

# 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!

Asian

American

British

Cajun

Caribbean

Chinese

Eastern

European

French

German

Greek

Indian

Irish

Italian

Japanese

Jewish

Korean

Latin 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

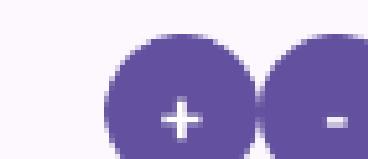
Current: 185.0 mg



## 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.