

Report Parameters

Start Date: 03/23/2018

End Date: 03/24/2018

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

Choose Reports to Combine

- ☐ DRI Report
- ☒ Intake vs. Goals
- ☒ Macronutrient Ranges
- ☒ Fat Breakdown
- ☐ Source Analysis
- Kilocalories
- ☒ MyPlate Analysis
- ☐ Intake Spreadsheet
- ☐ Exchanges Spreadsheet
- ☐ Activities Spreadsheet
- ☒ Energy balance
- ☒ Daily Food Log
- ☒ Daily Activity Log

Combination Report

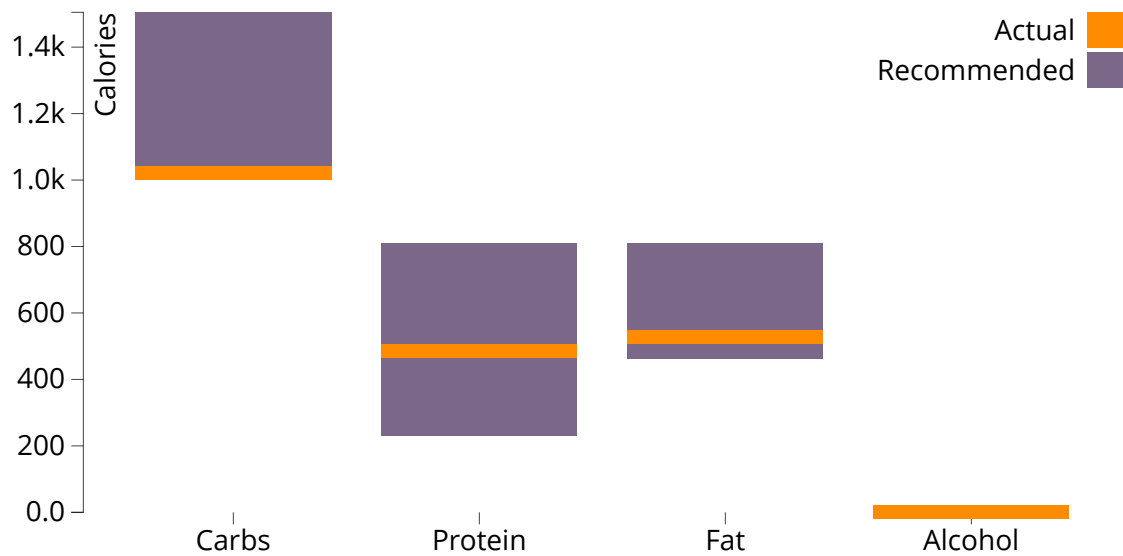
Intake vs. Goals
3/23/2018 - 3/24/2018

Nutrient		DRI	Intake	0%	25%	50%	75%	100%
Energy								
	Kilocalories	2315.0 kcal	2,043.28 kcal	<div><div></div></div> 88%				
	Protein	60.15 g	121.32 g	<div><div></div></div> 202%				
	Carbohydrate	260.44 - 376.19 g	255.13 g	<div><div></div><div></div>98% 68%</div>				
	Fat, Total	51.44 - 90.03 g	58.69 g	<div><div></div><div></div>114% 65%</div>				
Fat (Specific)								
	Saturated Fat	< 25.7 g	15.91 g	<div><div></div></div> 62%				
	Monounsaturated Fat	No suggestion	15.10 g	<div></div>				
	Polyunsaturated Fat	No suggestion	4.92 g	<div></div>				

				0%	25%	50%	75%	100%
❶	Nutrient	DRI	Intake					
	Trans Fatty Acid	No suggestion	0.41 g					
	Cholesterol	< No suggestion	469.76 mg					
Essential Fatty Acids								
	PFA 18:2, Linoleic	16.00 g	3.55 g					22%
	PFA 18:3, Linolenic	1.60 g	0.73 g					46%
Carbohydrates (Specific)								
	Dietary Fiber, Total	38.0 g	8.14 g					21%
	Sugar, Total	No suggestion	101.93 g					
Other								
	Water	3300.00 g	2,006.35 g					61%
	Alcohol	No suggestion	0.00 g					
Vitamins								
	Thiamin	1.20 mg	0.79 mg					66%
	Riboflavin	1.30 mg	1.03 mg					79%
	Niacin	16.00 mg	28.24 mg					177%
	Pyridoxine (Vitamin B6)	1.30 mg	1.59 mg					122%
	Cobalamin (Vitamin B12)	2.40 µg	6.36 µg					265%
	Folate (DFE)	400.00 µg	220.05 µg					55%
	Vitamin C	75.00 mg	48.97 mg					65%
	Vitamin D (ug)	15.00 µg	28.86 µg					192%
	Vitamin A (RAE) ❶ ()	900.00 µg	1,170.11 µg					130%
	Vitamin A (IU) ❶ ()	3000.00 IU	913.74 IU					30%
	Vitamin K	75.00 µg	7.44 µg					10%
	Alpha-Tocopherol ❶ ()	15.00 mg	5.28 mg					35%
Minerals								
	Calcium	1300.00 mg	566.55 mg					44%
	Iron	11.00 mg	7.02 mg					64%
	Magnesium	410.00 mg	150.54 mg					37%
	Potassium	4700.00 mg	1,794.42 mg					38%
	Zinc	11.00 mg	9.20 mg					84%
!	Sodium	1500.00 mg	2,775.78 mg					185%

Macronutrient Ranges

3/23/2018 - 3/24/2018



	Recommended		Actual Intake	
Total Calories	2315 kcal		2,043 kcal	
Carbs	1,042-1,505 kcal	45%-65%	1,021 kcal	50%
Protein	232-810 kcal	10%-35%	485 kcal	24%
Fats	463-810 kcal	20%-35%	528 kcal	26%
Alcohol	0 kcal	0%	0 kcal	0%

Fat Breakdown
3/23/2018 - 3/24/2018

Source of Fat	0%	25%	50%	75%	100%
Monounsaturated Fat	<div><div></div></div>				7%
Polyunsaturated Fat	<div><div></div></div>				2%
Saturated Fat	<div><div></div></div>				7%
Trans Fatty Acid	<div><div></div></div>				0%
Unspecified	<div><div></div></div>				10%

* Transfat data is not yet reported by all sources and therefore may be under-represented.

