

# Customize Your Nutrition Profile

Age

20

male

▼

Height (ft)

5

Height (in)

8

Weight (lbs)

140

Activity Level

MODERATE ▼

Dietary Restrictions / Allergens

Gluten Free

Lactose Free

Vegan

Vegetarian

Select Your Favorite Cuisines!

AsianAmericanBritishCajun

CaribbeanChineseEastern

EuropeanFrenchGermanGreek

IndianIrishItalianJapanese

JewishKoreanLatin American

Carbohydrates ?

Recommended: 416 – 601 g

Current: 137.0 g

+ -

Calories ?

Recommended: 3326 – 4065 kcal

Current: 1344.0 kcal

+ -

Protein ?

Recommended: 112 – 224 g

Current: 83.0 g

+ -

Cholesterol ?

Recommended: 0 – 300 mg

Current: 185.0 mg

+ -

Fat ?

Recommended: 82 – 144 g

Current: 54.0 g

+ -

Sugar ?

Recommended: 0 – 36 g

Current: 26.0 g

+ -

Micronutrients

Calcium ?

Recommended: 1000 – 2500 mg

Current: 733.0 mg

+ -

Fiber ?

Recommended: 30 – 53 g

Current: 24.0 g

+ -

Iron ?

Recommended: 8 – 45 mg

Current: 9.0 mg

+ -

Vitamin B12 ?

Recommended: 2 – 10 mcg

Current: 3.0 mcg

+ -

## Calories

### Definition

Energy you get from servings. Foods with high calories include nuts, oils, fish, red meat, eggs, processed foods, and whole grains. Foods with low calories include non-starchy vegetables, fruits, lean proteins, and dairy products.

## Calories

### Symptoms of Inadequate Intake

May include low energy, moodiness, constant hunger, and a weakened immune system.

## Calories

### Symptoms of Surplus Intake

May include weight gain, stomach pain, indigestion, difficulty recognizing hunger and fullness cues, and lightheadedness.