

iProfile / Profile

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Profile	
Name	Anisah
Sex	Female
Height	5.1666665 feet
Weight	100.0 pound(s)
BMI	18.3
Activity Level	Active

iProfile / My DRI / Complete View

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Nutrient	Recommended Daily Intake	Comments
Kilocalories	2186 kcal	
Calories from Fat	437 - 765 kcal	20 - 35% total Kcalories
Fat, Total	49 - 85 g	20 - 35% total Kcalories
Saturated Fat	< 24.3 g	< 10% total Kcalories
Trans Fatty Acid	minimize	
Monounsaturated Fat	not determined	
Polyunsaturated Fat	not determined	
PFA 18:2, Linoleic	12.0 g	show info
PFA 18:3, Linolenic	1.1 g	show info
Cholesterol	not determined	
Carbohydrate	246 - 355 g	45 - 65% of total Kcalories
Sugar, Total	not determined	show info
Dietary Fiber, Total	25 g	
Soluble Fiber	not determined	
Insoluble Fiber	not determined	
Protein	55 - 191 g	10 - 35% of total Kcalories
Protein Based on Body Weight	36 g	Based on grams of protein per kilogram of body weight
Histidine	653 mg	

Nutrient	Recommended Daily Intake	Comments
<i>Isoleucine</i>	<i>907 mg</i>	
<i>Lysine</i>	<i>1996 mg</i>	
<i>Leucine</i>	<i>1851 mg</i>	
<i>Methionine</i>	<i>Methionine can be used to synthesize Cysteine so the recommended intake is given as the sum of Methionine plus Cysteine</i>	
<i>Cystine</i>	<i>Methionine can be used to synthesize Cysteine so the recommended intake is given as the sum of Methionine plus Cysteine</i>	
<i>Phenylalanine</i>	<i>Phenylalanine can be used to synthesize Tyrosine so the recommended intake is given as the sum of Phenylalanine plus Tyrosine</i>	
<i>Tyrosine</i>	<i>Phenylalanine can be used to synthesize Tyrosine so the recommended intake is given as the sum of Phenylalanine plus Tyrosine</i>	
<i>Threonine</i>	<i>980 mg</i>	
<i>Tryptophan</i>	<i>254 mg</i>	
<i>Valine</i>	<i>1161 mg</i>	
<i>Alanine</i>	<i>not determined</i>	
<i>Aspartic Acid</i>	<i>not determined</i>	
<i>Glutamic Acid</i>	<i>not determined</i>	
<i>Serine</i>	<i>not determined</i>	
<i>Arginine</i>	<i>not determined</i>	
<i>Glycine</i>	<i>not determined</i>	
<i>Proline</i>	<i>not determined</i>	
<i>Moisture</i>	<i>2700 g</i>	
<i>Vitamin A (RAE)</i>	<i>700 µg</i>	
<i>Vitamin D (ug)</i>	<i>15 µg</i>	
<i>Vitamin E (Alpha-Tocopherol)</i>	<i>15 mg</i>	
<i>Vitamin K</i>	<i>90 µg</i>	
<i>Thiamin</i>	<i>1.1 mg</i>	

Nutrient	Recommended Daily Intake	Comments
Riboflavin	1.1 mg	
Niacin	14 mg	
Biotin	30 µg	
Pantothenic Acid	5.0 mg	
Pyridoxine (Vitamin B6)	1.3 mg	
Folate (DFE)	400 µg	
Cobalamin (Vitamin B12)	2.4 µg	
Vitamin C	75 mg	
Sodium	1500 - 2300 mg	
Potassium	4700 mg	
Calcium	1000 mg	
Magnesium	310 mg	
Iron	18 mg	
Zinc	8 mg	
Copper	0.9 mg	
Fluoride	3000.0 µg	
Iodine	150 µg	
Phosphorus	700 mg	
Selenium	55 µg	
Alcohol	not determined	
Caffeine	not determined	

iProfile / Macronutrient Distribution

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	2186 kCal	996 kCal	
Fat, Total	20 - 35 %	242 kCal	24.3
Carbohydrate	45 - 65 %	475 kCal	47.7
Protein	10 - 35 %	278 kCal	27.9

