

# All Daily Reports

A variety of reports and information combined into one document.

## Profile Info

Personal: Nate Warner   Male   22 yrs   6 ft 1 in   150 lb

Day(s): 2025 Oct 23, Oct 24, Oct 25

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 19.8

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	2,764.0	
Protein (g)	54.4	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	380.0	45% - 65% of Calories (adults 19-70 yrs) *
Added Sugar (g)	34.6	
Dietary Fiber (g)	38.7	
Fat (g)	86.0	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	27.6	Less than 10% of Calories +
Mono Fat (g)	30.7	
Poly Fat (g)	27.6	
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.

Nutrient	Value	DRI Goal	Percen	0	50	100	150
Basic Components							
Calories	2,620.00	2,764.0	95 %	<div></div>			
Calories from Fat	671.00	774.0	87 %	<div></div>			
Calories from SatFat	172.00	249.0	69 %	<div></div>			
Protein (g)	145.00	54.4 *	267 %	<div></div>			
Protein (% Calories)	22.20	8.0 *	277 %	<div></div>			
Carbohydrates (g)	345.00	380.0	91 %	<div></div>			
Carbohydrates (% Calories)	52.70	55.0	96 %	<div></div>			
Total Sugars (g)	129.00 ^						
Added Sugar (g)	5.25	34.6 ~	15 %	<div></div>			
Dietary Fiber (g)	27.50	38.7	71 %	<div></div>			
Soluble Fiber (g)	1.05						
InSoluble Fiber (g)	3.98						
Fat (g)	74.60	86.0	87 %	<div></div>			
Fat (% Calories)	25.60	28.0	91 %	<div></div>			
Saturated Fat (g)	19.10	27.6 ~	69 %	<div></div>			
Trans Fat (g)	1.12						
Mono Fat (g)	16.20	30.7	53 %	<div></div>			
Poly Fat (g)	14.50	27.6	52 %	<div></div>			
Cholesterol (mg)	633.00	300.0 ~	211 %	<div></div>			
Water (g)	894.00	3,700.0	24 %	<div></div>			
Vitamins							
Vitamin A - RAE (mcg)	2,377.00	900.0	264 %	<div></div>			
Vitamin B1 - Thiamin (mg)	1.85	1.2	155 %	<div></div>			
Vitamin B2 - Riboflavin	2.50	1.3	192 %	<div></div>			
Vitamin B3 - Niacin	37.00	16.0	231 %	<div></div>			
Vitamin B6 (mg)	3.14	1.3	241 %	<div></div>			
Vitamin B12 (mcg)	9.00	2.4	375 %	<div></div>			
Vitamin C (mg)	226.00	90.0	252 %	<div></div>			
Vitamin D - mcg (mcg)	15.80	15.0	105 %	<div></div>			
Vitamin E - a-Toco (mg)	11.90	15.0	79 %	<div></div>			
Folate - DFE (mcg)	480.00	400.0	120 %	<div></div>			
Minerals							
Calcium (mg)	783.00	1,000.0	78 %	<div></div>			
Iron (mg)	25.50	8.0	319 %	<div></div>			
Magnesium (mg)	327.00	400.0	82 %	<div></div>			
Phosphorus (mg)	1,279.00	700.0	183 %	<div></div>			
Potassium (mg)	3,682.00	3,400.0	108 %	<div></div>			
Sodium (mg)	4,275.00	2,300.0 ~	186 %	<div></div>			
Zinc (mg)	12.80	11.0	117 %	<div></div>			
Other							

