

# All Daily Reports

A variety of reports and information combined into one document.

## Profile Info

Personal: Ian DeJesus Male 24 yrs 6 ft 220 lb

Day(s): 2025 Nov 11, Nov 12, Nov 13

Activity Level: Sedentary (Strive for an Active activity level.)

BMI: 29.8 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	2,972.0	
Protein (g)	79.8	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	409.0	45% - 65% of Calories (adults 19-70 yrs) *
Added Sugar (g)	37.1	
Dietary Fiber (g)	41.6	
Fat (g)	92.4	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	29.7	Less than 10% of Calories +
Mono Fat (g)	33.0	
Poly Fat (g)	29.7	
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

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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.

Omega-3 (g)	0.37 +
Omega-6 (g)	9.92 +
Alcohol (g)	0.00
Caffeine (mg)	0.00

**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)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	1 ea	105.0	3.5	1.2	1.3
		banana, fresh, medium, 7" to 7	1 ea	105.0	3.5	1.2	1.3
		peanut butter, creamy (USDA)	2 Tbs	191.4	147.9	29.7	7.1
		peanut butter, creamy (USDA)	2 Tbs	191.4	147.9	29.7	7.1
	Lunch	bread, arepa (USDA: Latino)	3 ea	643.9	142.4	76.4	16.1
	Snack	chicken breast, roasted,	1 ea	141.9	27.6	7.8	26.7
		mayonnaise, real (Kraft)	1 Tbs	90.0	90.0	13.5	0.0
Day Total			--	1468.5	562.8	159.6	59.6
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)	3 Tbs	287.0	221.9	44.6	10.7
		banana, fresh, medium, 7" to 7	3 ea	315.1	10.5	3.6	3.9
	Lunch	bread, arepa (USDA: Latino)	3 ea	643.9	142.4	76.4	16.1
	Snack	mayonnaise, real (Kraft)	1 Tbs	90.0	90.0	13.5	0.0
		chicken breast, roasted,	1 ea	141.9	27.6	7.8	26.7
	Day Total			--	1477.9	492.4	145.9
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	3 ea	315.1	10.5	3.6	3.9
		peanut butter, creamy (USDA)	3 Tbs	287.0	221.9	44.6	10.7
	Lunch	bread, arepa (USDA: Latino)	3 ea	643.9	142.4	76.4	16.1
	Snack	mayonnaise, real (Kraft)	1 Tbs	90.0	90.0	13.5	0.0
		chicken breast, roasted,	1 ea	141.9	27.6	7.8	26.7
	Day Total			--	1477.9	492.4	145.9
Average Day Total			--	1474.7	515.9	150.5	58.1

Day	Meal	Item	Carbs (g)	Sugr^ (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	27.0	14.4	0.0	3.1		
		banana, fresh, medium, 7" to 7	27.0	14.4	0.0	3.1		
		peanut butter, creamy (USDA)	7.1	3.4	1.8	1.6	0.4	1.2
		peanut butter, creamy (USDA)	7.1	3.4	1.8	1.6	0.4	1.2
	Lunch	bread, arepa (USDA: Latino)	109.2	2.6		7.6		
	Snack	chicken breast, roasted,	0.0	0.0	0.0	0.0	0.0	0.0
		mayonnaise, real (Kraft)	0.0	0.0	0.0	0.0	0.0	0.0
Day Total			177.4	38.1	3.7	17.0	0.9	2.3
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)	10.7	5.0	2.8	2.4	0.7	1.7
		banana, fresh, medium, 7" to 7	80.9	43.3	0.0	9.2		
	Lunch	bread, arepa (USDA: Latino)	109.2	2.6		7.6		
	Snack	mayonnaise, real (Kraft)	0.0	0.0	0.0	0.0	0.0	0.0
		chicken breast, roasted,	0.0	0.0	0.0	0.0	0.0	0.0
Day Total			200.8	50.9	2.8	19.2	0.7	1.7
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	80.9	43.3	0.0	9.2		
		peanut butter, creamy (USDA)	10.7	5.0	2.8	2.4	0.7	1.7
	Lunch	bread, arepa (USDA: Latino)	109.2	2.6		7.6		
	Snack	mayonnaise, real (Kraft)	0.0	0.0	0.0	0.0	0.0	0.0