iProfile / Food Journal Summary / View by Meal

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019





Sunday, October 27		
Breakfast	1.0 slcs	FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread
	500.0 mL	Water, Bottled
	1.0 tsp	Cream Cheese
Lunch	500.0 mL	Water, Bottled
	58.0 g	SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein
	11.0 items	Asparagus
	4.0 oz	Mushrooms, Portabella or Portabello
	2.0 items	Onions, Scallion or Spring Green
	0.1 cups	Cheese, Parmesan, Shredded
	0.5 cups	Sauce, Tomato, Canned
Dinner	7.0 items	Asparagus
	2.0 oz	Mushrooms, Portabella or Portabello
	1.0 svgs	DANNON Activia, Yogurt, Vanilla, Low Fat
	500.0 mL	Water, Bottled
Snacks	60.0 g	Marshmallow Dream Bar
Monday, October 28		
Breakfast	500.0 mL	Water, Bottled
Lunch	0.7 cups	Vegetables, Mixed, Frozen, Boiled, Drained
	500.0 mL	Water, Bottled
	0.4 lb	Salmon, Atlantic, Farmed, Cooked, Dry Heat
Dinner	500.0 mL	Water, Bottled
	100.0 g	Noodles, Rice, Dry
	1.0 cups	Water, Tap
	2.0 items	Onions, Scallion or Spring Green
	0.1 items	Onions, Chopped
	1.9 oz	Beef, Flank Steak, Braised
	1.0 cups	PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic
Snacks	1.0 items	M&M MARS M&M's Candy or Candies, Milk Chocolate

Tuesday, October 29		
Breakfast	500.0 mL	Water, Bottled
Lunch	2.0 items	Onions, Scallion or Spring Green
	1.0 svgs	Beef Stir Fry with Orzo
	0.1 g	Onions, Chopped
	500.0 mL	Water, Bottled
	1.0 cups	Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water
Dinner	500.0 mL	Water, Bottled
	0.4 lb	Salmon, Coho, Wild, Cooked, Dry Heat
	0.7 cups	Vegetables, Mixed, Frozen, Boiled, Drained
Snacks	500.0 mL	Water, Bottled

iProfile / Intake Compared to DRI / Complete View

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	2186 kcal	996 kcal	45.6% 
Calories from Fat	437 - 765 kcal	243 kcal	below recommended range
Fat, Total	49 - 85 g	27 g	below recommended range
Saturated Fat	< 24.3 g	9.3 g	within recommended range
Trans Fatty Acid	minimize	0.0 g	within recommended range
Monounsaturated Fat	not determined	7.7 g	n/a
Polyunsaturated Fat	not determined	4.9 g	n/a
PFA 18:2, Linoleic	12.0 g	1.4 g	12.0% 
PFA 18:3, Linolenic	1.1 g	2.3 g	209.9% 
Cholesterol	not determined	116 mg	n/a
Carbohydrate	246 - 355 g	119 g	below recommended range
Sugar, Total	not determined	38 g	n/a
Dietary Fiber, Total	25 g	15 g	61.3% 
Soluble Fiber	not determined	0 g	n/a
Insoluble Fiber	not determined	1 g	n/a

Nutrient	My DRI	My Intakes	<div> <div></div> <div>0%50%100%</div> </div>
Protein	55 - 191 g	70 g	within recommended range
Protein Based on Body Weight	36 g	70 g	191.8% <div></div>
Histidine	653 mg	1642 mg	251.4% <div></div>
Isoleucine	907 mg	2534 mg	279.3% <div></div>
Lysine	1996 mg	4493 mg	225.1% <div></div>
Leucine	1851 mg	4434 mg	239.6% <div></div>
Methionine	907 mg	1428 mg	157.5% <div></div>
Cystine	907 mg	662 mg	73.0% <div></div>
Phenylalanine	1706 mg	2294 mg	134.5% <div></div>
Tyrosine	1706 mg	1822 mg	106.8% <div></div>
Threonine	980 mg	2342 mg	239.1% <div></div>
Tryptophan	254 mg	586 mg	230.5% <div></div>
Valine	1161 mg	2878 mg	247.9% <div></div>
Alanine	not determined	3249 mg	n/a
Aspartic Acid	not determined	5730 mg	n/a
Glutamic Acid	not determined	9511 mg	n/a
Serine	not determined	2395 mg	n/a
Arginine	not determined	3364 mg	n/a
Glycine	not determined	2813 mg	n/a
Proline	not determined	2594 mg	n/a
Moisture	2700 g	2243 g	83.1% <div></div>
Vitamin A (RAE)	700 µg	367 µg	52.4% <div></div>
Vitamin D (ug)	15 µg	15 µg	103.3% <div></div>
Vitamin E (Alpha-Tocopherol)	15 mg	4 mg	26.5% <div></div>
Vitamin K	90 µg	133 µg	147.7% <div></div>

