

All Daily Reports

A variety of reports and information combined into one document.

Profile Info

Personal: DAGWAN Danladi	Male	28 yrs	2 ft 5 in	120 lb
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Day(s): 2024 Oct 14, Oct 15

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 100.3

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	Healthy Range	Notes
Basic Components		
Calories	1,982.0	
Protein (g)	43.5	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	272.0	45% - 65% of Calories (adults 19-70 yrs) *
Added Sugar (g)	24.8	
Dietary Fiber (g)	27.7	
Fat (g)	61.6	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	19.8	Less than 10% of Calories +
Mono Fat (g)	22.0	
Poly Fat (g)	19.8	
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 3000 mg *
Vitamin B1 - Thiamin (mg)	1.2	
Vitamin B2 - Riboflavin (mg)	1.3	
Vitamin B3 - Niacin Equivalents (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 1000 mg *
Folate - DFE (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

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	Percen	0	50	100	150
Basic Components							
Calories	3,504.00	1,982.0	177 %				
Calories from Fat	1,149.00	555.0	207 %				
Calories from SatFat	474.00	178.0	266 %				
Protein (g)	130.00	43.5*	299 %				
Protein (% Calories)	14.90	9.0*	165 %				
Carbohydrates (g)	491.00	272.0	180 %				
Carbohydrates (% Calories)	56.00	55.0	102 %				
Total Sugars (g)	236.00 ^						
Added Sugar (g)	0.92	24.8~	4 %				
Dietary Fiber (g)	74.40	27.7	268 %				
Soluble Fiber (g)	0.68						
InSoluble Fiber (g)	3.75						
Fat (g)	128.00	61.6	207 %				
Fat (% Calories)	32.80	28.0	117 %				
Saturated Fat (g)	52.60	19.8~	266 %				
Trans Fat (g)	0.33						
Mono Fat (g)	20.30	22.0	92 %				
Poly Fat (g)	14.00	19.8	71 %				
Cholesterol (mg)	108.00	300.0~	36 %				
Water (g)	916.00	3,700.0	25 %				
Vitamins							
Vitamin A - RAE (mcg)	1,587.00	900.0	176 %				
Vitamin B1 - Thiamin (mg)	1.09	1.2	91 %				
Vitamin B2 - Riboflavin	0.97	1.3	74 %				
Vitamin B3 - Niacin	17.30	16.0	108 %				
Vitamin B6 (mg)	2.50	1.3	192 %				
Vitamin B12 (mcg)	2.44	2.4	102 %				
Vitamin C (mg)	94.40	90.0	105 %				
Vitamin D - mcg (mcg)	6.38	15.0	43 %				
Vitamin E - a-Toco (mg)	6.87	15.0	46 %				
Folate - DFE (mcg)	488.00	400.0	122 %				
Minerals							
Calcium (mg)	848.00	1,000.0	85 %				
Iron (mg)	22.20	8.0	277 %				
Magnesium (mg)	507.00	400.0	127 %				
Phosphorus (mg)	1,185.00	700.0	169 %				
Potassium (mg)	4,336.00	3,400.0	128 %				
Sodium (mg)	2,018.00	2,300.0~	88 %				
Zinc (mg)	8.43	11.0	77 %				
Other							

Omega-3 (g)	1.79 +
Omega-6 (g)	7.32 +
Alcohol (g)	0.00
Caffeine (mg)	40.00

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.

