11/9/2021 Report

Harrison Walls harrisonwwalls@gmail.com 11/9/2021 intakeVsGoals

Choose Meal Times

- Breakfast
- Morning Snack
- Lunch
- Afternoon Snack
- Dinner
- Evening Snack

III Intake vs. Goals

This report compares your actual dietary intake with the DRI goals for your Profile. Some nutrients do not have recommended "goals"-they may have recommended ranges, or recommended upper limits. Bar graphs are not applicable for those nutrients. An exclamation point next to a nutrient indicates that your actual intake exceeded the Tolerable Upper Limit for that nutrient. Keep in mind that data is not always available for all nutrients for all foods, so nutrients may be under-represented. Your actual intakes of some nutrients, such as vitamin E, may be higher than those shown in the report because of incomplete food composition data provided by manufacturers.

Report Data

Nutrient	DRI	Intake	% of DRI	Notes	below DRI over DRI at DRI (if range) Reported Intake
Energy					
Kilocalories	3076.0 kcal	2,387.899 kcal	77.63%		3076.0 kcal
<u>Protein</u>	52.62 g	103.852 g	197.362%		52.62 g
<u>Carbohydrate</u>	346.05 - 499.85 g	201.546 g	58.242%		346.05 g 499.85 g

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	DRI	Intake	% of DRI	Notes	below DRI over DRI at DRI (if range) Reported Intake
Nutrient					
					68.36 g
<u>Fat, Total</u>	68.36 - 119.62 g	140.196 g	117.201%		
					119.62 g
Fat (Specific)					
Saturated Fat	<34.2 g	42.621 g	124.623%		34.2 g
	Ü				
Monounsaturated Fat	No suggestion	57.097 g			
Polyunsaturated Fat	No suggestion	21.895 g			
Trans Fatty Acid	No suggestion	0.056 g			
<u>Cholesterol</u>	<no suggestion<="" td=""><td>377.797 mg</td><td></td><td></td><td></td></no>	377.797 mg			
Essential Fatty Acids					
PFA 18:2, Linoleic	17.00 g	20.204 g	118.846%		17.00 g
PFA 18:3, Linolenic	1.60 g	0.607 g	37.919%		1.60 g
Carbohydrates (Specific)					
carbonyarates (specific)					38.0 g
<u>Dietary Fiber, Total</u>	38.0 g	34.448 g	90.652%		36.0 g
Sugar, Total	No suggestion	71.084 g			
Other					
Water_	3700.00 g	2,328.626 g	62.936%		3700.00 g
<u>Alcohol</u>	No suggestion	0.00 g			
Vitamins		·			'
<u>Thiamin</u>	1.20 mg	1.134 mg	94.497%		1.20 mg
<u>Riboflavin</u>	1.30 mg	1.81 mg	139.221%		1.30 mg
<u>Niacin</u>	16.00 mg	22.654 mg	141.585%		16.00 mg
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P <u>yridoxine (Vitamin B6)</u>	1.30 mg	1.865 mg	143.436%		1.30 mg
<u>Cobalamin (Vitamin</u> <u>B12)</u>	2.40 mcg	402.396 mcg	16,766.504		2.40 mcg
<u>Folate (DFE)</u>	400.00 mcg	512.45 mcg	128.113%		400.00 mcg
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<u>Vitamin C</u>	90.00 mg	92.275 mg	102.528%		90.00 mg
					15.00 mcg

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Nutrient	DRI	Intake	% of DRI	Notes	below DRI over DRI at DRI (if range) Reported Intake
<u>Vitamin A (RAE)</u> ⊕	900.00 mcg	906.037 mcg	100.671%		900.00 mcg
<u>Vitamin A (IU)</u>	3000.00 IU	9,537.746 IU	317.925%		3000.00 IU
<u>Vitamin K</u>	120.00 mcg	137.735 mcg	114.779%		120.00 mcg
<u>Vitamin E (Alpha-</u> <u>Tocopherol)</u> ⊕	15.00 mg	16.457 mg	109.712%		15.00 mg
Minerals					
<u>Calcium</u>	1000.00 mg	1,108.32 mg	110.832%		1000.00 mg
<u>Iron</u>	8.00 mg	15.975 mg	199.687%		8.00 mg
<u>Magnesium</u>	400.00 mg	517.764 mg	129.441%	DRI Upper Limit Surpassed	400.00 mg
<u>Potassium</u>	3400.00 mg	3,392.363 mg	99.775%		3400.00 mg
<u>Zinc</u>	11.00 mg	12.993 mg	118.122%		11.00 mg
<u>Sodium</u>	1500.00 mg	1,367.199 mg	91.147%		1500.00 mg