Omega-3 (g)	2.01 +
Omega-6 (g)	12.40 +
Alcohol (g)	0.00
Caffeine (mg)	503.00

**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)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	4 ea	363.6	241.1	73.1	24.4
		smoothie, Blueberry Heaven	1 sml	270.0	13.5	0.0	6.0
		juice, orange, fresh (USDA)	2 cup	223.2	8.9	1.1	3.5
	Lunch	chicken breast, frozen, grilled,	8 oz	293.3	48.0	12.0	58.7
		rice, brown, cooked, long grain	1 cup	248.5	17.6	4.6	5.5
		broccoli, fresh (USDA)	0.5 cup	15.5	1.5	0.2	1.3
	Dinner	salmon, pink, baked, fillet	8 oz	347.0	107.8	19.8	55.7
		sweet potatoes, baked, in skin,	3 lrg	486.0	7.3	2.5	10.9
		green beans, fresh (USDA)	0.5 cup	15.5	1.0	0.2	0.9
	Snack	yogurt, greek, vanilla (Activia)	2 cntr	260.0	0.0	0.0	26.0
		blueberries, fresh (USDA)	1 cup	84.4	4.4	0.4	1.1
	Day Total		--	2606.9	451.1	113.9	193.9
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	2 indiv pkt	316.5	35.8	6.1	7.9
		banana, fresh, sliced (USDA)	1 oz	25.2	0.8	0.3	0.3
		instant coffee, regular (USDA)	1 cup	169.4	2.2	0.8	5.9
	Lunch	sandwich, roast turkey & swiss,	1 ea	710.0	252.0	63.0	38.0
		salad, chopped, side (Arby's)	1 ea	70.0	45.0	22.5	5.0
		granola bar, crunchy, oats n	2 ea	190.0	63.0	9.0	3.0
	Dinner	beef & broccoli, Stir Fry	1 pkg	700.0	180.0	36.0	40.0
		watermelon, fresh, diced	1 cup	45.6	2.1	0.2	0.9
		rice, white, cooked, long grain,	1 cup	205.4	4.0	1.1	4.3
	Snack	apple, fresh, large (FDA)	2 lrg	260.0	0.0	0.0	2.0
	Day Total		--	2692.2	584.9	139.1	107.3
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	4 ea	363.6	241.1	73.1	24.4
		cereal, whole grain, Total	1 cup	146.7	6.0	0.0	2.7
		milk, 2%, with vitamins A & D	1 cup	122.0	43.5	27.6	8.1
		orange, fresh, sections (USDA)	0.5 oz	6.7	0.2	0.0	0.1
	Lunch	wrap, tuna salad (FNDDS)	1 ea	837.9	457.7	126.9	36.4
		carrots, baby, fresh (USDA)	1 oz	9.9	0.3	0.1	0.2
		juice, apple (Minute Maid)	1 cup	113.3	0.0	0.0	0.0
		pretzels, original, rods (Rold	10 ea	366.7	30.0	0.0	6.7
	Dinner	chicken breast, grilled, Fast	8 oz	270.0	48.6	12.1	43.2
		quinoa, dry (USDA)	0.2 cup	156.4	23.2	2.7	6.0
	Snack	peanuts, salted, dry roasted	1 oz	166.4	126.7	19.7	6.9
	Day Total		--	2559.5	977.3	262.3	134.6
	Average Day Total		--	2619.5	671.1	171.8	145.3

Day	Meal	Item	Carbs (g)	Sugr^ (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	3.9	3.4	0.0	0.0	0.0	0.0
		smoothie, Blueberry Heaven	59.0	45.0		4.0		
		juice, orange, fresh (USDA)	51.6	41.7	0.0	1.0	0.3	0.7
	Lunch	chicken breast, frozen, grilled,	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 10-23-2025	Lunch	rice, brown, cooked, long grain	51.7	0.5	0.0	3.2	0.4	2.9
		broccoli, fresh (USDA)	3.0	0.8	0.0	1.2	0.1	1.1
	Dinner	salmon, pink, baked, fillet	0.0	0.0	0.0	0.0	0.0	0.0
		sweet potatoes, baked, in skin,	111.8	35.0	0.0	17.8		
		green beans, fresh (USDA)	3.5	1.6	0.0	1.4	0.6	0.8
	Snack	yogurt, greek, vanilla (Activia)	36.0	34.0		0.0	0.0	0.0
		blueberries, fresh (USDA)	21.4	14.7	0.0	3.6	0.4	3.2
	Day Total		342.0	176.7	0.0	32.1	1.7	8.6
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	66.1	25.8		6.2		
		banana, fresh, sliced (USDA)	6.5	3.5	0.0	0.7		
		instant coffee, regular (USDA)	36.2	0.0	0.0	0.0	0.0	0.0
	Lunch	sandwich, roast turkey & swiss,	79.0	15.0		5.0		
		salad, chopped, side (Arby's)	4.0	2.0	0.0	1.0		
		granola bar, crunchy, oats n	29.0	11.0	11.0	2.0		
	Dinner	beef & broccoli, Stir Fry	102.0	26.0		6.0		
		watermelon, fresh, diced	11.5	9.4	0.0	0.6	0.2	0.5
		rice, white, cooked, long grain,	44.5	0.1	0.0	0.6	0.2	0.5
	Snack	apple, fresh, large (FDA	68.0	50.0	0.0	10.0		
	Day Total		446.8	142.8	11.0	32.2	0.3	0.9
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	3.9	3.4	0.0	0.0	0.0	0.0
		cereal, whole grain, Total	33.3	6.7		4.0		
		milk, 2%, with vitamins A & D	11.7	11.7	0.0	0.0	0.0	0.0
		orange, fresh, sections (USDA)	1.7	1.3	0.0	0.3	0.2	0.1
	Lunch	wrap, tuna salad (FNDDS)	57.9	8.9	4.7	4.4		
		carrots, baby, fresh (USDA)	2.3	1.3	0.0	0.8	0.2	0.6
		juice, apple (Minute Maid)	27.3	26.0	0.0	0.0		
		pretzels, original, rods (Rold	73.3	3.3	0.0	3.3		
	Dinner	chicken breast, grilled, Fast	2.7	2.7		0.0	0.0	0.0
		quinoa, dry (USDA)	27.3	1.1	0.0	3.0		
	Snack	peanuts, salted, dry roasted	6.0	1.4	0.0	2.4	0.7	1.7
	Day Total		247.5	67.9	4.7	18.3	1.1	2.4
	Average Day Total		345.4	129.1	5.2	27.5	1.1	4.0

Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	26.8	8.1	1.5	10.8	5.9	675.9
		smoothie, Blueberry Heaven	1.5	0.0	0.0			10.0
		juice, orange, fresh (USDA)	1.0	0.1	0.0	0.2	0.2	0.0
	Lunch	chicken breast, frozen, grilled,	5.3	1.3	0.0			120.0
		rice, brown, cooked, long grain	2.0	0.5	0.0	0.7	0.7	0.0
		broccoli, fresh (USDA)	0.2	0.0	0.0	0.0	0.0	0.0
	Dinner	salmon, pink, baked, fillet	12.0	2.2	0.1	3.7	2.2	124.7
		sweet potatoes, baked, in skin,	0.8	0.3	0.0	0.0	0.5	0.0
		green beans, fresh (USDA)	0.1	0.0	0.0	0.0	0.1	0.0
	Snack	yogurt, greek, vanilla (Activia)	0.0	0.0	0.0	0.0	0.0	6.0

Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Thu 10-23-2025	Snack	blueberries, fresh (USDA)	0.5	0.0	0.0	0.1	0.2	0.0
		Day Total	50.1	12.7	1.6	15.5	9.8	936.6
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	4.0	0.7	0.0	1.3	1.4	0.0
		banana, fresh, sliced (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		instant coffee, regular (USDA)	0.2	0.1	0.0	0.0	0.1	0.0
	Lunch	sandwich, roast turkey & swiss,	28.0	7.0	0.0			65.0
		salad, chopped, side (Arby's)	5.0	2.5	0.0			15.0
		granola bar, crunchy, oats n	7.0	1.0	0.0			0.0
	Dinner	beef & broccoli, Stir Fry	20.0	4.0	0.0			30.0
		watermelon, fresh, diced	0.2	0.0	0.0	0.1	0.1	0.0
		rice, white, cooked, long grain,	0.4	0.1	0.0	0.1	0.1	0.0
	Snack	apple, fresh, large (FDA	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	65.0	15.5	0.0	1.5	1.7	110.0
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	26.8	8.1	1.5	10.8	5.9	675.9
		cereal, whole grain, Total	0.7	0.0	0.0	0.0	0.0	0.0
		milk, 2%, with vitamins A & D	4.8	3.1	0.2	1.4	0.2	19.5
		orange, fresh, sections (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	wrap, tuna salad (FNDDS)	50.9	14.1		11.4	21.7	88.9
		carrots, baby, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		juice, apple (Minute Maid)	0.0	0.0	0.0	0.0	0.0	0.0
		pretzels, original, rods (Rold	3.3	0.0	0.0			0.0
	Dinner	chicken breast, grilled, Fast	5.4	1.3	0.0			67.5
		quinoa, dry (USDA)	2.6	0.3		0.7	1.4	0.0
	Snack	peanuts, salted, dry roasted	14.1	2.2	0.0	7.4	2.8	0.0
		Day Total	108.6	29.1	1.7	31.7	32.0	851.8
		Average Day Total	74.6	19.1	1.1	16.2	14.5	632.8

Day	Meal	Item	Water (g)	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	186.4	392.8	0.1	0.9	0.2	0.3
		smoothie, Blueberry Heaven						
		juice, orange, fresh (USDA)	438.0	49.6	0.4	0.1	2.0	0.2
	Lunch	chicken breast, frozen, grilled,		0.0				
		rice, brown, cooked, long grain	141.9	0.0	0.4	0.1	5.2	0.2
		broccoli, fresh (USDA)	40.6	14.2	0.0	0.1	0.3	0.1
	Dinner	salmon, pink, baked, fillet	160.2	95.3	0.2	0.3	21.7	1.6
		sweet potatoes, baked, in skin,	409.2	5188.9	0.6	0.6	8.0	1.5
		green beans, fresh (USDA)	45.2	17.2	0.0	0.1	0.4	0.1
	Snack	yogurt, greek, vanilla (Activia)		0.0				
		blueberries, fresh (USDA)	124.6	4.0	0.1	0.1	0.6	0.1
		Day Total	1546.2	5762.0	1.8	2.2	38.4	4.1
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	5.4	447.2	0.4	0.8	9.2	1.0
		banana, fresh, sliced (USDA)	21.2	0.9	0.0	0.0	0.2	0.1
		instant coffee, regular (USDA)	1.5	0.0	0.0	0.0	13.5	0.0
	Lunch	sandwich, roast turkey & swiss,						
		salad, chopped, side (Arby's)						

