









## 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: Imisha Juneja Female 19 yrs 5 ft 4 in 180 lb  
 Student Info: Imisha Juneja Denise Lawson NUTRITION 100 Section 006  
 Day(s): 2023 Nov 30, Dec 1, Dec 2 (All)  
 Activity Level: Active (Strive for an Active activity level.)  
 BMI: 30.9 Normal is 18.5 to 25.  
 Weight Change: Lose 1.7 lb per week Best not to exceed 2 lbs per week.

Nutrient	Value	DRI Goal	Percen	0	50	100	150
Basic Components							
Calories	1,544.00	1,907.0	81 %	<div><div></div></div>			
Calories from Fat	483.00	534.0	90 %	<div><div></div></div>			
Calories from SatFat	179.00	172.0	104 %	<div><div></div></div>			
Protein (g)	52.10	65.3*	80 %	<div><div></div></div>			
Protein (% Calories)	13.50	14.0*	96 %	<div><div></div></div>			
Carbohydrates (g)	217.00	262.0	83 %	<div><div></div></div>			
Carbohydrates (% Calories)	56.10	55.0	102 %	<div><div></div></div>			
Total Sugars (g)	60.90 ^						
Added Sugar (g)	16.10	23.8~	68 %	<div><div></div></div>			
Dietary Fiber (g)	15.40	26.7	58 %	<div><div></div></div>			
Soluble Fiber (g)	1.84						
InSoluble Fiber (g)	3.24						
Fat (g)	53.70	59.3	90 %	<div><div></div></div>			
Fat (% Calories)	31.30	28.0	112 %	<div><div></div></div>			
Saturated Fat (g)	19.90	19.1~	104 %	<div><div></div></div>			
Trans Fat (g)	0.20						
Mono Fat (g)	2.73	21.2	13 %	<div><div></div></div>			
Poly Fat (g)	2.13	19.1	11 %	<div><div></div></div>			
Cholesterol (mg)	128.00	300.0~	43 %	<div><div></div></div>			
Water (g)	355.00	2,700.0	13 %	<div><div></div></div>			
Vitamins							
Vitamin A - RAE (mcg)	214.00	700.0	31 %	<div><div></div></div>			
Vitamin B1 - Thiamin (mg)	0.56	1.1	51 %	<div><div></div></div>			
Vitamin B2 - Riboflavin	0.65	1.1	59 %	<div><div></div></div>			
Vitamin B3 - Niacin	4.49	14.0	32 %	<div><div></div></div>			
Vitamin B6 (mg)	0.54	1.3	41 %	<div><div></div></div>			
Vitamin B12 (mcg)	1.20	2.4	50 %	<div><div></div></div>			
Vitamin C (mg)	40.00	75.0	53 %	<div><div></div></div>			
Vitamin D - mcg (mcg)	2.37	15.0	16 %	<div><div></div></div>			
Vitamin E - a-Toco (mg)	0.53	15.0	4 %	<div><div></div></div>			

Folate - DFE (mcg)	126.00	400.0	32 %	
<b>Minerals</b>				
Calcium (mg)	940.00	1,000.0	94 %	
Iron (mg)	11.10	18.0	61 %	
Magnesium (mg)	78.60	310.0	25 %	
Phosphorus (mg)	306.00	700.0	44 %	
Potassium (mg)	1,121.00	2,600.0	43 %	
Sodium (mg)	2,505.00	2,300.0 ~	109 %	
Zinc (mg)	1.33	8.0	17 %	
<b>Other</b>				
Omega-3 (g)	1.84 +			
Omega-6 (g)	1.06 +			
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.