Day	Meal	Item	Carbs (g)	Sugr^ (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Thu 11-13-2025	Snack	chicken breast, roasted,	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	200.8	50.9	2.8	19.2	0.7	1.7
		Average Day Total	193.0	46.6	3.1	18.5	0.7	1.9
Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	0.4	0.1	0.0	0.0	0.1	0.0
		banana, fresh, medium, 7" to 7	0.4	0.1	0.0	0.0	0.1	0.0
		peanut butter, creamy (USDA)	16.4	3.3	0.0	8.3	4.0	0.0
		peanut butter, creamy (USDA)	16.4	3.3	0.0	8.3	4.0	0.0
	Lunch	bread, arepa (USDA: Latino	15.8	8.5	0.5	4.4	2.9	14.7
		chicken breast, roasted,	3.1	0.9		1.1	0.7	73.1
	Snack	mayonnaise, real (Kraft)	10.0	1.5		2.5	6.0	5.0
		Day Total	62.5	17.7	0.5	24.7	17.8	92.8
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)	24.7	5.0	0.0	12.5	6.0	0.0
		banana, fresh, medium, 7" to 7	1.2	0.4	0.0	0.1	0.3	0.0
	Lunch	bread, arepa (USDA: Latino	15.8	8.5	0.5	4.4	2.9	14.7
		mayonnaise, real (Kraft)	10.0	1.5		2.5	6.0	5.0
	Snack	chicken breast, roasted,	3.1	0.9		1.1	0.7	73.1
		Day Total	54.7	16.2	0.5	20.6	15.8	92.8
	Breakfas	banana, fresh, medium, 7" to 7	1.2	0.4	0.0	0.1	0.3	0.0
		peanut butter, creamy (USDA)	24.7	5.0	0.0	12.5	6.0	0.0
Thu 11-13-2025	Lunch	bread, arepa (USDA: Latino	15.8	8.5	0.5	4.4	2.9	14.7
		mayonnaise, real (Kraft)	10.0	1.5		2.5	6.0	5.0
	Snack	chicken breast, roasted,	3.1	0.9		1.1	0.7	73.1
		Day Total	54.7	16.2	0.5	20.6	15.8	92.8
	Average Day Total			57.3	16.7	0.5	21.9	16.5
Day	Meal	Item	Water (g)	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	88.4	3.8	0.0	0.1	0.8	0.4
		banana, fresh, medium, 7" to 7	88.4	3.8	0.0	0.1	0.8	0.4
		peanut butter, creamy (USDA)	0.4	0.0	0.0	0.1	4.2	0.1
		peanut butter, creamy (USDA)	0.4	0.0	0.0	0.1	4.2	0.1
	Lunch	bread, arepa (USDA: Latino	149.4	179.3	0.2	0.1	2.6	0.3
		chicken breast, roasted,	56.1	5.2	0.1	0.1	11.8	0.5
	Snack	mayonnaise, real (Kraft)	0.0					
		Day Total	383.1	192.1	0.4	0.5	24.4	2.0
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)	0.6	0.0	0.1	0.1	6.3	0.2
		banana, fresh, medium, 7" to 7	265.2	11.3	0.1	0.3	2.4	1.3
	Lunch	bread, arepa (USDA: Latino	149.4	179.3	0.2	0.1	2.6	0.3
		mayonnaise, real (Kraft)	0.0					
	Snack	chicken breast, roasted,	56.1	5.2	0.1	0.1	11.8	0.5
		Day Total	471.2	195.8	0.4	0.6	23.1	2.3
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	265.2	11.3	0.1	0.3	2.4	1.3
		peanut butter, creamy (USDA)	0.6	0.0	0.1	0.1	6.3	0.2
	Lunch	bread, arepa (USDA: Latino	149.4	179.3	0.2	0.1	2.6	0.3

