bread, multigrain (Oroweat)	36.0	6.0	6.0			3.0
		lunchmeat, turkey breast,	2.0	0.0	0.0	0.0	0.0	1.0
	Dinner	chicken breast, roasted, skinless	0.0	0.0	0.0	0.0	0.0	3.0
		french fries, cooked in vegetable	48.5	0.4	4.4			17.2
		ketchup (USDA)	9.9	7.7	0.1	0.0	0.1	0.0
		coleslaw (USDA: Fast Food)	28.4	23.3	3.6			18.9
	Snack	toaster pastry, blueberry,	74.6	32.4	1.1			10.4
		mayonnaise, real (Best Foods)	0.0	0.0	0.0	0.0	0.0	6.7
		mustard, yellow, prepared	0.3	0.0	0.2			0.2
		cheese, swiss (USDA)	0.4	0.0	0.0	0.0	0.0	8.8
		sports drink, fruit punch, G02	39.2	32.0	0.0	0.0	0.0	0.0
		yogurt, strawberries & bananas,	18.0	10.0				0.0
		granola, oats & honey	34.3	10.4	2.2			5.2
		lemonade, pink, Snapple	50.0	49.0	0.0			0.0
	Day Total		402.4	219.0	21.3	0.0	0.1	84.0
	Average Day Total		402.4	219.0	21.3	0.0	0.1	84.0

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	5.9	0.3	2.3	0.4	40.0	410.8
	Lunch	bread, multigrain (Oroweat)	0.0	0.0	0.0	1.0	0.0	
		lunchmeat, turkey breast,		0.0			20.2	
	Dinner	chicken breast, roasted, skinless	0.9		1.1	0.7	72.3	55.5
		french fries, cooked in vegetable	2.7	0.1	7.0	6.3	0.0	45.1

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Fri 05-14-2021	Dinner	ketchup (USDA)	0.0	0.0	0.0	0.0	0.0	24.7
		coleslaw (USDA: Fast Food)	3.1	0.1	5.1	10.2	7.6	140.2
	Snack	toaster pastry, blueberry,	2.1		7.1	1.2	0.0	13.0
		mayonnaise, real (Best Foods)	1.0	0.0	1.7	4.0	3.3	1.9
		mustard, yellow, prepared	0.0	0.0	0.1	0.0	0.0	4.2
		cheese, swiss (USDA)	5.2	0.3	2.3	0.4	26.4	10.7
		sports drink, fruit punch, G02	0.0	0.0	0.0	0.0	0.0	569.6
		yogurt, strawberries & bananas,	0.0	0.0	0.0	0.0	5.0	
		granola, oats & honey	0.7	0.0			0.0	
		lemonade, pink, Snapple	0.0	0.0	0.0	0.0	0.0	
	Day Total		21.5	0.7	26.6	24.2	174.9	1275.7
	Average Day Total		21.5	0.7	26.6	24.2	174.9	1275.7

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	320.0	0.2	0.9	0.8	0.1	1.6
	Lunch	bread, multigrain (Oroweat)	0.0	0.2	0.1	1.6		
		lunchmeat, turkey breast,	0.0					
	Dinner	chicken breast, roasted, skinless	5.1	0.1	0.1	11.7	0.5	0.3
		french fries, cooked in vegetable	0.0	0.2	0.0	3.5	0.4	0.0
		ketchup (USDA)	9.5	0.0	0.1	0.5	0.1	0.0
		coleslaw (USDA: Fast Food)	53.5	0.0	0.0	0.4	0.2	0.0
	Snack	toaster pastry, blueberry,		0.3	0.3	4.0	0.4	0.0
		mayonnaise, real (Best Foods)	0.0					
		mustard, yellow, prepared	0.3	0.0	0.0	0.0	0.0	0.0
		cheese, swiss (USDA)	81.6	0.0	0.1	0.0	0.0	0.9
		sports drink, fruit punch, G02	0.0	0.1	0.0	1.3	0.1	0.0
		yogurt, strawberries & bananas,	190.1					
		granola, oats & honey						
		lemonade, pink, Snapple	0.0					
	Day Total		660.1	1.1	1.6	23.8	1.9	2.8
	Average Day Total		660.1	1.1	1.6	23.8	1.9	2.8