Day	Meal	Item	Water (g)	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)
Fri 10-24-2025	Lunch	granola bar, crunchy, oats n						
	Dinner	beef & broccoli, Stir Fry						
		watermelon, fresh, diced	139.0	43.2	0.1	0.0	0.3	0.1
		rice, white, cooked, long grain,	108.1	0.0	0.3	0.0	2.3	0.1
	Snack	apple, fresh, large (FDA	413.0	10.0				
		Day Total	688.3	501.4	0.8	0.9	25.5	1.4
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	186.4	392.8	0.1	0.9	0.2	0.3
		cereal, whole grain, Total			2.0	2.3	26.7	2.7
		milk, 2%, with vitamins A & D	217.7	135.0	0.1	0.5	0.2	0.1
		orange, fresh, sections (USDA)	12.3	1.6	0.0	0.0	0.0	0.0
	Lunch	wrap, tuna salad (FNDDS)		143.6	0.6	0.5	15.1	0.5
		carrots, baby, fresh (USDA)	25.6	195.5	0.0	0.0	0.2	0.0
		juice, apple (Minute Maid)						
	Dinner	pretzels, original, rods (Rold						
		chicken breast, grilled, Fast		0.0				
		quinoa, dry (USDA)	5.6	0.3	0.2	0.1	0.6	0.2
	Snack	peanuts, salted, dry roasted	0.5	0.0	0.0	0.1	4.1	0.1
		Day Total	448.2	868.9	3.0	4.4	47.1	3.9
		Average Day Total	894.2	2377.4	1.9	2.5	37.0	3.1

Day	Meal	Item	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	1.9	0.0	4.4	2.8	87.8	161.0
		smoothie, Blueberry Heaven						
		juice, orange, fresh (USDA)	0.0	248.0	0.0	0.2	148.8	54.6
	Lunch	chicken breast, frozen, grilled,		0.0				0.0
		rice, brown, cooked, long grain	0.0	0.0	0.0	0.3	18.2	6.1
		broccoli, fresh (USDA)	0.0	40.6	0.0	0.4	28.7	21.4
	Dinner	salmon, pink, baked, fillet	10.7	0.0	29.5	1.1	11.3	18.1
		sweet potatoes, baked, in skin,	0.0	105.8	0.0	3.8	32.4	205.2
		green beans, fresh (USDA)	0.0	6.1	0.0	0.2	16.5	18.5
	Snack	yogurt, greek, vanilla (Activia)		0.0				300.0
		blueberries, fresh (USDA)	0.0	14.4	0.0	0.8	8.9	8.9
		Day Total	12.6	414.9	33.9	9.7	352.6	793.8
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	0.0	0.0		0.4	110.1	194.4
		banana, fresh, sliced (USDA)	0.0	2.5	0.0	0.0	5.7	1.4
		instant coffee, regular (USDA)	0.0	0.0	0.0	0.0	0.0	67.7
	Lunch	sandwich, roast turkey & swiss,						
		salad, chopped, side (Arby's)						
		granola bar, crunchy, oats n			0.0			0.0
	Dinner	beef & broccoli, Stir Fry		96.0				160.0
		watermelon, fresh, diced	0.0	12.3	0.0	0.1	4.6	10.6
		rice, white, cooked, long grain,	0.0	0.0	0.0	0.1	91.6	15.8
	Snack	apple, fresh, large (FDA	0.0	9.6				40.0
		Day Total	0.0	120.4	0.0	0.5	211.9	489.9



