All Daily Reports

A variety of reports and information combined into one document.

Profile Info		
Personal: Harpreet Singh Male 22 yrs 5 ft 7 in 165 lb		
Student Info: Harpreet Singh Prof. Pieszala Health 101		
Day(s): 2018 Oct 18, Oct 19, Oct 20		
Activity Level: Sedentary	(Strive for an Active activity level.)	
BMI: 25.8	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	2,597.09	
Protein (g)	59.87	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	357.10	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	36.36	
Fat (g)	80.80	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	25.97	Less than 10% of Calories +
Mono Fat (g)	28.86	
Poly Fat (g)	25.97	
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	1,137.66	2,597.09	44 %	
Calories from Fat	359.83	727.19	49 %	
Calories from SatFat	127.14	233.74	54 %	
Protein (g)	65.27	59.87	* 109 %	
Protein (% Calories)	22.95	9.22	* 249 %	
Carbohydrates (g)	130.59	357.10	37 %	
Carbohydrates (% Calories)	45.92	55.00	83 %	
Total Sugars (g)	42.67	^		
Dietary Fiber (g)	10.45	36.36	29 %	
Soluble Fiber (g)	0.41			
InSoluble Fiber (g)	1.46			
Fat (g)	39.98	80.80	49 %	
Fat (% Calories)	31.63	28.00	113 %	
Saturated Fat (g)	14.13	25.97	~54 %	
Trans Fat (g)	1.05			
Mono Fat (g)	1.77	28.86	6 %	
Poly Fat (g)	0.97	25.97	4 %	
Cholesterol (mg)	150.17	300.00	~50 %	
Water (g)	372.07	3,700.00	10 %	
Vitamins				
Vitamin A - RAE (mcg)	107.72	900.00	12 %	
Vitamin B1 - Thiamin (mg)	0.16	1.20	13 %	
Vitamin B2 - Riboflavin (mg)	0.49	1.30	37 %	
Vitamin B3 - Niacin (mg)	2.13	16.00	13 %	

Vitamin B6 (mg)	0.11	1.30	9	%	
Vitamin B12 (mcg)	1.02	2.40	43	%	
Vitamin C (mg)	31.11	90.00	35	%	
Vitamin D - mcg (mcg)	1.96	15.00	13	%	
Vitamin E - a-Toco (mg)	0.21	15.00	1	%	
Folate (mcg)	23.00	400.00	6	%	
Minerals					
Calcium (mg)	539.61	1,000.00	54	%	
Iron (mg)	10.50	8.00	131	%	
Magnesium (mg)	45.08	400.00	11	%	
Phosphorus (mg)	313.58	700.00	45	%	
Potassium (mg)	423.75	4,700.00	9	%	
Sodium (mg)	2,900.45	2,300.00	~126	%	
Zinc (mg)	1.73	11.00	16	%	
Other					
Omega-3 (g)	0.01	+			
Omega-6 (g)	0.28	+			
Alcohol (g)	0.00				
Caffeine (mg)	164.07				

* 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)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	1	pnt	244.0	86.9	55.1	16.1
		egg, hard boiled, chopped	2	g	3.1	1.9	0.6	0.3
	Lunch	sandwich, chicken salad, with	1	ea	500.0	180.0	31.5	28.0
	Dinner	soup, tortilla, with chicken &	1	bowl	320.0	162.0	54.0	20.0
		Day Total	--		1067.1	430.8	141.2	64.4
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large	1	lrg	90.0	36.0	22.5	8.0
	Lunch	curry, indian, frozen, with	2	ea	520.0	126.0	9.0	20.0
	Dinner	chicken tenders (Chicken	2	order	560.0	270.0	126.0	42.0
	Snack	soda, cola, Pepsi (Pepsi)	12	fl-oz	150.0	0.0	0.0	0.0
		fruit salad, chilled, food service	0.7	cup	60.0	0.0	0.0	1.0
		Day Total	--		1380.0	432.0	157.5	71.0
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	3	slice	229.5	27.3	6.2	12.2
		coffee, brewed, with tap water	1	cup	2.4	0.4	0.0	0.3
	Lunch	sandwich, submarine, buffalo	1	ea	534.0	126.0	54.0	38.0
	Dinner	broccoli & chicken, creamy	1	cup	200.0	63.0	22.5	10.0
		Day Total	--		965.9	216.6	82.8	60.5