Nutrient	My DRI	My Intakes	0% 50% 100%
Thiamin	1.1 mg	0.7 mg	64.1%
Riboflavin	1.1 mg	0.8 mg	69.7%
Niacin	14 mg	20 mg	144.2%
Biotin	30 µg	1 µg	4.9%
Pantothenic Acid	5.0 mg	3.5 mg	70.8%
Pyridoxine (Vitamin B6)	1.3 mg	1.3 mg	101.8%
Folate (DFE)	400 µg	238 µg	59.4%
Cobalamin (Vitamin B12)	2.4 µg	5.8 µg	241.3%
Vitamin C	75 mg	30 mg	39.4%
Sodium	1500 - 2300 mg	1233 mg	below recommended range
Potassium	4700 mg	2092 mg	44.5%
Calcium	1000 mg	478 mg	47.8%
Magnesium	310 mg	170 mg	54.7%
Iron	18 mg	10 mg	54.1%
Zinc	8 mg	6 mg	74.5%
Copper	0.9 mg	0.85 mg	94.8%
Fluoride	3000.0 µg	121.2 µg	4.0%
Iodine	150 µg	0 µg	0.0%
Phosphorus	700 mg	857 mg	122.4%
Selenium	55 µg	100 µg	181.1%
Alcohol	not determined	0 g	n/a
Caffeine	not determined	2 mg	n/a

iProfile / Intake Spreadsheet

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Item Name	Quantity	Weight	Kilocalories (kcal)	Calories from Fat (kcal)
FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread	1 slcs	43.0 g	110.0	27.0
Cream Cheese	1 tsp	4.8 g	16.9	15.0
SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein	58 g	58.0 g	204.6	27.6
Asparagus	11 items	176.0 g	35.2	1.8
Mushrooms, Portabella or Portabello	4 oz	113.4 g	24.9	3.6
Onions, Scallion or Spring Green	2 items	30.0 g	9.6	0.5
Cheese, Parmesan, Shredded	0.12 cups	10.0 g	41.5	24.5
Sauce, Tomato, Canned	0.5 cups	122.0 g	29.3	3.3
Marshmallow Dream Bar	60 g	60.0 g	230.0	45.0
Asparagus	7 items	112.0 g	22.4	1.1
Mushrooms, Portabella or Portabello	2 oz	56.7 g	12.5	1.8
DANNON Activia, Yogurt, Vanilla, Low Fat	1 svgs	4.0 oz	110.0	18.0
Water, Bottled	500 mL	499.5 g	0.0	0.0
Water, Bottled	500 mL	499.5 g	0.0	0.0
Water, Bottled	500 mL	499.5 g	0.0	0.0
Water, Bottled	500 mL	499.5 g	0.0	0.0
Salmon, Atlantic, Farmed, Cooked, Dry Heat	0.43 lb	192.8 g	397.1	214.2
Vegetables, Mixed, Frozen, Boiled, Drained	0.66 cups	120.1 g	78.1	1.5
Water, Bottled	500 mL	499.5 g	0.0	0.0
Water, Bottled	500 mL	499.5 g	0.0	0.0
PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic	1 cups	240.0 g	25.0	0.0
Noodles, Rice, Dry	100 g	100.0 g	364.0	5.0
Water, Tap	1 cups	236.3 g	0.0	0.0
Beef, Flank Steak, Braised	1.91 oz	54.2 g	141.4	61.0
Onions, Scallion or Spring Green	2 items	30.0 g	9.6	0.5
Onions, Chopped	0.12 items	13.8 g	5.5	0.1

<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	<i>1 items</i>	<i>42.0 g</i>	<i>206.4</i>	<i>79.7</i>
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	<i>1 cups</i>	<i>241.0 g</i>	<i>79.5</i>	<i>16.8</i>
<i>Beef Stir Fry with Orzo</i>	<i>1 svgs</i>	<i>326.8 g</i>	<i>494.4</i>	<i>107.9</i>
<i>Onions, Chopped</i>	<i>0.12 g</i>	<i>0.1 g</i>	<i>0.1</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>500 mL</i>	<i>499.5 g</i>	<i>0.0</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>500 mL</i>	<i>499.5 g</i>	<i>0.0</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>500 mL</i>	<i>499.5 g</i>	<i>0.0</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>500 mL</i>	<i>499.5 g</i>	<i>0.0</i>	<i>0.0</i>
<i>Onions, Scallion or Spring Green</i>	<i>2 items</i>	<i>30.0 g</i>	<i>9.6</i>	<i>0.5</i>
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	<i>0.4 lb</i>	<i>181.4 g</i>	<i>252.2</i>	<i>70.1</i>
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	<i>0.66 cups</i>	<i>120.1 g</i>	<i>78.1</i>	<i>1.5</i>
<i>Totals</i>			<i>2988</i>	<i>728</i>
Item Name	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Monounsaturated Fat (g)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	<i>3.0</i>	<i>0.0</i>	<i>0.0</i>	<i>-</i>
<i>Cream Cheese</i>	<i>1.7</i>	<i>0.98</i>	<i>-</i>	<i>0.43</i>
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	<i>3.1</i>	<i>0.51</i>	<i>0.0</i>	<i>-</i>
<i>Asparagus</i>	<i>0.2</i>	<i>0.06</i>	<i>0.0</i>	<i>0.0</i>
<i>Mushrooms, Portabella or Portabello</i>	<i>0.4</i>	<i>0.07</i>	<i>0.0</i>	<i>0.02</i>
<i>Onions, Scallion or Spring Green</i>	<i>0.1</i>	<i>0.01</i>	<i>0.0</i>	<i>0.01</i>
<i>Cheese, Parmesan, Shredded</i>	<i>2.7</i>	<i>1.72</i>	<i>-</i>	<i>0.86</i>
<i>Sauce, Tomato, Canned</i>	<i>0.4</i>	<i>0.05</i>	<i>0.0</i>	<i>0.05</i>
<i>Marshmallow Dream Bar</i>	<i>5.0</i>	<i>3.5</i>	<i>-</i>	<i>-</i>
<i>Asparagus</i>	<i>0.1</i>	<i>0.04</i>	<i>0.0</i>	<i>0.0</i>
<i>Mushrooms, Portabella or Portabello</i>	<i>0.2</i>	<i>0.03</i>	<i>0.0</i>	<i>0.01</i>
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	<i>2.0</i>	<i>1.5</i>	<i>0.0</i>	<i>-</i>
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>