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)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	2 slice	138.2	19.9	4.1	7.0
		avocado, fresh (USDA)	0.3 lb	217.7	179.5	26.0	2.7
		scrambled eggs (USDA)	2 Tbs	41.0	27.2	8.2	2.7
		iced coffee, pure black, cold	1 cup	10.0	0.0	0.0	0.7
		yogurt, greek (Pinkberry)	1 bowl	90.0	0.0	0.0	16.0
		cereal, honey nut, Cheerios	1 Tbs	8.8	1.0	0.1	0.2
	Lunch	chicken breast, grilled, Fast	4 oz	135.0	24.3	6.1	21.6
		quinoa, dry (USDA)	1 cup	625.6	92.9	10.8	24.0
		salad mix, field greens (Dole)	2 cup	26.7	0.0	0.0	1.3
		dressing, Miracle Whip, with	1 Tbs	40.0	31.5	0.0	0.0
	Dinner	broccoli florets, plain select,	1 cup	20.0	0.0	0.0	2.4
		chocolate, dark, Dove, mini	1 lb	2358.7	1324.7	784.2	23.5
	Snack	almonds, whole (USDA)	1 ea	6.9	5.4	0.4	0.3
		salmon, pink, baked, fillet	3 oz	130.1	40.4	7.4	20.9
		sweet potatoes, baked, in skin,	1 med	102.6	1.5	0.5	2.3
	Day Total		--	3951.3	1748.4	847.9	125.6
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)	1 lb	322.0	46.0	7.3	13.3
		banana, fresh, sliced (USDA)	1 lb	403.7	13.5	4.6	4.9
		chia seeds, dried (USDA)	1 Tbs	51.0	29.0	3.1	1.7
		hummus (USDA)	1 cup	398.4	207.4	31.0	19.0
	Lunch	sandwich, turkey, with whole	0.2 ea	90.0	35.9	5.2	6.7
		apple, fresh, large (FDA	1 Kg	537.2	0.0	0.0	4.1
		peanut butter, creamy (USDA)	2 Tbs	191.4	147.9	29.7	7.1
	Dinner	yogurt, greek (Pinkberry)	1 lb	287.5	0.0	0.0	51.1
		yogurt, mixed berry, fruit on	0.5 cntr	75.0	6.8	4.5	3.0
	Snack	carrots, fresh, premium, sticks	1 lb	186.7	0.0	0.0	5.3
		beef & broccoli, Stir Fry	0.2 pkg	175.0	45.0	9.0	10.0
		rice, brown, cooked, long grain	1 cup	248.5	17.6	4.6	5.5
		vegetables, mixed, Simply	1 cup	89.6	0.0	0.0	3.0
	Day Total		--	3055.9	549.1	99.1	134.9
	Average Day Total		--	3503.6	1148.7	473.5	130.3

Day	Meal	Item	Carbs (g)	Sugr^ (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	22.6	3.3		3.9	0.5	3.3
		avocado, fresh (USDA)	11.6	0.9	0.0	9.1		
		scrambled eggs (USDA)	0.4	0.4	0.0	0.0	0.0	0.0
		iced coffee, pure black, cold	1.3	0.0	0.0	0.0		
		yogurt, greek (Pinkberry)	6.0	6.0	0.0	0.0	0.0	0.0
		cereal, honey nut, Cheerios	1.9	0.8		0.2		
	Lunch	chicken breast, grilled, Fast	1.3	1.3		0.0	0.0	0.0
		quinoa, dry (USDA)	109.1	4.5	0.0	11.9		
		salad mix, field greens (Dole)	5.3	1.3	0.0	2.7		

Day	Meal	Item	Carbs (g)	Sugr^ (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Mon 10-14-2024	Lunch	dressing, Miracle Whip, with	2.0	1.0		0.0	0.0	0.0
		broccoli florets, plain select,	3.2	0.8	0.0	2.4		
	Snack	chocolate, dark, Dove, mini	269.4	209.9		34.5		
		almonds, whole (USDA)	0.3	0.1	0.0	0.2	0.0	0.1
		salmon, pink, baked, fillet	0.0	0.0	0.0	0.0	0.0	0.0
		sweet potatoes, baked, in skin,	23.6	7.4	0.0	3.8		
		Day Total	458.1	237.6	0.0	68.5	0.6	3.5
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)	55.2			8.7		
		banana, fresh, sliced (USDA)	103.6	55.5	0.0	11.8		
		chia seeds, dried (USDA)	4.4		0.0	3.6		
		hummus (USDA)	34.3			14.4		
	Lunch	sandwich, turkey, with whole	7.1	0.6		1.1		
		apple, fresh, large (FDA	140.5	103.3	0.0	20.7		
		peanut butter, creamy (USDA)	7.1	3.4	1.8	1.6	0.4	1.2
	Dinner	yogurt, greek (Pinkberry)	19.2	19.2	0.0	0.0	0.0	0.0
		yogurt, mixed berry, fruit on	14.5	12.0		0.0	0.0	0.0
	Snack	carrots, fresh, premium, sticks	42.7	26.7	0.0	10.7		
		beef & broccoli, Stir Fry	25.5	6.5		1.5		
		rice, brown, cooked, long grain	51.7	0.5	0.0	3.2	0.4	2.9
		vegetables, mixed, Simply	17.9	6.0	0.0	3.0		
		Day Total	523.7	233.5	1.8	80.2	0.8	4.0
		Average Day Total	490.9	235.6	0.9	74.4	0.7	3.8

Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	2.2	0.5	0.0	0.4	1.0	0.0
		avocado, fresh (USDA)	19.9	2.9	0.0	13.3	2.5	0.0
		scrambled eggs (USDA)	3.0	0.9	0.2	1.2	0.7	76.2
		iced coffee, pure black, cold	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.0	0.0	0.0
		cereal, honey nut, Cheerios	0.1	0.0	0.0	0.0	0.0	0.0
	Lunch	chicken breast, grilled, Fast	2.7	0.7	0.0			33.7
		quinoa, dry (USDA)	10.3	1.2		2.7	5.6	0.0
		salad mix, field greens (Dole)	0.0	0.0	0.0	0.0	0.0	0.0
		dressing, Miracle Whip, with	3.5	0.0		2.0	1.0	5.0
	Dinner	broccoli florets, plain select,	0.0	0.0	0.0	0.0	0.0	0.0
		chocolate, dark, Dove, mini	147.2	87.1	0.4			31.8
	Snack	almonds, whole (USDA)	0.6	0.0	0.0	0.4	0.1	0.0
		salmon, pink, baked, fillet	4.5	0.8	0.0	1.4	0.8	46.8
		sweet potatoes, baked, in skin,	0.2	0.1	0.0	0.0	0.1	0.0
		Day Total	194.3	94.2	0.6	21.5	11.8	193.5
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)	5.1	0.8				0.0
		banana, fresh, sliced (USDA)	1.5	0.5	0.0	0.1	0.3	0.0
		chia seeds, dried (USDA)	3.2	0.3	0.0	0.2	2.5	0.0
		hummus (USDA)	23.0	3.4	0.0	9.7	8.7	0.0
	Lunch	sandwich, turkey, with whole	4.0	0.6				11.7

Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Tue 10-15-2024	Lunch	apple, fresh, large (FDA	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (USDA)	16.4	3.3	0.0	8.3	4.0	0.0
	Dinner	yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, mixed berry, fruit on	0.8	0.5	0.0			2.5
	Snack	carrots, fresh, premium, sticks	0.0	0.0	0.0	0.0	0.0	0.0
		beef & broccoli, Stir Fry	5.0	1.0	0.0			7.5
		rice, brown, cooked, long grain	2.0	0.5	0.0	0.7	0.7	0.0
		vegetables, mixed, Simply	0.0	0.0	0.0	0.0	0.0	0.0
	Day Total		61.0	11.0	0.0	19.1	16.2	21.7
	Average Day Total		127.6	52.6	0.3	20.3	14.0	107.6

Day	Meal	Item	Water (g)	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	15.1	0.0	0.1	0.1	2.1	0.1
		avocado, fresh (USDA)	99.6	9.9	0.1	0.2	2.4	0.3
		scrambled eggs (USDA)	21.0	44.3	0.0	0.1	0.0	0.0
		iced coffee, pure black, cold						
		yogurt, greek (Pinkberry)		0.0				
	Lunch	cereal, honey nut, Cheerios	0.1	19.5	0.0	0.0	0.5	0.1
		chicken breast, grilled, Fast		0.0				
		quinoa, dry (USDA)	22.6	1.2	0.6	0.5	2.6	0.8
		salad mix, field greens (Dole)		333.3				
		dressing, Miracle Whip, with		0.0				
	Dinner	broccoli florets, plain select,						
		chocolate, dark, Dove, mini	7.5					
	Snack	almonds, whole (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		salmon, pink, baked, fillet	60.1	35.7	0.1	0.1	8.2	0.6
		sweet potatoes, baked, in skin,	86.4	1095.4	0.1	0.1	1.7	0.3
	Day Total		312.5	1539.3	1.1	1.2	17.5	2.3
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)						
		banana, fresh, sliced (USDA)	339.8	14.5	0.1	0.3	3.0	1.7
		chia seeds, dried (USDA)	0.6	0.3	0.1	0.0	0.9	
		hummus (USDA)	159.8		0.4	0.2	1.4	0.5
	Lunch	sandwich, turkey, with whole	23.0		0.1	0.1	2.5	0.1
		apple, fresh, large (FDA	853.3	20.7				
		peanut butter, creamy (USDA)	0.4	0.0	0.0	0.1	4.2	0.1
	Dinner	yogurt, greek (Pinkberry)		0.0				
		yogurt, mixed berry, fruit on		0.0				
	Snack	carrots, fresh, premium, sticks		1600.0				
		beef & broccoli, Stir Fry						
		rice, brown, cooked, long grain	141.9	0.0	0.4	0.1	5.2	0.2
		vegetables, mixed, Simply						
	Day Total		1518.8	1635.4	1.1	0.8	17.2	2.7
	Average Day Total		915.6	1587.4	1.1	1.0	17.3	2.5