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	0.0	6.0	0.2	10.0	545.0	1.2
	Lunch	bread, multigrain (Oroweat)	0.0			16.0	80.0	1.4
		lunchmeat, turkey breast,	0.0				0.0	0.0
	Dinner	chicken breast, roasted, skinless	0.0	0.1	0.2	3.4	12.8	0.9
		french fries, cooked in vegetable	5.5	0.0	2.0	35.1	21.1	0.9
		ketchup (USDA)	1.5	0.0	0.5	3.2	5.4	0.1
		coleslaw (USDA: Fast Food)	27.9		1.0		57.3	0.4
	Snack	toaster pastry, blueberry,	0.0			83.2	25.0	3.6
		mayonnaise, real (Best Foods)	0.0				0.0	0.0
		mustard, yellow, prepared	0.0	0.0	0.0	0.3	3.1	0.1
		cheese, swiss (USDA)	0.0	0.0	0.2	2.8	252.3	0.0
		sports drink, fruit punch, G02	2.4	0.0	0.0	0.0	6.1	0.3
		yogurt, strawberries & bananas,		2.0			210.1	0.0

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Fri 05-14-2021	Snack	granola, oats & honey		0.0			0.0	1.1
		lemonade, pink, Snapple	0.0				0.0	0.0
		Day Total	37.3	8.1	4.1	154.1	1218.2	10.2
		Average Day Total	37.3	8.1	4.1	154.1	1218.2	10.2

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	70.0	510.0	845.0	330.0	1.9	0.0
	Lunch	bread, multigrain (Oroweat)				270.0		
		lunchmeat, turkey breast,				425.2		
	Dinner	chicken breast, roasted, skinless	24.7	193.9	217.7	62.9	0.9	0.1
		french fries, cooked in vegetable	41.0	146.2	677.4	245.7	0.6	0.5
		ketchup (USDA)	4.7	9.4	101.2	326.5	0.1	0.0
		coleslaw (USDA: Fast Food)	15.3	38.2	246.4	387.7	0.3	0.6
	Snack	toaster pastry, blueberry,	16.6	88.4	98.8	332.8	1.3	
		mayonnaise, real (Best Foods)				60.0		
		mustard, yellow, prepared	2.4	5.4	7.6	55.2	0.0	0.0
		cheese, swiss (USDA)	9.4	162.7	20.4	53.0	1.2	0.0
		sports drink, fruit punch, G02	0.0	61.0	91.5	237.9	0.1	0.0
		yogurt, strawberries & bananas,			260.1	75.0		0.0
		granola, oats & honey			140.3	41.0		
		lemonade, pink, Snapple				85.0		0.0
		Day Total	184.0	1215.2	2706.5	2988.1	6.3	1.3
		Average Day Total	184.0	1215.2	2706.5	2988.1	6.3	1.3

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGm (oz eq)
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	0.4	0.0	5.0	0.0	1.9	0.0
	Lunch	bread, multigrain (Oroweat)		0.0	0.0	0.0	0.0	2.2
		lunchmeat, turkey breast,		0.0	0.0	0.0	0.0	0.0
	Dinner	chicken breast, roasted, skinless	0.6	0.0	0.0	0.0	0.0	0.0
		french fries, cooked in vegetable	5.8	0.0	0.0	0.0	0.0	0.0
		ketchup (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		coleslaw (USDA: Fast Food)	9.6	0.0	0.0	0.0	0.0	0.0
	Snack	toaster pastry, blueberry,		0.0	0.0	0.0	0.0	0.0
		mayonnaise, real (Best Foods)		0.0	0.0	0.0	0.0	0.0
		mustard, yellow, prepared	0.0	0.0	0.0	0.0	0.0	0.0
		cheese, swiss (USDA)	0.3	0.0	0.0	0.0	0.9	0.0
		sports drink, fruit punch, G02	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, strawberries & bananas,	0.0	0.0	0.0			
		granola, oats & honey		0.0	0.0	0.0	0.0	2.1
		lemonade, pink, Snapple	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	16.7	0.0	5.0	0.0	2.7	4.2
		Average Day Total	16.7	0.0	5.0	0.0	2.7	4.2