Day	Meal	Item	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	1.9	0.0	4.4	2.8	87.8	161.0
		cereal, whole grain, Total	8.0	80.0	3.3	18.0	533.3	26.7
		milk, 2%, with vitamins A & D	1.3	0.5	2.9	0.1	12.2	292.8
		orange, fresh, sections (USDA)	0.0	7.5	0.0	0.0	4.3	5.7
	Lunch	wrap, tuna salad (FNDDS)	3.3	1.4	2.7	2.2	123.1	485.6
		carrots, baby, fresh (USDA)	0.0	0.7	0.0		7.7	9.1
		juice, apple (Minute Maid)		54.0	0.0			13.3
		pretzels, original, rods (Rold			0.0			33.3
	Dinner	chicken breast, grilled, Fast		0.0				0.0
		quinoa, dry (USDA)	0.0		0.0	1.0	78.2	20.0
	Snack	peanuts, salted, dry roasted	0.0	0.0	0.0	1.4	27.5	16.4
		Day Total	14.4	144.1	13.4	25.5	874.1	1064.0
		Average Day Total	9.0	226.5	15.8	11.9	479.6	782.5
Day	Meal	Item	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	3.2	26.8	402.6	322.1	353.8	2.5
		smoothie, Blueberry Heaven					190.0	
		juice, orange, fresh (USDA)	1.0	54.6	84.3	992.0	5.0	0.2
	Lunch	chicken breast, frozen, grilled,	4.8				1040.0	
		rice, brown, cooked, long grain	1.1	78.8	208.1	173.7	8.1	1.4
		broccoli, fresh (USDA)	0.3	9.6	30.0	143.8	15.0	0.2
	Dinner	salmon, pink, baked, fillet	1.0	72.6	709.9	995.6	204.1	1.0
		sweet potatoes, baked, in skin,	3.7	145.8	291.6	2565.0	194.4	1.7
		green beans, fresh (USDA)	0.5	12.5	19.0	105.5	3.0	0.1
	Snack	yogurt, greek, vanilla (Activia)	0.0			380.0	110.0	
		blueberries, fresh (USDA)	0.4	8.9	17.8	114.0	1.5	0.2
		Day Total	16.1	409.5	1763.2	5791.7	2124.8	7.5
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	7.1	75.7	255.4	364.6	435.2	1.5
		banana, fresh, sliced (USDA)	0.1	7.7	6.2	101.5	0.3	0.0
		instant coffee, regular (USDA)	2.1	157.0	145.4	1696.8	17.8	0.2
	Lunch	sandwich, roast turkey & swiss,					1930.0	
		salad, chopped, side (Arby's)					100.0	
		granola bar, crunchy, oats n	1.0			0.0	140.0	
	Dinner	beef & broccoli, Stir Fry	5.4				2380.0	
		watermelon, fresh, diced	0.4	15.2	16.7	170.2	1.5	0.2
		rice, white, cooked, long grain,	1.9	19.0	67.9	55.3	1.6	0.8
	Snack	apple, fresh, large (FDA	0.7			520.0	0.0	
		Day Total	18.6	274.5	491.8	2908.5	5006.3	2.6
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	3.2	26.8	402.6	322.1	353.8	2.5
		cereal, whole grain, Total	24.0	32.0	80.0	133.3	186.7	20.0
		milk, 2%, with vitamins A & D	0.0	26.8	224.5	341.6	114.7	1.2
		orange, fresh, sections (USDA)	0.0	1.4	2.0	25.7	0.0	0.0
	Lunch	wrap, tuna salad (FNDDS)	5.9	61.6	567.7	495.9	1973.3	2.5
		carrots, baby, fresh (USDA)	0.3	2.8	7.9	67.2	22.1	0.0
		juice, apple (Minute Maid)	0.0	11.2		240.0	20.0	

Day	Meal	Item	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)
Sat 10-25-2025	Lunch	pretzels, original, rods (Rold	4.0			300.0	1500.0	
	Dinner	chicken breast, grilled, Fast	1.9				1404.0	
		quinoa, dry (USDA)	1.9	83.7	194.2	239.3	2.1	1.3
	Snack	peanuts, salted, dry roasted	0.4	50.5	102.9	179.7	116.2	0.8
		Day Total	41.7	296.9	1581.9	2344.8	5692.9	28.3
		Average Day Total	25.5	326.9	1279.0	3681.6	4274.7	12.8

Day	Meal	Item	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	0.4	5.4	0.0	0.0	0.0	0.0
		smoothie, Blueberry Heaven			0.0			
		juice, orange, fresh (USDA)	0.1	0.1	0.0	0.0	2.0	0.0
	Lunch	chicken breast, frozen, grilled,			0.0	0.0	0.0	0.0
		rice, brown, cooked, long grain	0.0	0.7	0.0	0.0	0.0	0.0
		broccoli, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	salmon, pink, baked, fillet	1.9	0.3	0.0	0.0	0.0	0.0
		sweet potatoes, baked, in skin,	0.0	0.5	0.0	0.0	0.0	0.0
		green beans, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, vanilla (Activia)	0.0	0.0	0.0	0.0	0.0	1.0
		blueberries, fresh (USDA)	0.1	0.1	0.0	0.0	1.0	0.0
		Day Total	2.5	7.1	0.0	0.0	3.0	1.0
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	0.0	1.4	0.0	0.0	0.0	0.0
		banana, fresh, sliced (USDA)	0.0	0.0	0.0	0.0	0.2	0.0
		instant coffee, regular (USDA)	0.0	0.1	0.0	1508.2	0.0	0.0
	Lunch	sandwich, roast turkey & swiss,				0.0	0.0	0.0
		salad, chopped, side (Arby's)			0.0	0.0	0.0	0.0
		granola bar, crunchy, oats n			0.0	0.0		
	Dinner	beef & broccoli, Stir Fry			0.0	0.0	0.0	0.0
		watermelon, fresh, diced	0.0	0.1	0.0	0.0	1.0	0.0
		rice, white, cooked, long grain,	0.0	0.1	0.0	0.0	0.0	0.0
	Snack	apple, fresh, large (FDA	0.0	0.0	0.0	0.0	4.4	0.0
		Day Total	0.1	1.6	0.0	1508.2	5.6	0.0
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	0.4	5.4	0.0	0.0	0.0	0.0
		cereal, whole grain, Total			0.0	0.0	0.0	0.0
		milk, 2%, with vitamins A & D	0.0	0.2	0.0	0.0	0.0	1.0
		orange, fresh, sections (USDA)	0.0	0.0	0.0	0.0	0.1	0.0
	Lunch	wrap, tuna salad (FNDDS)	2.8	18.9	0.0	0.0	0.0	0.9
		carrots, baby, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		juice, apple (Minute Maid)	0.0	0.0	0.0	0.0	1.1	0.0
		pretzels, original, rods (Rold			0.0	0.0	0.0	0.0
	Dinner	chicken breast, grilled, Fast			0.0	0.0	0.0	0.0
		quinoa, dry (USDA)	0.1	1.3	0.0	0.0	0.0	0.0
	Snack	peanuts, salted, dry roasted	0.0	2.8	0.0	0.0	0.0	0.0
		Day Total	3.4	28.5	0.0	0.0	1.2	1.8
		Average Day Total	2.0	12.4	0.0	502.7	3.3	0.9