Day	Meal	Item	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	0.0	0.0	0.0	0.2	33.6	53.3
		avocado, fresh (USDA)	0.0	13.6	0.0	2.8	110.2	16.3
		scrambled eggs (USDA)	0.2	0.0	0.5	0.3	9.9	18.1
		iced coffee, pure black, cold			0.0			0.0
		yogurt, greek (Pinkberry)		0.0				150.0
	Lunch	cereal, honey nut, Cheerios	0.2	0.5	0.1	0.0	15.4	9.9
		chicken breast, grilled, Fast		0.0				0.0
		quinoa, dry (USDA)	0.0		0.0	4.1	312.8	79.9
		salad mix, field greens (Dole)		16.0			133.3	53.3
		dressing, Miracle Whip, with		0.0				0.0
	Dinner	broccoli florets, plain select,		20.8	0.0			40.0
		chocolate, dark, Dove, mini		0.0				167.8
	Snack	almonds, whole (USDA)	0.0	0.0	0.0	0.3	0.5	3.2
		salmon, pink, baked, fillet	4.0	0.0	11.1	0.4	4.3	6.8
		sweet potatoes, baked, in skin,	0.0	22.3	0.0	0.8	6.8	43.3
	Day Total		4.4	73.3	11.7	9.0	626.9	642.1
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)						
		banana, fresh, sliced (USDA)	0.0	39.5	0.0	0.5	90.7	22.7
		chia seeds, dried (USDA)	0.0	0.2		0.1	5.1	66.3
		hummus (USDA)	0.0	0.0	0.0		199.2	91.2
	Lunch	sandwich, turkey, with whole	0.5	0.0	0.1	1.0	8.9	13.3
		apple, fresh, large (FDA	0.0	19.8				82.6
		peanut butter, creamy (USDA)	0.0	0.0	0.0	2.9	27.8	15.7
	Dinner	yogurt, greek (Pinkberry)		0.0				479.1
		yogurt, mixed berry, fruit on		0.0	1.0			100.0
	Snack	carrots, fresh, premium, sticks		32.0				106.7
		beef & broccoli, Stir Fry		24.0				40.0
		rice, brown, cooked, long grain	0.0	0.0	0.0	0.3	18.2	6.1
		vegetables, mixed, Simply			0.0			29.9
	Day Total		0.5	115.5	1.1	4.7	349.9	1053.5
	Average Day Total		2.4	94.4	6.4	6.9	488.4	847.8

Day	Meal	Item	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	1.3	40.8	118.6	120.0	198.7	0.9
		avocado, fresh (USDA)	0.7	39.5	70.8	660.0	9.5	0.9
		scrambled eggs (USDA)	0.4	3.0	45.4	36.3	39.9	0.3
		iced coffee, pure black, cold	0.0			188.0	0.0	
		yogurt, greek (Pinkberry)	0.0				55.0	
	Lunch	cereal, honey nut, Cheerios	0.5	2.1	7.7	9.6	13.2	0.4
		chicken breast, grilled, Fast	1.0				702.0	
		quinoa, dry (USDA)	7.8	334.9	776.9	957.1	8.5	5.3
		salad mix, field greens (Dole)	1.0	53.3		0.0	26.7	
		dressing, Miracle Whip, with	0.0				125.0	
	Dinner	broccoli florets, plain select,	0.6			160.0	16.0	
		chocolate, dark, Dove, mini	14.4				18.1	

