

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

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	1,475.00	2,972.0	50 %	<div></div>			
Calories from Fat	516.00	832.0	62 %	<div></div>			
Calories from SatFat	150.00	267.0	56 %	<div></div>			
Protein (g)	58.10	79.8*	73 %	<div></div>			
Protein (% Calories)	15.70	11.0*	143 %	<div></div>			
Carbohydrates (g)	193.00	409.0	47 %	<div></div>			
Carbohydrates (% Calories)	52.30	55.0	95 %	<div></div>			
Total Sugars (g)	46.60 ^						
Added Sugar (g)	3.08	37.1~	8 %	<div></div>			
Dietary Fiber (g)	18.50	41.6	44 %	<div></div>			
Soluble Fiber (g)	0.75						
InSoluble Fiber (g)	1.92						
Fat (g)	57.30	92.4	62 %	<div></div>			
Fat (% Calories)	35.00	28.0	125 %	<div></div>			
Saturated Fat (g)	16.70	29.7~	56 %	<div></div>			
Trans Fat (g)	0.50						
Mono Fat (g)	21.90	33.0	66 %	<div></div>			
Poly Fat (g)	16.50	29.7	55 %	<div></div>			
Cholesterol (mg)	92.80	300.0~	31 %	<div></div>			
Water (g)	442.00	3,700.0	12 %	<div></div>			
Vitamins							
Vitamin A - RAE (mcg)	195.00	900.0	22 %	<div></div>			
Vitamin B1 - Thiamin (mg)	0.44	1.2	37 %	<div></div>			
Vitamin B2 - Riboflavin	0.55	1.3	43 %	<div></div>			
Vitamin B3 - Niacin	23.50	16.0	147 %	<div></div>			
Vitamin B6 (mg)	2.22	1.3	171 %	<div></div>			
Vitamin B12 (mcg)	0.29	2.4	12 %	<div></div>			
Vitamin C (mg)	27.40	90.0	30 %	<div></div>			
Vitamin D - mcg (mcg)	0.09	15.0	1 %	<div></div>			
Vitamin E - a-Toco (mg)	6.25	15.0	42 %	<div></div>			
Folate - DFE (mcg)	113.00	400.0	28 %	<div></div>			
Minerals							
Calcium (mg)	316.00	1,000.0	32 %	<div></div>			
Iron (mg)	5.70	8.0	71 %	<div></div>			
Magnesium (mg)	279.00	400.0	70 %	<div></div>			
Phosphorus (mg)	788.00	700.0	113 %	<div></div>			
Potassium (mg)	1,903.00	3,400.0	56 %	<div></div>			
Sodium (mg)	1,158.00	2,300.0~	50 %	<div></div>			
Zinc (mg)	5.02	11.0	46 %	<div></div>			
Other							

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.

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	57.3
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	57.3
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
	Snack	chicken breast, roasted,	3.1	0.9		1.1	0.7	73.1
		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
	Snack	mayonnaise, real (Kraft)	10.0	1.5		2.5	6.0	5.0
		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
Thu 11-13-2025	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
	Lunch	bread, arepa (USDA: Latino	15.8	8.5	0.5	4.4	2.9	14.7
	Snack	mayonnaise, real (Kraft)	10.0	1.5		2.5	6.0	5.0
		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	92.8	