Day	Meal	Item	MyGrn (oz eq)	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	0.0	0.0	4.9	0.0	0.0	0.0
		smoothie, Blueberry Heaven				0.0	3.9	0.0
		juice, orange, fresh (USDA)	0.0	0.0	0.0	3.4	0.0	0.0
	Lunch	chicken breast, frozen, grilled,	0.0	0.0	8.5	0.0	0.0	0.0
		rice, brown, cooked, long grain	2.1	0.0	0.0	0.0	0.0	3.5
		broccoli, fresh (USDA)	0.0	0.5	0.0	0.0	0.0	0.0
	Dinner	salmon, pink, baked, fillet	0.0	0.0	8.0	0.0	0.0	0.0
		sweet potatoes, baked, in skin,	0.0	2.7	0.0	0.0	0.0	7.5
		green beans, fresh (USDA)	0.0	0.5	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, vanilla (Activia)	0.0	0.0	0.0	0.0	2.4	0.0
		blueberries, fresh (USDA)	0.0	0.0	0.0	1.4	0.0	0.0
Day Total			2.1	3.7	21.4	4.9	6.3	10.9
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	4.0	0.0	0.0	0.0	0.0	4.4
		banana, fresh, sliced (USDA)	0.0	0.0	0.0	0.4	0.0	0.0
		instant coffee, regular (USDA)	0.0	0.0	0.0			
	Lunch	sandwich, roast turkey & swiss,	4.7	0.0	3.5	0.0	0.0	5.3
		salad, chopped, side (Arby's)	0.0	0.3	0.0	0.0	0.0	0.0
		granola bar, crunchy, oats n				0.0	1.9	0.0
	Dinner	beef & broccoli, Stir Fry	6.1	0.0	3.2	0.0	0.0	6.8
		watermelon, fresh, diced	0.0	0.0	0.0	0.8	0.0	0.0
		rice, white, cooked, long grain,	2.0	0.0	0.0	0.0	0.0	3.0
	Snack	apple, fresh, large (FDA	0.0	0.0	0.0	4.5	0.0	0.0
	Day Total			16.8	0.3	6.8	5.7	1.9
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	0.0	0.0	4.9	0.0	0.0	0.0
		cereal, whole grain, Total	2.0	0.0	0.0	0.0	0.0	2.2
		milk, 2%, with vitamins A & D	0.0	0.0	0.0	0.0	0.0	0.0
		orange, fresh, sections (USDA)	0.0	0.0	0.0	0.1	0.0	0.0
	Lunch	wrap, tuna salad (FNDDS)	4.3	0.4	3.8			
		carrots, baby, fresh (USDA)	0.0	0.2	0.0	0.0	0.0	0.0
		juice, apple (Minute Maid)	0.0	0.0	0.0	1.8	0.0	0.0
		pretzels, original, rods (Rold	4.4	0.0	0.0	0.0	0.0	4.9
	Dinner	chicken breast, grilled, Fast	0.0	0.0	6.3	0.0	0.0	0.0
		quinoa, dry (USDA)	1.5	0.0	0.0	0.0	0.0	1.8
	Snack	peanuts, salted, dry roasted	0.0	0.0	2.0	0.0	0.0	0.0
Day Total			12.2	0.7	16.9	1.9	0.0	8.9
Average Day Total			10.4	1.5	15.0	4.2	2.8	13.1

Day	Meal	Item	XxVeg	XxFat	XxAic	XxNoFtMlk	XxLnMeat
Thu 10-23-2025	Breakfas	scrambled eggs (USDA)	0.0	4.0	0.0	0.0	3.5
		smoothie, Blueberry Heaven	0.0	0.3	0.0	0.0	0.0
		juice, orange, fresh (USDA)	0.0	0.0	0.0	0.0	0.0
	Lunch	chicken breast, frozen, grilled,	0.0	0.0	0.0	0.0	8.4
		rice, brown, cooked, long grain	0.0	0.0	0.0	0.0	0.0
		broccoli, fresh (USDA)	0.6	0.0	0.0	0.0	0.0
	Dinner	salmon, pink, baked, fillet	0.0	0.0	0.0	0.0	8.0