Day	Meal	Item	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)
Mon 10-14-2024	Snack	almonds, whole (USDA)	0.0	3.2	5.8	8.8	0.0	0.0
		salmon, pink, baked, fillet	0.4	27.2	266.2	373.4	76.5	0.4
		sweet potatoes, baked, in skin,	0.8	30.8	61.6	541.5	41.0	0.4
	Day Total		28.9	534.9	1352.8	3054.6	1330.2	8.5
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)					20.1	
		banana, fresh, sliced (USDA)	1.2	122.5	99.8	1623.9	4.5	0.7
		chia seeds, dried (USDA)	0.8	35.2	90.3	42.7	1.7	0.5
		hummus (USDA)	5.9	170.4	422.4	547.2	909.6	4.4
	Lunch	sandwich, turkey, with whole	0.6	17.8	89.1	104.2	433.5	0.6
		apple, fresh, large (FDA	1.5			1074.4	0.0	
		peanut butter, creamy (USDA)	0.6	53.8	107.2	178.6	136.3	0.8
	Dinner	yogurt, greek (Pinkberry)	0.0				175.7	
		yogurt, mixed berry, fruit on	0.0			135.0	45.0	
	Snack	carrots, fresh, premium, sticks	1.9			1440.0	346.7	
		beef & broccoli, Stir Fry	1.4				595.0	
		rice, brown, cooked, long grain	1.1	78.8	208.1	173.7	8.1	1.4
		vegetables, mixed, Simply	0.6			298.5	29.9	
	Day Total		15.5	478.4	1016.8	5618.1	2706.0	8.4
	Average Day Total		22.2	506.6	1184.8	4336.4	2018.1	8.4

Day	Meal	Item	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	0.1	0.9	0.0	0.0	0.0	0.0
		avocado, fresh (USDA)	0.2	2.3	0.0	0.0	0.0	0.0
		scrambled eggs (USDA)	0.1	0.6	0.0	0.0	0.0	0.0
		iced coffee, pure black, cold	0.0	0.0	0.0	80.0		
		yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.0	0.0	0.5
		cereal, honey nut, Cheerios	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	chicken breast, grilled, Fast			0.0	0.0	0.0	0.0
		quinoa, dry (USDA)	0.5	5.1	0.0	0.0	0.0	0.0
		salad mix, field greens (Dole)	0.0	0.0	0.0	0.0	0.0	0.0
		dressing, Miracle Whip, with			0.0	0.0		
	Dinner	broccoli florets, plain select,	0.0	0.0	0.0	0.0		
		chocolate, dark, Dove, mini			0.0		0.0	0.0
	Snack	almonds, whole (USDA)	0.0	0.1	0.0	0.0	0.0	0.0
		salmon, pink, baked, fillet	0.7	0.1	0.0	0.0	0.0	0.0
		sweet potatoes, baked, in skin,	0.0	0.1	0.0	0.0	0.0	0.0
	Day Total		1.6	9.2	0.0	80.0	0.0	0.5
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)			0.0	0.0	0.0	0.0
		banana, fresh, sliced (USDA)	0.1	0.2	0.0	0.0	3.0	0.0
		chia seeds, dried (USDA)	1.9	0.6	0.0	0.0	0.0	0.0
		hummus (USDA)			0.0	0.0	0.0	0.0
	Lunch	sandwich, turkey, with whole			0.0	0.0		
		apple, fresh, large (FDA	0.0	0.0	0.0	0.0	9.2	0.0
		peanut butter, creamy (USDA)	0.0	3.9	0.0	0.0	0.0	0.0
	Dinner	yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.0	0.0	1.6

Day	Meal	Item	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)
Tue 10-15-2024	Dinner	yogurt, mixed berry, fruit on			0.0	0.0	0.0	0.3
	Snack	carrots, fresh, premium, sticks	0.0	0.0	0.0	0.0	0.0	0.0
		beef & broccoli, Stir Fry			0.0	0.0	0.0	0.0
		rice, brown, cooked, long grain	0.0	0.7	0.0	0.0	0.0	0.0
		vegetables, mixed, Simply	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	2.0	5.5	0.0	0.0	12.2	1.9
		Average Day Total	1.8	7.3	0.0	40.0	6.1	1.2