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
		Average Day Total	--	1137.7	359.8	127.1	65.3

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	23.4	23.4	0.0	0.0	0.0	9.7
		egg, hard boiled, chopped	0.0	0.0	0.0	0.0	0.0	0.2
	Lunch	sandwich, chicken salad, with	53.0	12.0	4.0			20.0
	Dinner	soup, tortilla, with chicken &	19.0	3.0	2.0			18.0
		Day Total	95.4	38.4	6.0	0.0	0.0	47.9
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large	9.0	9.0	0.0	0.0	0.0	4.0
	Lunch	curry, indian, frozen, with	78.0	14.0	10.0			14.0
	Dinner	chicken tenders (Chicken	30.0	0.0	2.0			30.0
	Snack	soda, cola, Pepsi (Pepsi)	42.0	42.0	0.0	0.0	0.0	0.0
		fruit salad, chilled, food service	14.0	12.2	1.8			0.0
		Day Total	173.0	77.3	13.8	0.0	0.0	48.0
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	38.3	4.3	5.6	1.2	4.4	3.0
		coffee, brewed, with tap water	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	sandwich, submarine, buffalo	61.0	7.0	4.0			14.0
	Dinner	broccoli & chicken, creamy	24.0	1.0	2.0			7.0
		Day Total	123.3	12.3	11.6	1.2	4.4	24.1
		Average Day Total	130.6	42.7	10.5	0.4	1.5	40.0

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	6.1	0.4	2.7	0.3	39.0	435.3
		egg, hard boiled, chopped	0.1		0.1	0.0	7.5	1.5
	Lunch	sandwich, chicken salad, with	3.5	0.0			85.0	
	Dinner	soup, tortilla, with chicken &	6.0	0.0			70.0	
		Day Total	15.7	0.4	2.8	0.4	201.5	436.8
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large	2.5	0.0			15.0	
	Lunch	curry, indian, frozen, with	1.0	0.0			0.0	
	Dinner	chicken tenders (Chicken	14.0	2.0			120.0	
	Snack	soda, cola, Pepsi (Pepsi)	0.0	0.0	0.0	0.0	0.0	331.1
		fruit salad, chilled, food service	0.0	0.0	0.0	0.0	0.0	94.7
		Day Total	17.5	2.0	0.0	0.0	135.0	425.8
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	0.7	0.8	1.5	0.5	0.0	18.2
		coffee, brewed, with tap water	0.0	0.0	0.0	0.0	0.0	235.4
	Lunch	sandwich, submarine, buffalo	6.0	0.0	1.0	2.0	84.0	
	Dinner	broccoli & chicken, creamy	2.5	0.0			30.0	
		Day Total	9.2	0.8	2.5	2.5	114.0	253.5
		Average Day Total	14.1	1.1	1.8	1.0	150.2	372.1

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	270.0	0.2	0.9	0.4	0.2	2.6
		egg, hard boiled, chopped	3.0	0.0	0.0	0.0	0.0	0.0
	Lunch	sandwich, chicken salad, with						
	Dinner	soup, tortilla, with chicken &						
		Day Total	273.0	0.2	0.9	0.4	0.2	2.6

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large						
	Lunch	curry, indian, frozen, with	50.0					
	Dinner	chicken tenders (Chicken						
	Snack	soda, cola, Pepsi (Pepsi)	0.0					
		fruit salad, chilled, food service	0.0					
		Day Total	50.0	0.0	0.0	0.0	0.0	0.0
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	0.2	0.3	0.2	4.3	0.2	0.0
		coffee, brewed, with tap water	0.0	0.0	0.2	0.4	0.0	0.0
	Lunch	sandwich, submarine, buffalo						
	Dinner	broccoli & chicken, creamy			0.2	1.2		0.5
		Day Total	0.2	0.3	0.6	5.9	0.2	0.5
		Average Day Total	107.7	0.2	0.5	2.1	0.1	1.0

