All Daily Reports

A variety of reports and information combined into one document.

Profile Info		
Personal: Abhijot Singh Male 21 yrs 5 ft 9 in 174 lb		
Day(s): 2018 Oct 19, Oct 20, Oct 21		
Activity Level: Low Active	(Strive for an Active activity level.)	
BMI: 25.7	Normal is 18.5 to 25.	
Weight Change: None	Best not to exceed 2 lbs per week.	

Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as the DRI (Dietary Reference Intake).

Nutrient	DRI Goal	Notes
Basic Components		
Calories	2,901.50	
Protein (g)	63.14	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	398.96	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	40.62	
Fat (g)	90.27	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	29.01	Less than 10% of Calories +
Mono Fat (g)	32.24	
Poly Fat (g)	29.01	
Cholesterol (mg)	300.00	Less than 300 mg per day ^
Water (g)	3,700.00	
Vitamins		
Vitamin A - RAE (mcg)	900.00	
Vitamin B1 - Thiamin (mg)	1.20	
Vitamin B2 - Riboflavin (mg)	1.30	
Vitamin B3 - Niacin (mg)	16.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	90.00	Do not exceed 2000 mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	
Folate (mcg)	400.00	Women of child bearing age should take a supplement *
Minerals		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *

Iron (mg)	8.00	Do not exceed 45 mg *
Magnesium (mg)	400.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	4,700.00	
Sodium (mg)	2,300.00	Less than 2300 mg - lower for some people +
Zinc (mg)	11.00	Do not exceed 40 mg *

Sources:

* Dietary Reference Intakes - For Adult 19-70 years, non-pregnant

+ Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Reference Daily Intake

Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Nutrient	Value	DRI Goal	Percent	0 50 100 150
Basic Components				
Calories	937.24	2,901.50	32 %	
Calories from Fat	266.97	812.42	33 %	
Calories from SatFat	78.64	261.13	30 %	
Protein (g)	49.84	63.14	* 79 %	
Protein (% Calories)	21.27	8.70	* 244 %	
Carbohydrates (g)	115.07	398.96	29 %	
Carbohydrates (% Calories)	49.11	55.00	89 %	
Total Sugars (g)	40.86	^		
Dietary Fiber (g)	9.91	40.62	24 %	
Soluble Fiber (g)	0.41			
InSoluble Fiber (g)	1.46			
Fat (g)	29.66	90.27	33 %	
Fat (% Calories)	28.48	28.00	102 %	
Saturated Fat (g)	8.74	29.01	~30 %	
Trans Fat (g)	0.25			
Mono Fat (g)	0.49	32.24	2 %	
Poly Fat (g)	0.18	29.01	1 %	
Cholesterol (mg)	95.32	300.00	~32 %	
Water (g)	668.43	3,700.00	18 %	
Vitamins				
Vitamin A - RAE (mcg)	0.05	900.00	0 %	
Vitamin B1 - Thiamin (mg)	0.17	1.20	14 %	
Vitamin B2 - Riboflavin (mg)	0.15	1.30	12 %	
Vitamin B3 - Niacin (mg)	4.78	16.00	30 %	
Vitamin B6 (mg)	0.22	1.30	17 %	

Vitamin B12 (mcg)	0.64	2.40	27	%	
Vitamin C (mg)	31.33	90.00	35	%	
Vitamin D - mcg (mcg)	0.13	15.00	1	%	
Vitamin E - a-Toco (mg)	1.45	15.00	10	%	
Folate (mcg)	28.76	400.00	7	%	
Minerals					
Calcium (mg)	239.23	1,000.00	24	%	
Iron (mg)	4.10	8.00	51	%	
Magnesium (mg)	50.85	400.00	13	%	
Phosphorus (mg)	195.31	700.00	28	%	
Potassium (mg)	352.96	4,700.00	8	%	
Sodium (mg)	2,029.39	2,300.00	~88	%	
Zinc (mg)	1.29	11.00	12	%	
Other					
Omega-3 (g)	0.01	+			
Omega-6 (g)	0.17	+			
Alcohol (g)	0.00				
Caffeine (mg)	22.47				

* Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Total Sugars includes those naturally occuring in food and added sugars.

~ This value is a recommended consumption limit, not a goal.

+ There is no established recommendation for Omega-3 and Omega-6.

Spreadsheet Report

The Spreadsheet shows all the values for all nutrients. Nutrients are displayed horizontally, with totals at the bottom of the list.