Day	Meal	Item	MyGrn (oz eq)	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	1.4	0.0	0.0	0.0	0.0	1.5
		avocado, fresh (USDA)	0.0	0.9	0.0	0.0	0.0	0.0
		scrambled eggs (USDA)	0.0	0.0	0.5	0.0	0.0	0.0
		iced coffee, pure black, cold				0.0	0.1	0.0
		yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.0	0.0	0.0
		cereal, honey nut, Cheerios	0.1	0.0	0.0	0.0	0.0	0.1
	Lunch	chicken breast, grilled, Fast	0.0	0.0	3.1	0.0	0.0	0.0
		quinoa, dry (USDA)	6.0	0.0	0.0	0.0	0.0	7.3
		salad mix, field greens (Dole)	0.0	1.0	0.0	0.0	0.0	0.0
		dressing, Miracle Whip, with				0.0	0.0	0.0
	Dinner	broccoli florets, plain select,		1.0		0.0	0.0	0.0
		chocolate, dark, Dove, mini	0.0	0.0	0.0	0.0	18.0	0.0
	Snack	almonds, whole (USDA)	0.0	0.0	0.1	0.0	0.0	0.0
		salmon, pink, baked, fillet	0.0	0.0	3.0	0.0	0.0	0.0
		sweet potatoes, baked, in skin,	0.0	0.6	0.0	0.0	0.0	1.6
		Day Total	7.5	3.5	6.8	0.0	18.0	10.5
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)	3.3	0.0	0.0	0.0	0.0	3.7
		banana, fresh, sliced (USDA)	0.0	0.0	0.0	6.9	0.0	0.0
		chia seeds, dried (USDA)	0.0	0.0	0.7	0.0	0.0	0.0
		hummus (USDA)	0.0	0.0	4.9	0.0	0.0	2.3
	Lunch	sandwich, turkey, with whole						
		apple, fresh, large (FDA	0.0	0.0	0.0	9.4	0.0	0.0
		peanut butter, creamy (USDA)	0.0	0.0	2.0	0.0	0.0	0.0
	Dinner	yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, mixed berry, fruit on	0.0	0.0	0.0	0.0	1.0	0.0
	Snack	carrots, fresh, premium, sticks	0.0	2.8	0.0	0.0	0.0	0.0
		beef & broccoli, Stir Fry	1.5	0.0	0.8	0.0	0.0	1.7
		rice, brown, cooked, long grain	2.1	0.0	0.0	0.0	0.0	3.5
		vegetables, mixed, Simply	0.0	0.5	0.0	0.0	0.0	1.2
		Day Total	6.9	3.3	8.4	16.3	1.0	12.3
		Average Day Total	7.2	3.4	7.6	8.1	9.5	11.4

Day	Meal	Item	XxVeg	XxFat	XxAlc	XxNoFtMlk	XxLnMeat
Mon 10-14-2024	Breakfas	bread, whole grain, toasted	0.0	0.1	0.0	0.0	0.0
		avocado, fresh (USDA)	0.0	0.0	0.0	0.0	0.0
		scrambled eggs (USDA)	0.0	0.4	0.0	0.0	0.4
		iced coffee, pure black, cold	0.0	0.0	0.0	0.0	0.0