<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	23.8	4.6	-	8.05
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.2	0.03	0.0	0.01
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	0.0	0.0	0.0	0.0
<i>Noodles, Rice, Dry</i>	0.6	0.15	-	0.17
<i>Water, Tap</i>	0.0	0.0	0.0	0.0
<i>Beef, Flank Steak, Braised</i>	6.8	2.77	-	2.76
<i>Onions, Scallion or Spring Green</i>	0.1	0.01	0.0	0.01
<i>Onions, Chopped</i>	0.0	0.01	0.0	0.0
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	8.9	5.48	0.07	2.17
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	1.9	0.43	-	0.54
<i>Beef Stir Fry with Orzo</i>	12.0	3.89	0.01	5.08
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Onions, Scallion or Spring Green</i>	0.1	0.01	0.0	0.01
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	7.8	1.9	-	2.86
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.2	0.03	0.0	0.01
<i>Totals</i>	81	27.8	0.1	23.0
Item Name	Polyunsaturated Fat (g)	PFA 18:2, Linoleic (g)	PFA 18:3, Linolenic (g)	Cholesterol (mg)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	-	-	0.0
<i>Cream Cheese</i>	0.07	0.06	0.01	4.9
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	-	-	-	0.0
<i>Asparagus</i>	0.08	0.06	0.02	0.0
<i>Mushrooms, Portabella or Portabello</i>	0.12	0.12	0.0	0.0

<i>Onions, Scallion or Spring Green</i>	0.02	0.02	0.0	0.0
<i>Cheese, Parmesan, Shredded</i>	0.06	0.02	0.02	7.2
<i>Sauce, Tomato, Canned</i>	0.14	0.14	0.0	0.0
<i>Marshmallow Dream Bar</i>	-	-	-	15.0
<i>Asparagus</i>	0.05	0.04	0.01	0.0
<i>Mushrooms, Portabella or Portabello</i>	0.06	0.06	0.0	0.0
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	-	-	-	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	8.77	1.27	4.31	121.4
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.08	0.05	0.01	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	0.0	0.0	0.0	0.0
<i>Noodles, Rice, Dry</i>	0.15	0.12	0.02	0.0
<i>Water, Tap</i>	0.0	0.0	0.0	0.0
<i>Beef, Flank Steak, Braised</i>	0.26	0.15	0.08	35.8
<i>Onions, Scallion or Spring Green</i>	0.02	0.02	0.0	0.0
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	0.38	0.36	0.02	5.9
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	0.77	0.66	0.1	2.4
<i>Beef Stir Fry with Orzo</i>	1.36	0.99	0.33	45.7
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Onions, Scallion or Spring Green</i>	0.02	0.02	0.0	0.0