Day	Meal	Item	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch	XxVeg
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	0.0	0.0	0.0	4.0	0.0	0.0
	Lunch	bread, multigrain (Oroweat)	0.0	0.0	0.0	0.0	2.4	0.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Fri 05-14-2021	Lunch	lunchmeat, turkey breast,	0.0	1.5	0.0	0.0	0.0	0.0
		chicken breast, roasted, skinless	0.0	3.0	0.0	0.0	0.0	0.0
	Dinner	french fries, cooked in vegetable	1.4	0.0	0.0	0.0	3.2	0.0
		ketchup (USDA)	0.0	0.0	0.0	0.7	0.0	0.0
		coleslaw (USDA: Fast Food)		0.0	0.0	0.0	0.0	5.7
	Snack	toaster pastry, blueberry,	0.0	0.0	0.0	5.0	0.0	0.0
		mayonnaise, real (Best Foods)	0.0	0.0	0.0	0.0	0.0	0.0
		mustard, yellow, prepared	0.0	0.0	0.0	0.0	0.0	0.0
		cheese, swiss (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		sports drink, fruit punch, G02	0.0	0.0	0.0	2.6	0.0	0.0
		yogurt, strawberries & bananas,			0.0	1.2	0.0	0.0
		granola, oats & honey	0.0	0.0	0.0	0.0	2.3	0.0
		lemonade, pink, Snapple	0.0	0.0	0.0	3.3	0.0	0.0
		Day Total	1.4	4.5	0.0	16.9	7.9	5.7
		Average Day Total	1.4	4.5	0.0	16.9	7.9	5.7

Day	Meal	Item	XxFat	XxAlc	XxNoFtMilk	XxLnMeat
Fri 05-14-2021	Breakfast	milk, 2%, chocolate, with	1.9	0.0	0.0	0.0
	Lunch	bread, multigrain (Oroweat)	0.1	0.0	0.0	0.0
		lunchmeat, turkey breast,	0.0	0.0	0.0	1.4
	Dinner	chicken breast, roasted, skinless	0.0	0.0	0.0	3.8
		french fries, cooked in vegetable	2.8	0.0	0.0	0.0
		ketchup (USDA)	0.0			
		coleslaw (USDA: Fast Food)	3.8			
	Snack	toaster pastry, blueberry,	2.1	0.0	0.0	0.0
		mayonnaise, real (Best Foods)	1.3	0.0	0.0	0.0
		mustard, yellow, prepared	0.0	0.0	0.0	0.0
		cheese, swiss (USDA)	1.3	0.0	0.0	1.1
		sports drink, fruit punch, G02	0.0	0.0	0.0	0.0
		yogurt, strawberries & bananas,	0.0	0.0	0.0	0.0
		granola, oats & honey	0.6	0.0	0.0	0.0
		lemonade, pink, Snapple	0.0	0.0	0.0	0.0
		Day Total	14.0	0.0	0.0	6.3
		Average Day Total	14.0	0.0	0.0	6.3

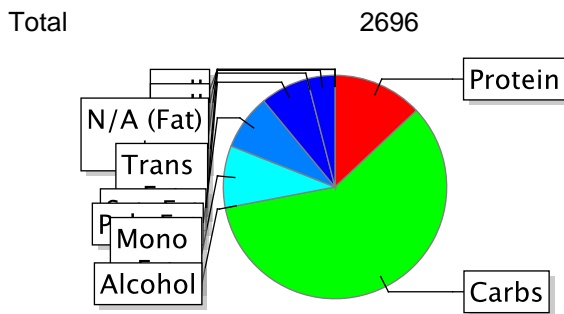
^ Total Sugars includes those naturally occurring in food and added sugars.



## Macronutrient Distribution

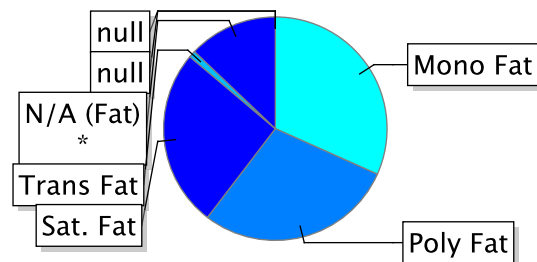
The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats).

Source of Calories	Calori	Gram	Percent
Protein	348	87.8	13 %
Carbohydrates	1597	402.4	59 %
Alcohol	0	0.0	0 %
Fat (Total)	750	84.0	28 %
Saturated Fat	194	21.5	7%
Trans Fat	6	0.7	0%
Mono Fat	239	26.6	9%
Poly Fat	218	24.2	8%



\*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Source of Fat (approx.)	Fat (g)	Percent
Saturated Fat	21.5	26 %
Mono Fat	26.6	32 %
Poly Fat	24.2	29 %
Trans Fat	0.7	1 %
Total (g)	84.0	



\*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Exchanges			
Starch	7.92	Fruit	0.00
Other Carbs	16.85	Vegetables	5.69
Lean Meat	6.30	Fat	13.96
Alcohol	0.00	NonFatMilk	0.00

Ratios	
P:S ( Poly Fat / Saturated Fat )	1.13 : 1
Potassium : Sodium	0.91 : 1
Calcium : Phosphorus	1.00 : 1
CSI ( Cholesterol / Saturated Fat )	30.48

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## Calorie Assessment

A close-up picture of the Calories consumed.