MyPlate Analysis
3/23/2018 - 3/24/2018

	Goal *		Actual	% Goal
Grains	8.0 oz. eq.	tips	5.9 oz. eq.	74.2 %
Vegetables	3.0 cup eq.	tips	0.5 cup eq.	16.7 %
Fruits	2.0 cup eq.	tips	0.9 cup eq.	43.7 %
Dairy	3.0 cup eq.	tips	1.5 cup eq.	51.4 %
Protein Foods	6.5 oz. eq.	tips	11.6 oz. eq.	178.8 %
Empty Calories	330.0 kcal		555.6 kcal	168.3 %



Your results are based on a 2315 calorie pattern.

Make Half Your Grains Whole! Aim for at least 4.0 oz. eq. whole grains.

Vary Your Veggies! Aim for this much every week:

- Dark Green Vegetables = 2 cups weekly
- Orange Vegetables = 6 cups weekly
- Dry Beans & Peas = 2 cups weekly
- Starchy Vegetables = 6 cups weekly
- Other Vegetables = 5 cups weekly

Oils: Aim for 7 teaspoons of oil a day.

Go Lean with Protein! Aim for this much every week:

- Seafood = 10 oz weekly
- Meat, Poultry & Eggs = 31 oz weekly
- Nuts, Seeds & Soy Products = 5 oz weekly

* MyPlate contains recommendations only for calorie levels up to 3,200 per day. If Diet & Wellness Plus recommends more than 3,200 calories per day for you, talk to your instructor for guidance on how to use MyPlate.

Energy Balance

3/23/2018 - 3/24/2018

Date	kcal Consumed	kcal Burned (Activities)	kcal Burned (BMR)	Net kcal
3/23/2018	2,017	2,862	0	-845
3/24/2018	2,070	3,042	0	-972
Total:	4,087	5,904	0	-1,817
Daily Caloric Summary				kcal
Recommended:				2315
Average Actual Intake:				2,043
Average Activity Expenditure:				2,952
Average BMR Expenditure:				0
Average Net Gain/Loss:				-909

Daily Food Log

3/23/2018

Lunch		
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	12 fl. oz.	183 kcal
Chicken, Breast, Meat and Skin, Boneless, Roasted	6 oz.	335 kcal
Gravy, Chicken, Canned	0.25 c.	29 kcal
SUCCESS Rice, White, Thai Jasmine, Dry	0.25 c.	150 kcal
Dinner		
Rice, Fried, with Meat or Poultry	2 c.	645 kcal

Dinner		
Raisins, Seedless	0.25 c.	108 kcal
STARBUCKS FRAPPUCCINO Blended Beverage, Caffè Vanilla, Whole, Tall, No Whip	14 fl. oz.	257 kcal
Beef, Eye of Round, Separable Lean and Fat, 0" Fat, Roasted	5 oz.	237 kcal
Evening Snack		
Beverages, tea, green, sweetened, ready to eat	1 c.	73 kcal
Total Water		
Water, Tap	4 c.	0 kcal

Total: 2,017 kcal

3/24/2018

Breakfast		
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8 fl. oz.	122 kcal
Lunch		
Sushi, without Fish or Vegetables	6 pc.	276 kcal
Eel, Steamed or Poached	6 oz.	393 kcal
Juice, Orange	6 fl. oz.	84 kcal
Dinner		
PANDA EXPRESS Chicken, Orange	1 svg.	400 kcal
PANDA EXPRESS Sauce, Sweet & Sour	1.8 fl. oz.	80 kcal
PANDA EXPRESS Rice, Fried	0.5 svg.	285 kcal
PANDA EXPRESS Chow Mein	0.5 svg.	200 kcal
PANDA EXPRESS Chicken, Pineapple	1 svg.	230 kcal
Total Water		
Water, Tap	6 c.	0 kcal

Total: 2,070 kcal

Daily Activity Log

3/23/2018

Activity Name	Duration	kcal
Basketball, nongame, general	2:00	849 kcal
Sleeping	9:00	573 kcal
Sitting, talking in person, phone, computer, or text	5:00	531 kcal

Total: 2862 kcal in 24:00

Activity Name	Duration	kcal
Home activities, Food shopping, with or without a grocery cart, standing or walking	2:00	325 kcal
Showering, toweling off, standing	0:30	71 kcal
Eating, sitting	1:30	159 kcal
Lying quietly, reclining	3:00	212 kcal
Home activities, Cooking or food preparation-standing or sitting or in general (not broken into stand/walk components), manual appliances	1:00	142 kcal
Total: 2862 kcal in 24:00		

3/24/2018

Activity Name	Duration	kcal
Basketball, nongame, general	3:00	1,274 kcal
Basketball, shooting baskets	0:30	159 kcal
Sleeping	10:00	637 kcal
Inactivity, Sitting quietly and watching television	3:00	212 kcal
Sitting, talking in person, phone, computer, or text	2:30	265 kcal
Home activities, Implied standing-laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase	2:00	283 kcal
Inactivity, Lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)	3:00	212 kcal
Total: 3042 kcal in 24:00		