Day	Meal	Item	Amount		Cals	FatCal	SatFatCal	Prot (g)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	1	cup	2.4	0.1	0.0	0.0
		bread, whole wheat, toasted	3	slice	229.5	27.3	6.2	12.2
	Lunch	soup, chipotle chicken tortilla	1	bowl	140.0	45.0	9.0	8.0
	Dinner	salad, grilled vegetables	0.5	cup	210.8	119.4	19.6	14.7
	Snack	smoothie, strawberry banana	8	fl-oz	130.0	0.0	0.0	1.0
		Day Total	--		712.7	191.8	34.9	35.9
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole	1	ea	360.0	143.7	20.6	26.9
	Lunch	sandwich, chicken cheesesteak	1	ea	457.8	159.2	63.4	33.5
	Snack	smoothie, mixed berry, Super	1	pouch	100.0	0.0	0.0	5.0
		french fries, chili cheese (A&W	1	order	410.0	153.0	45.0	8.0
		water, distilled	3	cup	0.0	0.0	0.0	0.0
		Day Total	--		1327.8	455.9	129.1	73.4
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%	1	med	260.0	36.0	22.5	6.0
	Lunch	meal, malay chicken curry,	1	cntr	410.0	99.0	45.0	18.0
	Dinner	chicken breast, grilled, Fast	3	oz	101.2	18.2	4.5	16.2
	Snack	water, distilled	4	cup	0.0	0.0	0.0	0.0
		Day Total	--		771.2	153.2	72.0	40.2

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
		Average Day Total	--	937.2	267.0	78.6	49.8

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.7	0.0	0.0	0.0	0.0	0.0
		bread, whole wheat, toasted	38.3	4.3	5.6	1.2	4.4	3.0
	Lunch	soup, chipotle chicken tortilla	17.0	13.8	3.2			5.0
	Dinner	salad, grilled vegetables	9.3		1.4			13.3
	Snack	smoothie, strawberry banana	32.0	22.0	2.0			0.0
		Day Total	97.4	40.1	12.3	1.2	4.4	21.3
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole	28.5	2.5	4.2			16.0
	Lunch	sandwich, chicken cheesesteak	39.3		1.2			17.7
	Snack	smoothie, mixed berry, Super	17.0	15.0	2.0			0.0
		french fries, chili cheese (A&W	52.0	2.0	5.0			17.0
		water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	136.8	19.5	12.4	0.0	0.0	50.7
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%	51.0	47.0	2.0			4.0
	Lunch	meal, malay chicken curry,	59.0	15.0	3.0			11.0
	Dinner	chicken breast, grilled, Fast	1.0	1.0	0.0	0.0	0.0	2.0
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	111.0	63.0	5.0	0.0	0.0	17.0
		Average Day Total	115.1	40.9	9.9	0.4	1.5	29.7

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.0	0.0	0.0	0.0	0.0	236.3
		bread, whole wheat, toasted	0.7	0.8	1.5	0.5	0.0	18.2
	Lunch	soup, chipotle chicken tortilla	1.0				20.0	
	Dinner	salad, grilled vegetables	2.2				40.7	
	Snack	smoothie, strawberry banana	0.0	0.0	0.0	0.0	0.0	
		Day Total	3.9	0.8	1.5	0.5	60.7	254.5
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole	2.3				46.9	91.8
	Lunch	sandwich, chicken cheesesteak	7.0				88.1	
	Snack	smoothie, mixed berry, Super	0.0	0.0	0.0	0.0	5.0	
		french fries, chili cheese (A&W	5.0	0.0			10.0	
		water, distilled	0.0	0.0	0.0	0.0	0.0	711.0
		Day Total	14.3	0.0	0.0	0.0	150.0	802.8
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%	2.5	0.0			15.0	
	Lunch	meal, malay chicken curry,	5.0	0.0			35.0	
	Dinner	chicken breast, grilled, Fast	0.5	0.0			25.3	
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	948.0
		Day Total	8.0	0.0	0.0	0.0	75.3	948.0
		Average Day Total	8.7	0.2	0.5	0.2	95.3	668.4

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.0	0.0	0.0	0.0	0.0	0.0
		bread, whole wheat, toasted	0.2	0.3	0.2	4.3	0.2	0.0
	Lunch	soup, chipotle chicken tortilla						