<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	2.3	0.09	1.98	99.8
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.08	0.05	0.01	0.0
<i>Totals</i>	14.8	4.3	6.9	348
Item Name	Carbohydrate (g)	Sugar, Total (g)	Dietary Fiber, Total (g)	Soluble Fiber (g)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	19.0	1.0	3.0	-
<i>Cream Cheese</i>	0.3	0.2	0.0	0.0
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	21.5	3.1	12.3	-
<i>Asparagus</i>	6.8	3.3	3.7	-
<i>Mushrooms, Portabella or Portabello</i>	4.4	2.8	1.5	-
<i>Onions, Scallion or Spring Green</i>	2.2	0.7	0.8	-
<i>Cheese, Parmesan, Shredded</i>	0.3	0.1	0.0	0.0
<i>Sauce, Tomato, Canned</i>	6.5	4.3	1.8	-
<i>Marshmallow Dream Bar</i>	44.0	24.0	0.0	-
<i>Asparagus</i>	4.3	2.1	2.3	-
<i>Mushrooms, Portabella or Portabello</i>	2.2	1.4	0.7	-
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	19.0	17.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	0.0	0.0	0.0	0.0
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	15.7	3.7	5.3	-
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	5.0	5.0	0.0	0.0
<i>Noodles, Rice, Dry</i>	80.2	0.1	1.6	-
<i>Water, Tap</i>	0.0	0.0	0.0	0.0
<i>Beef, Flank Steak, Braised</i>	0.0	0.0	0.0	0.0

<i>Onions, Scallion or Spring Green</i>	2.2	0.7	0.8	-
<i>Onions, Chopped</i>	1.3	0.6	0.2	0.0
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	29.9	26.7	1.2	-
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	12.9	2.0	1.7	-
<i>Beef Stir Fry with Orzo</i>	61.4	12.2	3.1	0.0
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Onions, Scallion or Spring Green</i>	2.2	0.7	0.8	-
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	0.0	0.0	0.0	0.0
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	15.7	3.7	5.3	-
<i>Totals</i>	357	115	46	0
Item Name	Insoluble Fiber (g)	Protein (g)	Moisture (g)	Vitamin A (RAE) (µg)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	2.0	-	0.0
<i>Cream Cheese</i>	0.0	0.3	2.5	14.9
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	-	27.6	-	0.0
<i>Asparagus</i>	-	3.9	164.1	66.9
<i>Mushrooms, Portabella or Portabello</i>	-	2.4	105.3	0.0
<i>Onions, Scallion or Spring Green</i>	0.7	0.5	26.9	15.0
<i>Cheese, Parmesan, Shredded</i>	0.0	3.8	2.5	22.9
<i>Sauce, Tomato, Canned</i>	-	1.5	111.4	26.8
<i>Marshmallow Dream Bar</i>	-	1.0	-	14.0
<i>Asparagus</i>	-	2.5	104.4	42.6
<i>Mushrooms, Portabella or Portabello</i>	-	1.2	52.6	0.0
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	0.0	5.0	-	-
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0

<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	0.0	42.6	124.8	133.0
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	-	3.4	100.0	257.1
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	0.0	1.0	-	0.0
<i>Noodles, Rice, Dry</i>	-	5.9	11.9	0.0
<i>Water, Tap</i>	0.0	0.0	236.1	0.0
<i>Beef, Flank Steak, Braised</i>	0.0	18.9	42.6	0.0
<i>Onions, Scallion or Spring Green</i>	0.7	0.5	26.9	15.0
<i>Onions, Chopped</i>	0.2	0.2	12.3	0.0
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	-	1.8	0.7	23.5
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	-	2.9	220.7	103.6
<i>Beef Stir Fry with Orzo</i>	0.2	33.4	131.7	0.0
<i>Onions, Chopped</i>	0.0	0.0	0.1	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Water, Bottled</i>	0.0	0.0	499.4	0.0
<i>Onions, Scallion or Spring Green</i>	0.7	0.5	26.9	15.0
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	0.0	42.5	129.7	92.5
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	-	3.4	100.0	257.1
<i>Totals</i>	2	209	6728	1100
Item Name	Vitamin D (ug) (µg)	Vitamin E (Alpha-Tocopherol) (mg)	Vitamin K (µg)	Thiamin (mg)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	-	-	-
<i>Cream Cheese</i>	0.0	0.0	0.1	0.0

<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	-	-	-	-
<i>Asparagus</i>	0.0	2.0	73.2	0.24
<i>Mushrooms, Portabella or Portabello</i>	0.3	0.0	0.0	0.06
<i>Onions, Scallion or Spring Green</i>	0.0	0.2	62.1	0.01
<i>Cheese, Parmesan, Shredded</i>	0.0	0.0	0.2	0.0
<i>Sauce, Tomato, Canned</i>	0.0	1.8	3.4	0.03
<i>Marshmallow Dream Bar</i>	-	-	-	-
<i>Asparagus</i>	0.0	1.3	46.6	0.15
<i>Mushrooms, Portabella or Portabello</i>	0.2	0.0	0.0	0.03
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	-	-	-	0.06
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	25.3	2.2	0.2	0.63
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.0	0.4	28.2	0.08
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	-	-	-	-
<i>Noodles, Rice, Dry</i>	0.0	0.1	0.0	0.03
<i>Water, Tap</i>	0.0	0.0	0.0	0.0
<i>Beef, Flank Steak, Braised</i>	0.1	0.3	1.2	0.03
<i>Onions, Scallion or Spring Green</i>	0.0	0.2	62.1	0.01
<i>Onions, Chopped</i>	0.0	0.0	0.1	0.01
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	0.0	0.2	1.7	0.03
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	0.0	0.1	2.9	0.05
<i>Beef Stir Fry with Orzo</i>	0.1	0.9	26.5	0.46
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0