Day	Meal	Item	Water (g)	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	
Thu 11-13-2025	Snack	mayonnaise, real (Kraft)		0.0					
		chicken breast, roasted,	56.1	5.2	0.1	0.1	11.8	0.5	
		Day Total	471.2	195.8	0.4	0.6	23.1	2.3	
		Average Day Total	441.8	194.6	0.4	0.6	23.5	2.2	
Day	Meal	Item		B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7		0.0	10.3	0.0	0.1	23.6	5.9
		banana, fresh, medium, 7" to 7		0.0	10.3	0.0	0.1	23.6	5.9
		peanut butter, creamy (USDA)		0.0	0.0	0.0	2.9	27.8	15.7
		peanut butter, creamy (USDA)		0.0	0.0	0.0	2.9	27.8	15.7
	Lunch	bread, arepa (USDA: Latino)		0.0			0.9		261.7
	Snack	chicken breast, roasted,	0.3	0.0	0.1	0.2	3.4	12.9	
		mayonnaise, real (Kraft)		0.0				0.0	
		Day Total	0.3	20.5	0.1	7.1	106.3	317.7	
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)		0.0	0.0	0.0	4.4	41.8	23.5
		banana, fresh, medium, 7" to 7		0.0	30.8	0.0	0.4	70.8	17.7
		bread, arepa (USDA: Latino)		0.0			0.9		261.7
		mayonnaise, real (Kraft)		0.0				0.0	
	Lunch	chicken breast, roasted,	0.3	0.0	0.1	0.2	3.4	12.9	
		Day Total	0.3	30.8	0.1	5.8	116.0	315.8	
	Snack	banana, fresh, medium, 7" to 7	0.0	30.8	0.0	0.4	70.8	17.7	
		peanut butter, creamy (USDA)	0.0	0.0	0.0	4.4	41.8	23.5	
		bread, arepa (USDA: Latino)	0.0			0.9		261.7	
		mayonnaise, real (Kraft)		0.0				0.0	
		chicken breast, roasted,	0.3	0.0	0.1	0.2	3.4	12.9	
		Day Total	0.3	30.8	0.1	5.8	116.0	315.8	
		Average Day Total	0.3	27.4	0.1	6.3	112.8	316.4	
Day	Meal	Item		Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7		0.3	31.9	26.0	422.4	1.2	0.2
		banana, fresh, medium, 7" to 7		0.3	31.9	26.0	422.4	1.2	0.2
		peanut butter, creamy (USDA)		0.6	53.8	107.2	178.6	136.3	0.8
		peanut butter, creamy (USDA)		0.6	53.8	107.2	178.6	136.3	0.8
	Lunch	bread, arepa (USDA: Latino)		3.1	79.4	344.0	258.7	793.8	2.4
	Snack	chicken breast, roasted,	0.9	24.9	196.1	220.2	63.6	0.9	
		mayonnaise, real (Kraft)		0.0			70.0		
		Day Total	5.7	275.6	806.4	1680.9	1202.4	5.2	
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)		0.8	80.6	160.8	267.8	204.5	1.2
		banana, fresh, medium, 7" to 7		0.9	95.6	77.9	1267.3	3.5	0.5
		bread, arepa (USDA: Latino)		3.1	79.4	344.0	258.7	793.8	2.4
		mayonnaise, real (Kraft)		0.0			70.0		
	Lunch	chicken breast, roasted,	0.9	24.9	196.1	220.2	63.6	0.9	
		Day Total	5.7	280.5	778.7	2014.0	1135.5	4.9	
	Snack	banana, fresh, medium, 7" to 7	0.9	95.6	77.9	1267.3	3.5	0.5	
		peanut butter, creamy (USDA)	0.8	80.6	160.8	267.8	204.5	1.2	
		bread, arepa (USDA: Latino)	3.1	79.4	344.0	258.7	793.8	2.4	