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 10-19-2018	Dinner	salad, grilled vegetables						
	Snack	smoothie, strawberry banana	0.0					
		Day Total	0.2	0.3	0.2	4.3	0.2	0.0
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole		0.2	0.2	10.0	0.5	1.9
	Lunch	sandwich, chicken cheesesteak						
	Snack	smoothie, mixed berry, Super	0.0					
		french fries, chili cheese (A&W						
		water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.2	0.2	10.0	0.5	1.9
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%						
	Lunch	meal, malay chicken curry,						
	Dinner	chicken breast, grilled, Fast	0.0					
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
		Average Day Total	0.0	0.2	0.2	4.8	0.2	0.6

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.0	0.0	0.0	11.8	0.0	0.0
		bread, whole wheat, toasted	0.0	0.0	0.4	39.0	97.5	2.2
	Lunch	soup, chipotle chicken tortilla	2.8				47.0	1.3
	Dinner	salad, grilled vegetables						
	Snack	smoothie, strawberry banana	60.0				40.0	0.4
		Day Total	62.8	0.0	0.4	50.8	184.5	3.9
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole	0.0	0.4	3.9	35.4	53.1	2.5
	Lunch	sandwich, chicken cheesesteak						
	Snack	smoothie, mixed berry, Super	1.2				200.0	0.0
		french fries, chili cheese (A&W	18.0				40.0	0.7
		water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	19.2	0.4	3.9	35.4	293.1	3.2
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%	0.0				200.0	1.8
	Lunch	meal, malay chicken curry,	12.0				40.0	2.7
	Dinner	chicken breast, grilled, Fast	0.0				0.0	0.7
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	12.0	0.0	0.0	0.0	240.0	5.2
		Average Day Total	31.3	0.1	1.5	28.8	239.2	4.1

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	7.1	2.4	87.7	7.1	0.0	0.0
		bread, whole wheat, toasted	74.2	227.2	244.5	423.8	1.6	0.0
	Lunch	soup, chipotle chicken tortilla				390.0		
	Dinner	salad, grilled vegetables				297.9		
	Snack	smoothie, strawberry banana			310.0	15.0		0.0
		Day Total	81.4	229.6	642.2	1133.8	1.6	0.0
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole	71.2	356.3	416.7	1733.8	2.2	
	Lunch	sandwich, chicken cheesesteak				909.1		

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Sat 10-20-2018	Snack	smoothie, mixed berry, Super				180.0		0.0
		french fries, chili cheese (A&W				990.0		
		water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	71.2	356.3	416.7	3812.9	2.2	0.0
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%				85.0		
	Lunch	meal, malay chicken curry,				530.0		
	Dinner	chicken breast, grilled, Fast				526.5		
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	1141.5	0.0	0.0
		Average Day Total	50.8	195.3	353.0	2029.4	1.3	0.0

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.0	0.0	47.4	0.0	0.0	0.0
		bread, whole wheat, toasted	0.5	0.0	0.0	0.0	0.0	2.3
	Lunch	soup, chipotle chicken tortilla			0.0	0.0	0.0	1.0
	Dinner	salad, grilled vegetables			0.0	0.0	0.0	0.0
	Snack	smoothie, strawberry banana	0.0	0.0	0.0	1.3	0.0	0.0
		Day Total	0.5	0.0	47.4	1.3	0.0	3.3
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole		0.0	0.0			
	Lunch	sandwich, chicken cheesesteak			0.0	0.0	0.0	2.3
	Snack	smoothie, mixed berry, Super	0.0	0.0	0.0	0.7	0.7	0.0
		french fries, chili cheese (A&W		0.0	0.0	0.0	0.1	3.1
		water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.7	0.8	5.4
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%		0.0	20.0	0.0	0.0	0.0
	Lunch	meal, malay chicken curry,		0.0	0.0	0.0	0.0	3.5
	Dinner	chicken breast, grilled, Fast		0.0	0.0	0.0	0.0	0.0
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	20.0	0.0	0.0	3.5
		Average Day Total	0.2	0.0	22.5	0.7	0.3	4.1