<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Onions, Scallion or Spring Green</i>	0.0	0.2	62.1	0.01
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	20.5	1.7	0.2	0.13
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.0	0.4	28.2	0.08
<i>Totals</i>	46	12	399	2.1
Item Name	Riboflavin (mg)	Niacin (mg)	Pantothenic Acid (mg)	Pyridoxine (Vitamin B6) (mg)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	-	-	-
<i>Cream Cheese</i>	0.01	0.0	0.03	0.0
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	-	-	-	-
<i>Asparagus</i>	0.24	1.7	0.47	0.16
<i>Mushrooms, Portabella or Portabello</i>	0.15	5.1	1.29	0.16
<i>Onions, Scallion or Spring Green</i>	0.02	0.2	0.02	0.01
<i>Cheese, Parmesan, Shredded</i>	0.02	0.0	0.04	0.01
<i>Sauce, Tomato, Canned</i>	0.08	1.2	0.38	0.12
<i>Marshmallow Dream Bar</i>	-	-	-	-
<i>Asparagus</i>	0.15	1.1	0.3	0.1
<i>Mushrooms, Portabella or Portabello</i>	0.07	2.5	0.65	0.08
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	0.25	-	0.6	0.04
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	0.25	15.5	2.83	1.25
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.13	1.0	0.17	0.08
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters,</i>	-	-	-	-

<i>Vegetarian Pho, Organic</i>				
<i>Noodles, Rice, Dry</i>	0.01	0.2	0.05	0.01
<i>Water, Tap</i>	0.0	0.0	0.0	0.0
<i>Beef, Flank Steak, Braised</i>	0.08	5.5	0.55	0.25
<i>Onions, Scallion or Spring Green</i>	0.02	0.2	0.02	0.01
<i>Onions, Chopped</i>	0.0	0.0	0.02	0.02
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	0.08	0.1	0.13	0.01
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	0.04	0.9	0.33	0.05
<i>Beef Stir Fry with Orzo</i>	0.32	9.7	1.11	0.51
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	0.0
<i>Onions, Scallion or Spring Green</i>	0.02	0.2	0.02	0.01
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	0.23	14.4	1.45	1.02
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.13	1.0	0.17	0.08
<i>Totals</i>	2.3	61	10.6	4.0
Item Name	Folate (DFE) (µg)	Cobalamin (Vitamin B12) (µg)	Vitamin C (mg)	Sodium (mg)
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	-	0.0	110.0
<i>Cream Cheese</i>	0.4	0.01	0.0	15.2
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	-	-	0.0	0.0
<i>Asparagus</i>	91.5	0.0	9.9	3.5
<i>Mushrooms, Portabella or Portabello</i>	31.8	0.06	0.0	10.2
<i>Onions, Scallion or Spring Green</i>	19.2	0.0	5.6	4.8
<i>Cheese, Parmesan, Shredded</i>	0.8	0.14	0.0	169.6
<i>Sauce, Tomato, Canned</i>	11.0	0.0	8.5	578.3
<i>Marshmallow Dream Bar</i>	-	-	0.0	220.0

<i>Asparagus</i>	58.2	0.0	6.3	2.2
<i>Mushrooms, Portabella or Portabello</i>	15.9	0.03	0.0	5.1
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	-	0.6	0.0	70.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	65.5	5.39	7.1	117.6
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	22.8	0.0	3.8	42.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	-	-	0.0	650.0
<i>Noodles, Rice, Dry</i>	3.0	0.0	0.0	182.0
<i>Water, Tap</i>	0.0	0.0	0.0	7.1
<i>Beef, Flank Steak, Braised</i>	10.7	0.78	0.0	48.0
<i>Onions, Scallion or Spring Green</i>	19.2	0.0	5.6	4.8
<i>Onions, Chopped</i>	2.6	0.0	1.0	0.6
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	3.3	0.22	0.2	25.6
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	9.6	0.0	2.4	609.7
<i>Beef Stir Fry with Orzo</i>	281.5	1.07	26.1	571.2
<i>Onions, Chopped</i>	0.0	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Water, Bottled</i>	0.0	0.0	0.0	10.0
<i>Onions, Scallion or Spring Green</i>	19.2	0.0	5.6	4.8
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	23.6	9.07	2.5	105.2
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	22.8	0.0	3.8	42.0
<i>Totals</i>	713	17.4	89	3699
Item Name	Potassium	Calcium	Magnesium	Iron (mg)

