

Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Profile Info

Personal: Lauram Forbes Female 25 yrs 5 ft 8 in 110 lb

Day(s): 2025 Sep 29 (All)

Activity Level: Low Active

(Strive for an Active activity level.)








BMI: 16.7

Normal is 18.5 to 25.

Weight Change: Gain 0.5 lb per week

Best not to exceed 2 lbs per week.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	2,506.00	2,359.0	106 %	<div><div></div></div>			
Calories from Fat	880.00	660.0	133 %	<div><div></div></div>			
Calories from SatFat	349.00	212.0	164 %	<div><div></div></div>			
Protein (g)	109.00	39.9*	273 %	<div><div></div></div>			
Protein (% Calories)	17.40	7.0*	249 %	<div><div></div></div>			
Carbohydrates (g)	305.00	324.0	94 %	<div><div></div></div>			
Carbohydrates (% Calories)	48.60	55.0	88 %	<div><div></div></div>			
Total Sugars (g)	167.00 ^						
Added Sugar (g)	44.40	29.5~	151 %	<div><div></div></div>			
Dietary Fiber (g)	24.20	33.0	73 %	<div><div></div></div>			
Soluble Fiber (g)	2.04						
InSoluble Fiber (g)	4.34						
Fat (g)	97.80	73.4	133 %	<div><div></div></div>			
Fat (% Calories)	35.10	28.0	125 %	<div><div></div></div>			
Saturated Fat (g)	38.70	23.6~	164 %	<div><div></div></div>			
Trans Fat (g)	3.87						
Mono Fat (g)	23.50	26.2	90 %	<div><div></div></div>			
Poly Fat (g)	12.80	23.6	54 %	<div><div></div></div>			
Cholesterol (mg)	502.00	300.0~	167 %	<div><div></div></div>			
Water (g)	1,158.00	2,700.0	43 %	<div><div></div></div>			
Vitamins							
Vitamin A - RAE (mcg)	899.00	700.0	128 %	<div><div></div></div>			
Vitamin B1 - Thiamin (mg)	1.42	1.1	129 %	<div><div></div></div>			
Vitamin B2 - Riboflavin	1.82	1.1	166 %	<div><div></div></div>			
Vitamin B3 - Niacin	22.80	14.0	163 %	<div><div></div></div>			
Vitamin B6 (mg)	1.49	1.3	115 %	<div><div></div></div>			
Vitamin B12 (mcg)	4.87	2.4	203 %	<div><div></div></div>			
Vitamin C (mg)	99.70	75.0	133 %	<div><div></div></div>			
Vitamin D - mcg (mcg)	9.48	15.0	63 %	<div><div></div></div>			
Vitamin E - a-Toco (mg)	5.63	15.0	38 %	<div><div></div></div>			
Folate - DFE (mcg)	356.00	400.0	89 %	<div><div></div></div>			

Minerals				
Calcium (mg)	1,551.00	1,000.0	155 %	
Iron (mg)	14.00	18.0	78 %	
Magnesium (mg)	250.00	310.0	81 %	
Phosphorus (mg)	1,230.00	700.0	176 %	
Potassium (mg)	3,566.00	2,600.0	137 %	
Sodium (mg)	2,095.00	2,300.0 ~	91 %	
Zinc (mg)	11.30	8.0	141 %	
Other				
Omega-3 (g)	1.28 +			
Omega-6 (g)	9.45 +			
Alcohol (g)	0.00			
Caffeine (mg)	96.00			

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.