Day	Meal	Item	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)
Thu 11-13-2025	Snack	mayonnaise, real (Kraft)	0.0				70.0	
		chicken breast, roasted,	0.9	24.9	196.1	220.2	63.6	0.9
		Day Total	5.7	280.5	778.7	2014.0	1135.5	4.9
		Average Day Total	5.7	278.9	788.0	1903.0	1157.8	5.0
Day	Meal	Item	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	0.0	0.1	0.0	0.0	0.8	0.0
		banana, fresh, medium, 7" to 7	0.0	0.1	0.0	0.0	0.8	0.0
		peanut butter, creamy (USDA)	0.0	3.9	0.0	0.0	0.0	0.0
		peanut butter, creamy (USDA)	0.0	3.9	0.0	0.0	0.0	0.0
	Lunch	bread, arepa (USDA: Latino)	0.2	2.7	0.0	0.0	0.0	0.0
	Snack	chicken breast, roasted,	0.1	0.6	0.0	0.0	0.0	0.0
		mayonnaise, real (Kraft)		0.0	0.0			
		Day Total	0.4	11.2	0.0	0.0	1.6	0.0
	Breakfas	peanut butter, creamy (USDA)	0.0	5.9	0.0	0.0	0.0	0.0
		banana, fresh, medium, 7" to 7	0.1	0.2	0.0	0.0	2.4	0.0
		Lunch	bread, arepa (USDA: Latino)	0.2	2.7	0.0	0.0	0.0
		Snack	mayonnaise, real (Kraft)		0.0	0.0		
Wed 11-12-2025	Breakfas	chicken breast, roasted,	0.1	0.6	0.0	0.0	0.0	0.0
		Day Total	0.4	9.3	0.0	0.0	2.4	0.0
		Average Day Total	0.4	9.9	0.0	0.0	2.1	0.0
		Breakfas	banana, fresh, medium, 7" to 7	0.1	0.2	0.0	0.0	2.4
	Lunch	peanut butter, creamy (USDA)	0.0	5.9	0.0	0.0	0.0	0.0
		bread, arepa (USDA: Latino)	0.2	2.7	0.0	0.0	0.0	0.0
		Snack	mayonnaise, real (Kraft)		0.0	0.0		
		chicken breast, roasted,	0.1	0.6	0.0	0.0	0.0	0.0
		Day Total	0.4	9.3	0.0	0.0	2.4	0.0
		Average Day Total	0.4	9.9	0.0	0.0	2.1	0.0
Day	Meal	Item	MyGrn (oz eq)	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	0.0	0.0	0.0	1.8	0.0	0.0
		banana, fresh, medium, 7" to 7	0.0	0.0	0.0	1.8	0.0	0.0
		peanut butter, creamy (USDA)	0.0	0.0	2.0	0.0	0.0	0.0
		peanut butter, creamy (USDA)	0.0	0.0	2.0	0.0	0.0	0.0
	Lunch	bread, arepa (USDA: Latino)	6.5	0.0	0.0	0.0	0.0	7.3
	Snack	chicken breast, roasted,	0.0	0.0	3.0	0.0	0.0	0.0
		mayonnaise, real (Kraft)		0.0	0.0			
		Day Total	6.5	0.0	7.0	3.6	0.0	7.3
	Breakfas	peanut butter, creamy (USDA)	0.0	0.0	3.0	0.0	0.0	0.0
		banana, fresh, medium, 7" to 7	0.0	0.0	0.0	5.4	0.0	0.0
		Lunch	bread, arepa (USDA: Latino)	6.5	0.0	0.0	0.0	7.3
		Snack	mayonnaise, real (Kraft)		0.0	0.0	0.0	0.0
		chicken breast, roasted,	0.0	0.0	3.0	0.0	0.0	0.0
		Day Total	6.5	0.0	6.0	5.4	0.0	7.3
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	0.0	0.0	0.0	5.4	0.0	0.0
		peanut butter, creamy (USDA)	0.0	0.0	3.0	0.0	0.0	0.0
	Lunch	bread, arepa (USDA: Latino)	6.5	0.0	0.0	0.0	0.0	7.3