	(mg)	(mg)	(mg)	
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	40.0	-	0.7
<i>Cream Cheese</i>	6.4	4.7	0.4	0.0
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	1145.7	102.3	-	8.3
<i>Asparagus</i>	355.5	42.2	24.6	3.8
<i>Mushrooms, Portabella or Portabello</i>	412.8	3.4	12.5	0.4
<i>Onions, Scallion or Spring Green</i>	82.8	21.6	6.0	0.4
<i>Cheese, Parmesan, Shredded</i>	9.7	125.3	5.1	0.1
<i>Sauce, Tomato, Canned</i>	362.3	17.1	18.3	1.2
<i>Marshmallow Dream Bar</i>	-	0.0	-	0.0
<i>Asparagus</i>	226.2	26.9	15.7	2.4
<i>Mushrooms, Portabella or Portabello</i>	206.4	1.7	6.2	0.2
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	230.0	150.0	16.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	740.2	28.9	57.8	0.6
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	203.0	30.0	26.4	1.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	-	0.0	-	0.0
<i>Noodles, Rice, Dry</i>	30.0	18.0	12.0	0.7
<i>Water, Tap</i>	2.4	7.1	2.4	0.0
<i>Beef, Flank Steak, Braised</i>	293.4	24.0	19.6	1.4
<i>Onions, Scallion or Spring Green</i>	82.8	21.6	6.0	0.4
<i>Onions, Chopped</i>	20.1	3.2	1.4	0.0
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	109.5	44.0	18.5	0.5
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	190.4	21.7	7.2	1.0

<i>Beef Stir Fry with Orzo</i>	492.1	67.7	60.8	3.7
<i>Onions, Chopped</i>	0.2	0.0	0.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Water, Bottled</i>	0.0	49.9	10.0	0.0
<i>Onions, Scallion or Spring Green</i>	82.8	21.6	6.0	0.4
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	787.4	81.6	59.9	1.1
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	203.0	30.0	26.4	1.0
<i>Totals</i>	6275	1434	509	29
Item Name	Zinc (mg)	Alcohol (g)	Caffeine (mg)	
<i>FOOD FOR LIFE SPROUTED FOR LIFE Gluten Free Almond Bread</i>	-	0.0	0.0	
<i>Cream Cheese</i>	0.0	0.0	0.0	
<i>SEAPOINT FARMS Edamame, Spaghetti, Organic, Gluten Free, High Protein</i>	-	0.0	0.0	
<i>Asparagus</i>	0.9	0.0	0.0	
<i>Mushrooms, Portabella or Portabello</i>	0.6	0.0	0.0	
<i>Onions, Scallion or Spring Green</i>	0.1	0.0	0.0	
<i>Cheese, Parmesan, Shredded</i>	0.3	0.0	0.0	
<i>Sauce, Tomato, Canned</i>	0.3	0.0	0.0	
<i>Marshmallow Dream Bar</i>	-	-	-	
<i>Asparagus</i>	0.6	0.0	0.0	
<i>Mushrooms, Portabella or Portabello</i>	0.3	0.0	0.0	
<i>DANNON Activia, Yogurt, Vanilla, Low Fat</i>	0.6	0.0	0.0	
<i>Water, Bottled</i>	0.0	0.0	0.0	
<i>Water, Bottled</i>	0.0	0.0	0.0	
<i>Water, Bottled</i>	0.0	0.0	0.0	
<i>Water, Bottled</i>	0.0	0.0	0.0	
<i>Salmon, Atlantic, Farmed, Cooked, Dry Heat</i>	0.8	0.0	0.0	
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	0.6	0.0	0.0	
<i>Water, Bottled</i>	0.0	0.0	0.0	

<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>PACIFIC FOODS Soup Base, Soup Starters, Vegetarian Pho, Organic</i>	<i>-</i>	<i>0.0</i>	<i>0.0</i>	
<i>Noodles, Rice, Dry</i>	<i>0.7</i>	<i>0.0</i>	<i>0.0</i>	
<i>Water, Tap</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Beef, Flank Steak, Braised</i>	<i>3.4</i>	<i>0.0</i>	<i>0.0</i>	
<i>Onions, Scallion or Spring Green</i>	<i>0.1</i>	<i>0.0</i>	<i>0.0</i>	
<i>Onions, Chopped</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>M&M MARS M&M's Candy or Candies, Milk Chocolate</i>	<i>0.7</i>	<i>0.0</i>	<i>5.9</i>	
<i>Soup, Vegetable, with Beef Broth, Condensed, Prepared with Water</i>	<i>0.8</i>	<i>0.0</i>	<i>0.0</i>	
<i>Beef Stir Fry with Orzo</i>	<i>5.3</i>	<i>0.0</i>	<i>0.0</i>	
<i>Onions, Chopped</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Water, Bottled</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Onions, Scallion or Spring Green</i>	<i>0.1</i>	<i>0.0</i>	<i>0.0</i>	
<i>Salmon, Coho, Wild, Cooked, Dry Heat</i>	<i>1.0</i>	<i>0.0</i>	<i>0.0</i>	
<i>Vegetables, Mixed, Frozen, Boiled, Drained</i>	<i>0.6</i>	<i>0.0</i>	<i>0.0</i>	
<i>Totals</i>	<i>18</i>	<i>0</i>	<i>6</i>	