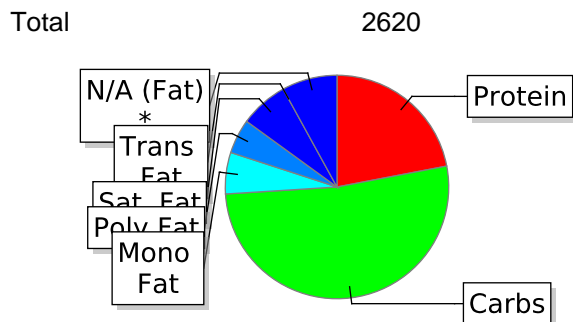
Day	Meal	Item	XxVeg	XxFat	XxAIc	XxNoFtMlk	XxLnMeat
Thu 10-23-2025	Dinner	sweet potatoes, baked, in skin,	0.0	0.0	0.0	0.0	0.0
		green beans, fresh (USDA)	0.7	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, vanilla (Activia)	0.0	0.0	0.0	0.0	0.0
		blueberries, fresh (USDA)	0.0	0.0	0.0	0.0	0.0
	Day Total		1.3	4.3	0.0	0.0	19.8
Fri 10-24-2025	Breakfas	oatmeal, instant, maple &	0.0	0.0	0.0	0.0	0.0
		banana, fresh, sliced (USDA)	0.0	0.0	0.0	0.0	0.0
		instant coffee, regular (USDA)					
	Lunch	sandwich, roast turkey & swiss,	0.0	4.3	0.0	0.0	3.2
		salad, chopped, side (Arby's)	0.8	0.8	0.0	0.0	0.5
		granola bar, crunchy, oats n	0.0	1.4	0.0	0.0	0.0
	Dinner	beef & broccoli, Stir Fry	0.0	2.9	0.0	0.0	2.8
		watermelon, fresh, diced	0.0	0.0	0.0	0.0	0.0
		rice, white, cooked, long grain,	0.0	0.0	0.0	0.0	0.0
	Snack	apple, fresh, large (FDA	0.0	0.0	0.0	0.0	0.0
	Day Total		0.8	9.4	0.0	0.0	6.5
Sat 10-25-2025	Breakfas	scrambled eggs (USDA)	0.0	4.0	0.0	0.0	3.5
		cereal, whole grain, Total	0.0	0.0	0.0	0.0	0.0
		milk, 2%, with vitamins A & D	0.0	0.6	0.0	1.0	0.0
		orange, fresh, sections (USDA)	0.0	0.0	0.0	0.0	0.0
	Lunch	wrap, tuna salad (FNDDS)					
		carrots, baby, fresh (USDA)	0.5	0.0	0.0	0.0	0.0
		juice, apple (Minute Maid)	0.0	0.0	0.0	0.0	0.0
		pretzels, original, rods (Rold	0.0	0.0	0.0	0.0	0.0
	Dinner	chicken breast, grilled, Fast	0.0	0.0	0.0	0.0	6.2
		quinoa, dry (USDA)	0.0	0.2	0.0	0.0	0.0
	Snack	peanuts, salted, dry roasted	0.0	2.4	0.0	0.0	1.0
	Day Total		0.5	7.1	0.0	1.0	10.7
	Average Day Total		0.9	6.9	0.0	0.3	12.3

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

## Macronutrient Distribution

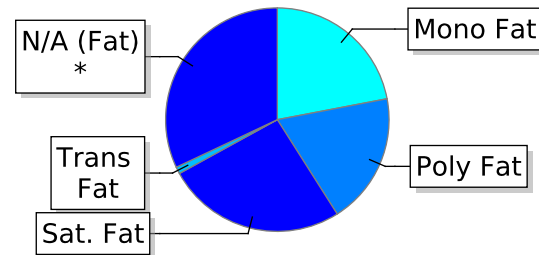
The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated,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

Source of Calories	Calori	Gra	Percen
Protein	578	145.3	22 %
Carbohydrates	1374	345.4	52 %
Alcohol	0	0.0	0 %
Fat (Total)	667	74.6	25 %
Saturated Fat	172	19.1	7%
Trans Fat	10	1.1	0%
Mono Fat	146	16.2	6%
Poly Fat	131	14.5	5%



\*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	19.1	26 %
Mono Fat	16.2	22 %
Poly Fat	14.5	19 %
Trans Fat	1.1	1 %
Total (g)	74.6	



\*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	13.10	Fruit	4.17
Other Carbs	2.75	Vegetable	0.86
Lean Meat	12.31	Fat	6.93
Alcohol	0.00	NonFatMil	0.33

Ratios	
P:S ( Poly Fat / Saturated Fat )	0.76 : 1
Potassium : Sodium	0.86 : 1
Calcium : Phosphorus	0.61 : 1
CSI ( Cholesterol / Saturated Fat )	50.92

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## Calorie Assessment

A close-up picture of the Calories consumed.