Day	Meal	Item	MyGrn (oz eq)	MyVeg (cup)	MyProt (oz eq),	XxFruit	XxOCarb	XxStarch
Thu 11-13-2025	Snack	mayonnaise, real (Kraft)				0.0	0.0	0.0
		chicken breast, roasted,	0.0	0.0	3.0	0.0	0.0	0.0
		Day Total	6.5	0.0	6.0	5.4	0.0	7.3
		Average Day Total	6.5	0.0	6.4	4.8	0.0	7.3
Day	Meal	Item	XxVeg	XxFat	XxAlc	XxNoFtMlk	XxLnMeat	
Tue 11-11-2025	Breakfas	banana, fresh, medium, 7" to 7	0.0	0.0	0.0	0.0	0.0	
		banana, fresh, medium, 7" to 7	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (USDA)	0.0	2.9	0.0	0.0	1.0	
		peanut butter, creamy (USDA)	0.0	2.9	0.0	0.0	1.0	
	Lunch	bread, arepa (USDA: Latino	0.0	1.7	0.0	0.0	0.0	
	Snack	chicken breast, roasted,	0.0	0.0	0.0	0.0	3.8	
		mayonnaise, real (Kraft)	0.0	2.0	0.0	0.0	0.0	
		Day Total	0.0	9.5	0.0	0.0	5.8	
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)	0.0	4.3	0.0	0.0	1.5	
		banana, fresh, medium, 7" to 7	0.0	0.0	0.0	0.0	0.0	
		bread, arepa (USDA: Latino	0.0	1.7	0.0	0.0	0.0	
		mayonnaise, real (Kraft)	0.0	2.0	0.0	0.0	0.0	
	Snack	chicken breast, roasted,	0.0	0.0	0.0	0.0	3.8	
		Day Total	0.0	8.0	0.0	0.0	5.3	
		Day Total	0.0	8.0	0.0	0.0	5.3	
		Average Day Total	0.0	8.5	0.0	0.0	5.5	

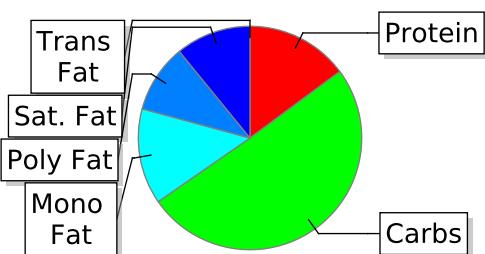
^ Total Sugars includes those naturally occurring in food and added sugars.

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## Macronutrient Distribution

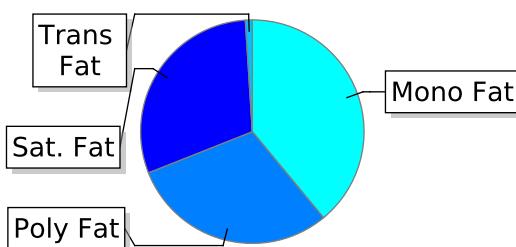
The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated,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

Source of Calories	Calori	Gra	Percen
Protein	225	58.1	15 %
Carbohydrates	749	193.0	51 %
Alcohol	0	0.0	0 %
Fat (Total)	501	57.3	34 %
Saturated Fat	155	16.7	11%
Trans Fat	5	0.5	0%
Mono Fat	203	21.9	14%
Poly Fat	153	16.5	10%
Total	1475		



\*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	16.7	30 %
Mono Fat	21.9	39 %
Poly Fat	16.5	30 %
Trans Fat	0.5	1 %
Total (g)	57.3	100 %



\*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	7.29	Fruit	4.78
Other Carbs	0.00	Vegetable	0.00
Lean Meat	5.50	Fat	8.51
Alcohol	0.00	NonFatMil	0.00

### Ratios

P:S ( Poly Fat / Saturated Fat )	0.99 : 1
Potassium : Sodium	1.64 : 1
Calcium : Phosphorus	0.40 : 1
CSI ( Cholesterol / Saturated Fat )	21.53