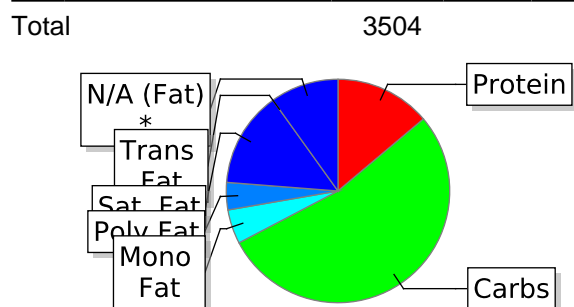
Day	Meal	Item	XxVeg	XxFat	XxAlc	XxNoFtMlk	XxLnMeat
Mon 10-14-2024	Breakfas	yogurt, greek (Pinkberry)	0.0	0.0	0.0	0.5	0.0
		cereal, honey nut, Cheerios	0.0	0.0	0.0	0.0	0.0
	Lunch	chicken breast, grilled, Fast	0.0	0.0	0.0	0.0	3.1
		quinoa, dry (USDA)	0.0	0.6	0.0	0.0	0.0
		salad mix, field greens (Dole)	1.1	0.0	0.0	0.0	0.0
		dressing, Miracle Whip, with	0.0	0.7	0.0	0.0	0.0
	Dinner	broccoli florets, plain select,	0.6	0.0	0.0	0.0	0.0
		chocolate, dark, Dove, mini	0.0	29.4	0.0	0.0	0.0
	Snack	almonds, whole (USDA)	0.0	0.1	0.0	0.0	0.0
		salmon, pink, baked, fillet	0.0	0.0	0.0	0.0	3.0
		sweet potatoes, baked, in skin,	0.0	0.0	0.0	0.0	0.0
		Day Total	1.7	31.4	0.0	0.5	6.5
Tue 10-15-2024	Breakfas	oatmeal, cooked (Aramark)	0.0	0.3	0.0	0.0	0.0
		banana, fresh, sliced (USDA)	0.0	0.0	0.0	0.0	0.0
		chia seeds, dried (USDA)	0.0	0.6	0.0	0.0	0.0
		hummus (USDA)	0.0	3.9	0.0	0.0	1.7
	Lunch	sandwich, turkey, with whole					
		apple, fresh, large (FDA	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (USDA)	0.0	2.9	0.0	0.0	1.0
	Dinner	yogurt, greek (Pinkberry)	0.0	0.0	0.0	1.6	0.0
		yogurt, mixed berry, fruit on	0.0	0.1	0.0	0.0	0.0
	Snack	carrots, fresh, premium, sticks	8.5	0.0	0.0	0.0	0.0
		beef & broccoli, Stir Fry	0.0	0.7	0.0	0.0	0.7
		rice, brown, cooked, long grain	0.0	0.0	0.0	0.0	0.0
		vegetables, mixed, Simply	0.0	0.0	0.0	0.0	0.0
		Day Total	8.5	8.6	0.0	1.6	3.4
		Average Day Total	5.1	20.0	0.0	1.0	5.0

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

Macronutrient Distribution

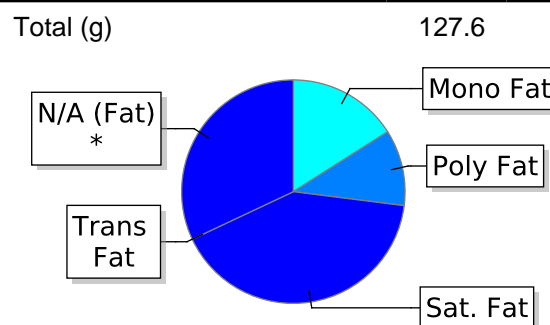
The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated,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

Source of Calories	Calori	Gra	Percen
Protein	502	130.3	14 %
Carbohydrates	1893	490.9	54 %
Alcohol	0	0.0	0 %
Fat (Total)	1108	127.6	32 %
Saturated Fat	474	52.6	14%
Trans Fat	3	0.3	0%
Mono Fat	183	20.3	5%
Poly Fat	126	14.0	4%



*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)	Percen
Saturated Fat	52.6	41 %
Mono Fat	20.3	16 %
Poly Fat	14.0	11 %
Trans Fat	0.3	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	11.39	Fruit	8.14
Other Carbs	9.51	Vegetable	5.12
Lean Meat	4.97	Fat	20.02
Alcohol	0.00	NonFatMil	1.05

Ratios	
P:S (Poly Fat / Saturated Fat)	0.27 : 1
Potassium : Sodium	2.15 : 1
Calcium : Phosphorus	0.72 : 1
CSI (Cholesterol / Saturated Fat)	58.52

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight

Calories to maintain current weight	1982
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	1982

Average Daily Intake & Expenditures

Average Intake	3504
Average Expenditure	1855

Calories For The Day	Goal	Intake	Assessment
Total Calories	1982	3504	Above Goal
Protein (10-35% Calories)	198 to 694	502	In Range
Carbohydrates (45-65% Calories)	892 to 1288	1893	Above Goal
Added Sugar (<10% Calories)	0 to 198	4	In Range
Fat (20-35% Calories)	396 to 694	1108	Above Goal

Activity Summary

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

Profile Calorie Goal: 1982

Daily Activity Details

Summary

Daily Average 0 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 1855 Calories to maintain your current weight.

Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts	
Serving Size (2728 g)	
Amount per serving	
Calories	3504
% Daily Value *	
Total Fat 128g	207%
Saturated Fat 53g	266%
Trans Fat 0g	
Cholesterol 108mg	36%
Sodium 2018mg	88%
Total Carbohydrates 491g	180%
Dietary Fiber 74g	268%
Total Sugars 236g	
Added Sugar 0g	
Protein 130g	299%
Vitamin D 6mcg	43%
Calcium 848mg	85%
Iron 22mg	277%
Potassium 4336mg	128%
* 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 MyPlate.gov for more info).



Intake vs. Recommendation 2000 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	120 %	<div><div></div></div>	7.2 oz equivalent	
Grains Recommendation		<div><div></div></div>	6.0 oz equivalent	
Vegetables Intake	137 %	<div><div></div></div>	3.4 cup equivalent	
Vegetables Recommendation		<div><div></div></div>	2.5 cup equivalent	
Fruits Intake	305 %	<div><div></div></div>	6.1 cup equivalent	
Fruits Recommendation		<div><div></div></div>	2.0 cup equivalent	
Dairy Intake	40 %	<div><div></div></div>	1.2 cup equivalent	
Dairy Recommendation		<div><div></div></div>	3.0 cup equivalent	
Protein Foods Intake	138 %	<div><div></div></div>	7.6 oz equivalent	
Protein Foods Recommendation		<div><div></div></div>	5.5 oz equivalent	

Make Half Your Grains Whole

Aim for at least 3.0 oz equivalents whole grains a day

Oils & Empty Calories

Aim for 6.0 teaspoons of oils a day

Limit your extra fats & sugars to 267 Calories

Vary Your Vegetables

Dark Green Vegetables	3.0 cups
Orange Vegetables	2.0 cups
Dry Beans & Peas	3.0 cups
Starchy Vegetables	3.0 cups
Other Vegetables	6.5 cups

* 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
Mon 10-14-2024		
2.0 slice	bread, whole grain, toasted (USDA)	138
0.3 lb	avocado, fresh (USDA)	218
2.0 Tbs	scrambled eggs (USDA)	41
1.0 cup	iced coffee, pure black, cold brew, no sugar added (Chobani)	10
1.0 bowl	yogurt, greek (Pinkberry)	90
1.0 Tbs	cereal, honey nut, Cheerios (USDA: General Mills)	9
4.0 oz	chicken breast, grilled, Fast Favorites, diced (Foster Farms)	135
1.0 cup	quinoa, dry (USDA)	626
2.0 cup	salad mix, field greens (Dole)	27
1.0 Tbs	dressing, Miracle Whip, with olive oil (Kraft)	40
1.0 ea	almonds, whole (USDA)	7
3.0 oz	salmon, pink, baked, fillet (USDA)	130
1.0 med	sweet potatoes, baked, in skin, peeled (USDA)	103
1.0 cup	broccoli florets, plain select, Simply Steam, frozen (Green Giant)	20
1.0 lb	chocolate, dark, Dove, mini (USDA: Mars)	2359
Day Total		3951
Tue 10-15-2024		
1.0 lb	oatmeal, cooked (Aramark)	322
1.0 lb	banana, fresh, sliced (USDA)	404
1.0 Tbs	chia seeds, dried (USDA)	51
1.0 cup	hummus (USDA)	398
1.0 lb	carrots, fresh, premium, sticks (Bolthouse Farms)	187
0.25 ea	sandwich, turkey, with whole wheat (B&B's Place)	90
1.0 Kg	apple, fresh, large (FDA Voluntary Labeling)	537
2.0 Tbs	peanut butter, creamy (USDA)	191
0.25 pkg	beef & broccoli, Stir Fry Creations, frozen, with rice (Tai Pei)	175
1.0 cup	rice, brown, cooked, long grain (USDA)	248
1.0 cup	vegetables, mixed, Simply Steam, frozen (Green Giant)	90
1.0 lb	yogurt, greek (Pinkberry)	287
0.5 cntr	yogurt, mixed berry, fruit on the bottom (Dannon)	75
Day Total		3056
Total		7007
Day Average		3504
Item Average		250