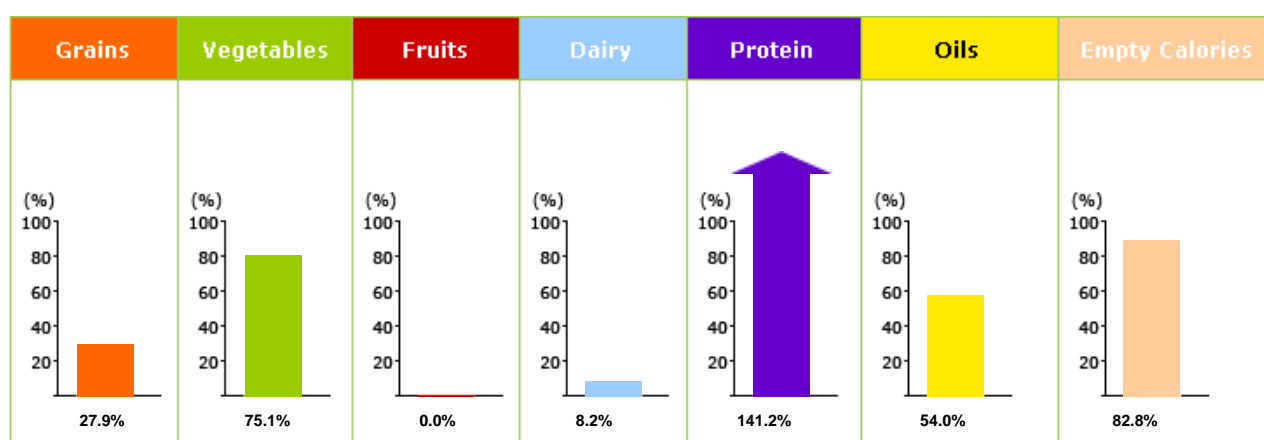
iProfile / MyPlate

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019



<http://choosemyplate.gov/>



iProfile / Activity Journal Summary

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Activity	Rate (kCals/kg/hour)	Duration (minutes)	Calories Expended
Lying quietly, reclining	1.0	30	23
sitting, studying, reading, writing, light effort	1.3	180	177
Laundry, fold or hang, clothes in washer/dryer, standing	2.0	60	91
Serving food, setting table, walking or standing	2.5	60	113
Sitting quietly	1.0	600	454
Sleeping	0.9	360	245
Yoga, Power	4.0	60	181
Dance, Ballet, modern, or jazz, performance, vigorous effort	2.5	90	170
sitting, talking on phone, comp, text message, light effort	1.5	150	170

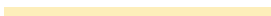


Activity	Rate (kCals/kg/hour)	Duration (minutes)	Calories Expended
<i>sitting, in class, note-taking, class discussion</i>	1.8	180	245
<i>Serving food, setting table, walking or standing</i>	2.5	60	113
<i>Sitting quietly</i>	1.0	360	272
<i>Sleeping</i>	0.9	660	449
<i>Walking, to work or class</i>	4.0	30	91
<i>Walking, to work or class</i>	4.0	30	91
<i>Eating, sitting</i>	1.5	120	136
<i>Sleeping</i>	0.9	630	429
<i>sitting, studying, reading, writing, light effort</i>	1.3	120	118
<i>sitting, in class, note-taking, class discussion</i>	1.8	180	245
<i>Sitting quietly</i>	1.0	360	272
<i>Totals:</i>		72 hours	4085

iProfile / Energy Balance

Anisah

Start date: Sun Oct 27 2019 End date: Tue Oct 29 2019

Date	kCal Consumed	kCal Burned	Net kCal
<i>Sunday, October 27</i>	847	1454	-607
<i>Monday, October 28</i>	1227	1340	-113
<i>Tuesday, October 29</i>	914	1290	-377
<i>Totals:</i>	2988	4085	-1097

Caloric Summary		
<i>Recommended:</i>	2186	
<i>Average Intake:</i>	996	
<i>Average Expenditure:</i>	1362	
<i>Average Net Loss:</i>	-366	