### Calories to maintain current weight

Calories to maintain current weight	3047
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	3047

### Average Daily Intake & Expenditures

Average Intake	2696
Average Expenditure	2524

Calories For The Day	Goal	Intake	Assessment
Total Calories	3047	2696	Below Goal
Protein (10-35% Calories)	305 to 1066	348	In Range
Carbohydrates (45-65% Calories)	1371 to 1981	1597	In Range
Added Sugar (<10% Calories)	0 to 305		
Fat (20-35% Calories)	609 to 1066	750	In Range

## Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

Profile Calorie Goal: 3047

### Daily Activity Details

### Summary

Daily Average

0 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 2524 Calories to maintain your current weight.

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## Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts	
Serving Size ( 2507 g )	
Amount per serving	
Calories	2696
% Daily Value *	
Total Fat 84g	89%
Saturated Fat 22g	71%
Trans Fat 1g	
Cholesterol 175mg	58%
Sodium 2988mg	130%
Total Carbohydrates 402g	96%
Dietary Fiber 21g	50%
Total Sugars 219g	
Protein 88g	156%
Vitamin D 8mcg	54%
Calcium 1218mg	122%
Iron 10mg	127%
Potassium 2706mg	80%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.	

# MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more info).



## Intake vs. Recommendation 3000 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	42 %	<div><div></div></div>	4.2 oz equivalent	
Grains Recommendation		<div><div></div></div>	10. oz equivalent	
Vegetables Intake	35 %	<div><div></div></div>	1.4 cup equivalent	
Vegetables Recommendation		<div><div></div></div>	4.0 cup equivalent	
Fruits Intake	0 %	<div><div></div></div>	0.0 cup equivalent	
Fruits Recommendation		<div><div></div></div>	2.5 cup equivalent	
Dairy Intake	90 %	<div><div></div></div>	2.7 cup equivalent	
Dairy Recommendation		<div><div></div></div>	3.0 cup equivalent	
Protein Foods Intake	64 %	<div><div></div></div>	4.5 oz equivalent	
Protein Foods Recommendation		<div><div></div></div>	7.0 oz equivalent	

### Make Half Your Grains Whole

Aim for at least 5.0 oz equivalents whole grains a day

### Oils & Empty Calories

Aim for 10.0 teaspoons of oils a day

Limit your extra fats & sugars to 512 Calories a

### Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.5 cups weekly
Dry Beans & Peas	3.5 cups weekly
Starchy Vegetables	9.0 cups weekly
Other Vegetables	10. cups weekly

\* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.

## Food List Report

The Food List report displays a simple list of foods that you have entered, along with their calorie values.

Amount	Item	Cals
Fri 05-14-2021		
2.0 ea	toaster pastry, blueberry, frosted (USDA: Pop Tarts)	407
2.0 cup	milk, 2%, chocolate, with vitamins A & D (USDA)	380
2.0 slice	bread, multigrain (Oroweat)	180
2.0 tsp	mayonnaise, real (Best Foods)	60
1.0 tsp	mustard, yellow, prepared (USDA)	3
1.0 oz	cheese, swiss (USDA)	111
20.0 fl-oz	sports drink, fruit punch, G02 Perform (USDA: Gatorade)	159
6.0 oz	yogurt, strawberries & bananas, light (Yoplait)	90
0.5 cup	granola, oats & honey (Cascadian Farm Organic)	201
3.0 oz	chicken breast, roasted, skinless (USDA)	140
1.0 med	french fries, cooked in vegetable oil (USDA: Fast Food)	365
4.0 indiv	ketchup (USDA)	36
1.0 cup	coleslaw (USDA: Fast Food)	292
16.0 fl-oz	lemonade, pink, Snapple (Snapple)	210
2.0 oz	lunchmeat, turkey breast, smoked (Foster Farms)	61
Day Total		2696
Total		2696
Day Average		2696
Item Average		180