Day	Meal	Item	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch	XxVeg
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.0	0.0	0.0	0.0	0.0	0.0
		bread, whole wheat, toasted	0.0	0.0	0.0	0.0	2.6	0.0
	Lunch	soup, chipotle chicken tortilla	0.0	0.7	0.0	0.0	1.1	0.0
	Dinner	salad, grilled vegetables	0.5	0.0	0.0	0.0	0.0	1.9
	Snack	smoothie, strawberry banana	0.0	0.0	2.1	0.0	0.0	0.0
		Day Total	0.5	0.7	2.1	0.0	3.7	1.9
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole			0.0	0.0	0.0	0.0
	Lunch	sandwich, chicken cheesesteak	0.0	3.8	0.0	0.0	2.6	0.0
	Snack	smoothie, mixed berry, Super	0.0	0.0	0.0	1.1	0.0	0.0
		french fries, chili cheese (A&W	0.0	0.0	0.0	0.0	3.5	0.0
		water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	3.8	0.0	1.1	6.1	0.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch	XxVeg
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%	0.0	0.0	0.0	3.4	0.0	0.0
	Lunch	meal, malay chicken curry,	0.0	1.1	0.0	0.0	3.9	0.0
	Dinner	chicken breast, grilled, Fast	0.0	2.3	0.0	0.0	0.0	0.0
	Snack	water, distilled	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	3.5	0.0	3.4	3.9	0.0
		Average Day Total	0.2	2.7	0.7	1.5	4.6	0.6

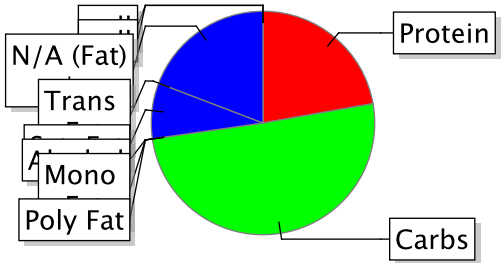
Day	Meal	Item	XxFat	XxAlc	XxNoFtMlk	XxLnMeat
Fri 10-19-2018	Breakfast	tea, black, brewed, with tap	0.0	0.0	0.0	0.0
		bread, whole wheat, toasted	0.1	0.0	0.0	0.0
	Lunch	soup, chipotle chicken tortilla	0.7	0.0	0.0	0.7
	Dinner	salad, grilled vegetables	2.6	0.0	0.0	0.0
	Snack	smoothie, strawberry banana	0.0	0.0	0.0	0.0
		Day Total	3.5	0.0	0.0	0.7
Sat 10-20-2018	Breakfast	sandwich, turkey, with whole	3.2	0.0	0.0	0.0
	Lunch	sandwich, chicken cheesesteak	2.1			
	Snack	smoothie, mixed berry, Super	0.0	0.0	0.0	0.0
		french fries, chili cheese (A&W	3.4	0.0	0.0	0.0
		water, distilled	0.0	0.0	0.0	0.0
		Day Total	8.6	0.0	0.0	0.0
Sun 10-21-2018	Breakfast	tea latte, chocolate chai, with 2%	0.8	0.0	0.0	0.0
	Lunch	meal, malay chicken curry,	1.8	0.0	0.0	0.9
	Dinner	chicken breast, grilled, Fast	0.0	0.0	0.0	2.3
	Snack	water, distilled	0.0	0.0	0.0	0.0
		Day Total	2.6	0.0	0.0	3.2
		Average Day Total	4.9	0.0	0.0	1.3

^ Total Sugars includes those naturally occuring in food and added sugars.

Macronutrient Distribution

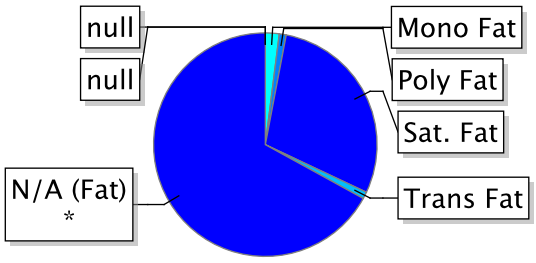
The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats).

Source of Calories	Calori	Gram	Percent
Protein	202	49.8	22 %
Carbohydrates	466	115.1	50 %
Alcohol	0	0.0	0 %
Fat (Total)	270	29.7	29 %
Saturated Fat	79	8.7	8%
Trans Fat	2	0.2	0%
Mono Fat	4	0.5	0%
Poly Fat	2	0.2	0%
Total	937		



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Source of Fat (approx.)	Fat (g)	Percent
Saturated Fat	8.7	29 %
Mono Fat	0.5	2 %
Poly Fat	0.2	1 %
Trans Fat	0.2	1 %
Total (g)	29.7	



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Exchanges			
Starch	4.56	Fruit	0.71
Other Carbs	1.51	Vegetables	0.62
Lean Meat	1.28	Fat	4.92
Alcohol	0.00	NonFatMilk	0.00