### Calories to maintain current weight

Calories to maintain current weight	2764
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	2764

### Average Daily Intake & Expenditures

Average Intake	2620
Average Expenditure	2535

Calories For The Day	Goal	Intake	Assessment
Total Calories	2764	2620	Below Goal
Protein (10-35% Calories)	276 to 967	578	In Range
Carbohydrates (45-65% Calories)	1244 to 1797	1374	In Range
Added Sugar (<10% Calories)	0 to 276	21	In Range
Fat (20-35% Calories)	553 to 967	667	In Range

## Activity Summary

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

Profile Calorie Goal: 2764

### Daily Activity Details

### Summary

Daily Average 0 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 2535 Calories to maintain your current weight.

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## Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts	
Serving Size ( 2248 g )	
Amount per serving	
Calories	2620
% Daily Value *	
Total Fat 75g	87%
Saturated Fat 19g	69%
Trans Fat 1g	
Cholesterol 633mg	211%
Sodium 4275mg	186%
Total Carbohydrates 345g	91%
Dietary Fiber 28g	71%
Total Sugars 129g	
Added Sugar 0g	
Protein 145g	267%
Vitamin D 16mcg	105%
Calcium 783mg	78%
Iron 25mg	319%
Potassium 3682mg	108%
* 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

2800 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	104 %	<div><div></div></div>	10. oz equivalent	
Grains Recommendation		<div><div></div></div>	10. oz equivalent	
Vegetables Intake	44 %	<div><div></div></div>	1.5 cup equivalent	
Vegetables Recommendation		<div><div></div></div>	3.5 cup equivalent	
Fruits Intake	131 %	<div><div></div></div>	3.3 cup equivalent	
Fruits Recommendation		<div><div></div></div>	2.5 cup equivalent	
Dairy Intake	31 %	<div><div></div></div>	0.9 cup equivalent	
Dairy Recommendation		<div><div></div></div>	3.0 cup equivalent	
Protein Foods Intake	215 %	<div><div></div></div>	15. 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 8.0 teaspoons of oils a day

Limit your extra fats & sugars to 426 Calories

### Vary Your Vegetables

Dark Green Vegetables 3.0 cups

Orange Vegetables 2.5 cups

Dry Beans & Peas 3.5 cups

Starchy Vegetables 7.0 cups

Other Vegetables 8.5 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
Thu 10-23-2025		
4.0 ea	scrambled eggs (USDA)	364
1.0 sml	smoothie, Blueberry Heaven (Smoothie King)	270
2.0 cup	juice, orange, fresh (USDA)	223
2.0 cntr	yogurt, greek, vanilla (Activia)	260
1.0 cup	blueberries, fresh (USDA)	84
8.0 oz	chicken breast, frozen, grilled, strips (Foster Farms)	293
1.0 cup	rice, brown, cooked, long grain (USDA)	248
0.5 cup	broccoli, fresh (USDA)	15
8.0 oz	salmon, pink, baked, fillet (USDA)	347
3.0 lrg	sweet potatoes, baked, in skin, peeled (USDA)	486
0.5 cup	green beans, fresh (USDA)	16
Day Total		2607
Fri 10-24-2025		
2.0 indiv	oatmeal, instant, maple & brown sugar, dry (USDA: Quaker)	316
1.0 oz	banana, fresh, sliced (USDA)	25
1.0 cup	instant coffee, regular (USDA)	169
2.0 lrg	apple, fresh, large (FDA Voluntary Labeling)	260
1.0 ea	sandwich, roast turkey & swiss, with honey wheat (Arby's)	710
1.0 ea	salad, chopped, side (Arby's)	70
2.0 ea	granola bar, crunchy, oats n honey (Nature Valley)	190
1.0 pkg	beef & broccoli, Stir Fry Creations, frozen, with rice (Tai Pei)	700
1.0 cup	watermelon, fresh, diced (USDA)	46
1.0 cup	rice, white, cooked, long grain, enriched (USDA)	205
Day Total		2692
Sat 10-25-2025		
4.0 ea	scrambled eggs (USDA)	364
1.0 cup	cereal, whole grain, Total (General Mills)	147
1.0 cup	milk, 2%, with vitamins A & D (USDA)	122
0.5 oz	orange, fresh, sections (USDA)	7
1.0 oz	peanuts, salted, dry roasted (USDA)	166
1.0 ea	wrap, tuna salad (FNDDES)	838
1.0 oz	carrots, baby, fresh (USDA)	10
1.0 cup	juice, apple (Minute Maid)	113
10.0 ea	pretzels, original, rods (Rold Gold)	367
8.0 oz	chicken breast, grilled, Fast Favorites, diced (Foster Farms)	270
0.25 cup	quinoa, dry (USDA)	156
Day Total		2560

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<b>Total</b>	<b>7859</b>
<b>Day Average</b>	<b>2620</b>
<b>Item Average</b>	<b>246</b>

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