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	0.4
		banana, fresh, medium, 7" to 7	88.4	3.8	0.0	0.1	0.4
		peanut butter, creamy (USDA)	0.4	0.0	0.0	0.1	0.1
		peanut butter, creamy (USDA)	0.4	0.0	0.0	0.1	0.1
	Lunch	bread, arepa (USDA: Latino	149.4	179.3	0.2	0.1	0.3
	Snack	chicken breast, roasted,	56.1	5.2	0.1	0.1	11.8
		mayonnaise, real (Kraft)		0.0			
		Day Total	383.1	192.1	0.4	0.5	24.4
Wed 11-12-2025	Breakfas	peanut butter, creamy (USDA)	0.6	0.0	0.1	0.1	0.2
		banana, fresh, medium, 7" to 7	265.2	11.3	0.1	0.3	1.3
	Lunch	bread, arepa (USDA: Latino	149.4	179.3	0.2	0.1	0.3
	Snack	mayonnaise, real (Kraft)		0.0			
		chicken breast, roasted,	56.1	5.2	0.1	0.1	11.8
		Day Total	471.2	195.8	0.4	0.6	23.1
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	265.2	11.3	0.1	0.3	1.3
		peanut butter, creamy (USDA)	0.6	0.0	0.1	0.1	0.2
	Lunch	bread, arepa (USDA: Latino	149.4	179.3	0.2	0.1	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
	Lunch	bread, arepa (USDA: Latino	0.0			0.9		261.7
	Snack	mayonnaise, real (Kraft)		0.0				0.0
		chicken breast, roasted,	0.3	0.0	0.1	0.2	3.4	12.9
Thu 11-13-2025	Day Total		0.3	30.8	0.1	5.8	116.0	315.8
	Breakfas	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
	Lunch	bread, arepa (USDA: Latino	0.0			0.9		261.7
	Snack	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
	Lunch	bread, arepa (USDA: Latino	3.1	79.4	344.0	258.7	793.8	2.4
	Snack	mayonnaise, real (Kraft)	0.0				70.0	
		chicken breast, roasted,	0.9	24.9	196.1	220.2	63.6	0.9
Thu 11-13-2025	Day Total		5.7	280.5	778.7	2014.0	1135.5	4.9
	Breakfas	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
	Lunch	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
Wed 11-12-2025	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	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
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	0.1	0.2	0.0	0.0	2.4	0.0
		peanut butter, creamy (USDA)	0.0	5.9	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	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	0.0
		Day Total	6.5	0.0	7.0	3.6	0.0	7.3
Wed 11-12-2025	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	0.0	7.3
	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
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	XxAIc	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
	Lunch	bread, arepa (USDA: Latino)	0.0	1.7	0.0	0.0	0.0
	Snack	mayonnaise, real (Kraft)	0.0	2.0	0.0	0.0	0.0
		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
Thu 11-13-2025	Breakfas	banana, fresh, medium, 7" to 7	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (USDA)	0.0	4.3	0.0	0.0	1.5
	Lunch	bread, arepa (USDA: Latino)	0.0	1.7	0.0	0.0	0.0
	Snack	mayonnaise, real (Kraft)	0.0	2.0	0.0	0.0	0.0
		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
		Average Day Total	0.0	8.5	0.0	0.0	5.5

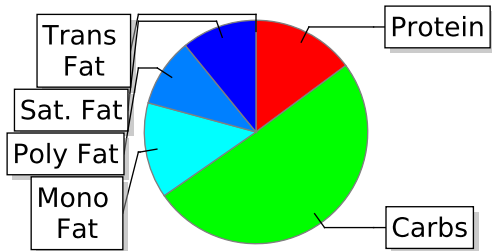
^ Total Sugars includes those naturally occurring in food and added sugars.

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).

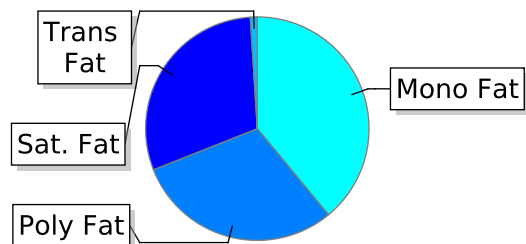
Source of Calories	Calori	Gra	Perce
Protein	225	58.1	15 %
Carbohydrates	749	193.0	51 %
Alcohol	0	0.0	0 %
Fat (Total)	501	57.3	34 %
Saturated Fat	155	16.7	11%
Trans Fat	5	0.5	0%
Mono Fat	203	21.9	14%
Poly Fat	153	16.5	10%

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)	Perce
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

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight

Calories to maintain current weight	2972
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	2972

Average Daily Intake & Expenditures

Average Intake	1475
Average Expenditure	2972

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 latest USDA Dietary Guidelines (see MyPlate.gov for more info).



Intake vs. Recommendation 3000 Calorie Pattern

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

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
Day Total		1469
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
Day Total		1478
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
Day Total		1478
Total		4424
Day Average		1475
Item Average		260