Ratios	
P:S (Poly Fat / Saturated Fat)	0.02 : 1
Potassium : Sodium	0.17 : 1
Calcium : Phosphorus	1.22 : 1
CSI (Cholesterol / Saturated Fat)	13.59

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight	
Calories to maintain current weight	2901
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	2901

Average Daily Intake & Expenditures	
Average Intake	937
Average Expenditure	2960

Calories For The Day	Goal	Intake	Assessment
Total Calories	2901	937	Below Goal
Carbohydrates (45-65% Calories)	1305 to 1886	466	Below Goal
Protein (10-35% Calories)	290 to 1015	202	Below Goal
Fat (20-35% Calories)	580 to 1015	270	Below Goal

Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

Profile Calorie Goal: 2901

Daily Activity Details

Fri 10-19-2018

Duration	Mets	Exercise	Calories
40 minutes	2.3	home activities, laundry, putting clothes away,	127
8 hours	1.0	inactivity, sleeping	630
		Total Calories (Sedentary)	757

Sat 10-20-2018

Duration	Mets	Exercise	Calories
2 hours	5.0	conditioning, health club, gym and weight	829
9 hours	1.0	inactivity, sleeping	709
		Total Calories (Sedentary)	1537

Sun 10-21-2018

Duration	Mets	Exercise	Calories
10 hours	1.0	inactivity, sleeping	787
		Total Calories (Sedentary)	787

Summary

Daily Average 1027 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 2684 Calories to maintain your current weight.

Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts

Serving Size (1475 g)

Amount per serving

Calories	937
	% Daily Value *
Total Fat 30g	33%
Saturated Fat 9g	30%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 2029mg	88%
Total Carbohydrates 115g	29%
Dietary Fiber 10g	24%
Total Sugars 41g	
Protein 50g	79%
Vitamin D 0mcg	1%
Calcium 239mg	24%
Iron 4mg	51%
Potassium 353mg	8%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.

MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the lastest USDA Dietary Guidelines (see ChooseMyPlate.gov for more info).

Intake vs. Recommendation

3000 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	41 %		4.1	oz equivalent
Grains Recommendation			10.	oz equivalent
Vegetables Intake	4 %		0.2	cup equivalent
Vegetables Recommendation			4.0	cup equivalent
Fruits Intake	26 %		0.7	cup equivalent
Fruits Recommendation			2.5	cup equivalent
Dairy Intake	9 %		0.3	cup equivalent
Dairy Recommendation			3.0	cup equivalent
Protein Foods Intake	38 %		2.7	oz equivalent
Protein Foods Recommendation			7.0	oz equivalent

Make Half Your Grains Whole

Aim for at least 5.0 oz equivalents whole grains a day

Oils & Empty Calories

Aim for 10.0 teaspoons of oils a day

Limit your extra fats & sugars to 512 Calories a

Vary Your Vegetables

Dark Green Vegetables	3.0	cups weekly
Orange Vegetables	2.5	cups weekly
Dry Beans & Peas	3.5	cups weekly
Starchy Vegetables	9.0	cups weekly
Other Vegetables	10.	cups weekly

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.

Food List Report

The Food List report displays a simple list of foods that you have entered, along with their calorie values.

Amount		Item	Cals
Fri 10-19-2018			
1.0	cup	tea, black, brewed, with tap water (USDA)	2
3.0	slice	bread, whole wheat, toasted (USDA)	230
1.0	bowl	soup, chipotle chicken tortilla (Aramark Campus)	140
8.0	fl-oz	smoothie, strawberry banana (Bolthouse Farms)	130

0.5	cup	salad, grilled vegetables (Aramark)	211
		Day Total	713
Sat 10-20-2018			
1.0	pouch	smoothie, mixed berry, Super Squeeze, with milk (Horizon	100
1.0	ea	sandwich, turkey, with whole wheat	360
1.0	ea	sandwich, chicken cheesesteak (Aramark)	458
1.0	order	french fries, chili cheese (A&W Restaurant)	410
3.0	cup	water, distilled	0
		Day Total	1328
Sun 10-21-2018			
1.0	med	tea latte, chocolate chai, with 2% milk & whip cream, grande	260
1.0	cntr	meal, malay chicken curry, frozen, with brown rice (Ethnic	410
4.0	cup	water, distilled	0
3.0	oz	chicken breast, grilled, Fast Favorites, diced (Foster Farms)	101
		Day Total	771
		Total	2812
		Day Average	937
		Item Average	201