

Report Parameters

Start Date:

2016-08-19

End Date:

2016-08-28

☒ Breakfast

☒ Morning Snack

☒ Lunch

☒ Afternoon Snack

☒ Dinner

☒ Evening Snack

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.

Nutrient		DRI	Intake	You will be recording the values from this column!		0%	25%	50%	75%	100%
Energy										
	Kilocalories	1967.0 kcal	1,247.34 kcal	%	<div><div></div></div>					
						63%				
	Protein	47.17 g	61.26 g	%	<div><div></div></div>					
						130%				
	Carbohydrate	221.85 - 320.45 g	138.53 g	%	<div><div></div></div>	62%				
						43%				
	Fat, Total	43.82 - 76.69 g	54.10 g	%	<div><div></div></div>	123%				
						71%				
Fat (Specific)										
	Saturated Fat	< 21.9 g	17.08 g	%	<div><div></div></div>					
						78%				
	Monounsaturated Fat	No suggestion	14.72 g	%	<div><div></div></div>					
				0%						
	Polyunsaturated Fat	No suggestion	7.08 g	%	<div><div></div></div>					
				0%						
	Trans Fatty Acid	No suggestion	0.03 g	%	<div><div></div></div>					
				0%						
	Cholesterol	< No suggestion	285.41 mg	%	<div><div></div></div>					
				0%						
Essential Fatty Acids										
	PFA 18:2, Linoleic	12.00 g	6.10 g	%	<div><div></div></div>					
						51%				
	PFA 18:3, Linolenic	1.10 g	0.49 g	%	<div><div></div></div>					
						45%				
Carbohydrates (Specific)										
	Dietary Fiber, Total	25.0 g	21.12 g	%	<div><div></div></div>					
						84%				
	Sugar, Total	No suggestion	43.24 g	%	<div><div></div></div>					
				0%						
Other										
	Water	2700.00 g	1,409.78 g	%	<div><div></div></div>					
						52%				

Alcohol	No suggestion	0.00 g	<div><div>%</div><div><div></div></div><div>0%</div></div>
Vitamins			
Thiamin	1.10 mg	0.60 mg	<div><div>%</div><div><div></div></div><div>55%</div></div>
Riboflavin	1.10 mg	1.02 mg	<div><div>%</div><div><div></div></div><div>92%</div></div>
Niacin	14.00 mg	11.05 mg	<div><div>%</div><div><div></div></div><div>79%</div></div>
Pyridoxine (Vitamin B6)	1.30 mg	1.00 mg	<div><div>%</div><div><div></div></div><div>77%</div></div>
Cobalamin (Vitamin B12)	2.40 µg	2.54 µg	<div><div>%</div><div><div></div></div><div>106%</div></div>
Folate (DFE)	400.00 µg	212.40 µg	<div><div>%</div><div><div></div></div><div>53%</div></div>
Vitamin C	75.00 mg	122.74 mg	<div><div>%</div><div><div></div></div><div>164%</div></div>
Vitamin D (ug)	15.00 µg	1.21 µg	<div><div>%</div><div><div></div></div><div>8%</div></div>
Vitamin A (RAE) ⓘ ⓘ	700.00 µg	747.16 µg	<div><div>%</div><div><div></div></div><div>107%</div></div>
Vitamin A (IU) ⓘ ⓘ	2333.00 IU	11,368.67 IU	<div><div>%</div><div><div></div></div><div>487%</div></div>
Alpha-Tocopherol ⓘ ⓘ	15.00 mg	6.00 mg	<div><div>%</div><div><div></div></div><div>40%</div></div>
Minerals			
Calcium	1000.00 mg	631.52 mg	<div><div>%</div><div><div></div></div><div>63%</div></div>
Iron	32.40 mg	9.00 mg	<div><div>%</div><div><div></div></div><div>28%</div></div>
Magnesium	320.00 mg	206.34 mg	<div><div>%</div><div><div></div></div><div>64%</div></div>
Potassium	4700.00 mg	1,639.14 mg	<div><div>%</div><div><div></div></div><div>35%</div></div>
Zinc	12.00 mg	4.75 mg	<div><div>%</div><div><div></div></div><div>40%</div></div>
Sodium	1500.00 mg	1,050.75 mg	<div><div>%</div><div><div></div></div><div>70%</div></div>