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## Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight			
Average Daily Intake & Expenditures			
Calories For The Day	Goal	Intake	Assessment
Total Calories	2972	1475	Below Goal
Protein (10-35% Calories)	297 to 1040	225	Below Goal
Carbohydrates (45-65% Calories)	1337 to 1932	749	Below Goal
Added Sugar (<10% Calories)	0 to 297	12	In Range
Fat (20-35% Calories)	594 to 1040	501	Below Goal

## Activity Summary

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

Profile Calorie Goal: 2972

### Daily Activity Details

#### Summary

Daily Average

0 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 2972 Calories to maintain your current weight.

---

## Nutrition Facts

Formats the analysis as a Nutrition Facts label.

# Nutrition Facts

Serving Size ( 761 g )

Amount per serving

Calories

1475

% Daily Value \*

Total Fat 57g 62%

Saturated Fat 17g 56%

Trans Fat 1g

Cholesterol 93mg 31%

Sodium 1158mg 50%

Total Carbohydrates 193g 47%

Dietary Fiber 18g 44%

Total Sugars 47g

Added Sugar 0g

Protein 58g 73%

Vitamin D 0mcg 1%

Calcium 316mg 32%

Iron 6mg 71%

Potassium 1903mg 56%

\* 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 lastest USDA Dietary Guidelines (see [MyPlate.gov](http://MyPlate.gov) for more info).



### Intake vs. Recommendation 3000 Calorie Pattern

Group	Percent	Comparison	Amount *
Grains Intake	65 %	—————	6.5 oz equivalent
Grains Recommendation		—————	10. oz equivalent
Vegetables Intake	0 %		0.0 cup equivalent
Vegetables Recommendation		—————	4.0 cup equivalent
Fruits Intake	84 %	—————	2.1 cup equivalent
Fruits Recommendation		—————	2.5 cup equivalent
Dairy Intake	0 %		0.0 cup equivalent
Dairy Recommendation		—————	3.0 cup equivalent
Protein Foods Intake	91 %	—————	6.4 oz equivalent
Protein Foods Recommendation		—————	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

#### Vary Your Vegetables

Dark Green Vegetables	3.0 cups
Orange Vegetables	2.5 cups
Dry Beans & Peas	3.5 cups
Starchy Vegetables	9.0 cups
Other Vegetables	10. 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
Tue 11-11-2025		
1.0 ea	banana, fresh, medium, 7" to 7 7/8" (USDA)	105
1.0 ea	banana, fresh, medium, 7" to 7 7/8" (USDA)	105
2.0 Tbs	peanut butter, creamy (USDA)	191
2.0 Tbs	peanut butter, creamy (USDA)	191
3.0 ea	bread, arepa (USDA: Latino Restaurant)	644
1.0 ea	chicken breast, roasted, skinless (USDA)	142
1.0 Tbs	mayonnaise, real (Kraft)	90
<b>Day Total</b>		<b>1469</b>
Wed 11-12-2025		
1.0 Tbs	mayonnaise, real (Kraft)	90
1.0 ea	chicken breast, roasted, skinless (USDA)	142
3.0 ea	bread, arepa (USDA: Latino Restaurant)	644
3.0 Tbs	peanut butter, creamy (USDA)	287
3.0 ea	banana, fresh, medium, 7" to 7 7/8" (USDA)	315
<b>Day Total</b>		<b>1478</b>
Thu 11-13-2025		
3.0 ea	banana, fresh, medium, 7" to 7 7/8" (USDA)	315
3.0 Tbs	peanut butter, creamy (USDA)	287
1.0 Tbs	mayonnaise, real (Kraft)	90
1.0 ea	chicken breast, roasted, skinless (USDA)	142
3.0 ea	bread, arepa (USDA: Latino Restaurant)	644
<b>Day Total</b>		<b>1478</b>
<hr/>		
<b>Total</b>		<b>4424</b>
<b>Day Average</b>		<b>1475</b>
<b>Item Average</b>		<b>260</b>