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	1.0	5.8	0.1	24.4	585.6	0.1
		egg, hard boiled, chopped	0.0	0.0	0.0	0.9	1.0	0.0
	Lunch	sandwich, chicken salad, with	3.6				150.0	3.6
	Dinner	soup, tortilla, with chicken &	0.0				400.0	1.4
		Day Total	4.6	5.9	0.2	25.3	1136.6	5.1
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large	1.2				200.0	0.4
	Lunch	curry, indian, frozen, with	30.0				80.0	5.4
	Dinner	chicken tenders (Chicken						
	Snack	soda, cola, Pepsi (Pepsi)	0.0				0.0	0.0
		fruit salad, chilled, food service	54.0				0.0	18.0
		Day Total	85.2	0.0	0.0	0.0	280.0	23.8
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	0.0	0.0	0.4	39.0	97.5	2.2
		coffee, brewed, with tap water	0.0	0.0	0.0	4.7	4.7	0.0
	Lunch	sandwich, submarine, buffalo						
	Dinner	broccoli & chicken, creamy	3.6				100.0	0.4
		Day Total	3.6	0.0	0.5	43.7	202.2	2.6
		Average Day Total	31.1	2.0	0.2	23.0	539.6	10.5

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	53.7	449.0	683.2	229.4	2.3	0.0
		egg, hard boiled, chopped	0.2	3.4	2.5	2.5	0.0	0.0
	Lunch	sandwich, chicken salad, with				1120.0		
	Dinner	soup, tortilla, with chicken &				1690.0		
		Day Total	53.9	452.4	685.7	3041.9	2.4	0.0
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large				95.0		
	Lunch	curry, indian, frozen, with				900.0		
	Dinner	chicken tenders (Chicken				1600.0		
	Snack	soda, cola, Pepsi (Pepsi)		54.0	15.0	30.0		0.0
		fruit salad, chilled, food service				10.0		0.0
		Day Total	0.0	54.0	15.0	2635.0	0.0	0.0

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	74.2	227.2	244.5	423.8	1.6	0.0
		coffee, brewed, with tap water	7.1	7.1	116.0	4.7	0.0	0.0
	Lunch	sandwich, submarine, buffalo				1656.0		
	Dinner	broccoli & chicken, creamy		200.0	210.0	940.0	1.2	
		Day Total	81.4	434.4	570.5	3024.5	2.8	0.0
		Average Day Total	45.1	313.6	423.8	2900.5	1.7	0.0

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	0.3	0.0	0.0	0.0	2.0	0.0
		egg, hard boiled, chopped	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	sandwich, chicken salad, with		0.0	0.0	0.0	0.0	3.2
	Dinner	soup, tortilla, with chicken &		0.0	0.0	0.0	1.4	1.1
		Day Total	0.3	0.0	0.0	0.0	3.4	4.3
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large		0.0	360.0	0.0	0.7	0.0
	Lunch	curry, indian, frozen, with			0.0	0.0	0.0	4.7
	Dinner	chicken tenders (Chicken		0.0	0.0	0.0	0.0	1.8
	Snack	soda, cola, Pepsi (Pepsi)	0.0	0.0	37.5	0.0	0.0	0.0
		fruit salad, chilled, food service	0.0	0.0	0.0	0.7	0.0	0.0
		Day Total	0.0	0.0	397.5	0.7	0.7	6.4
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	0.5	0.0	0.0	0.0	0.0	2.3
		coffee, brewed, with tap water	0.0	0.0	94.7	0.0	0.0	0.0
	Lunch	sandwich, submarine, buffalo			0.0			
	Dinner	broccoli & chicken, creamy		0.0	0.0	0.0	0.0	1.4
		Day Total	0.5	0.0	94.7	0.0	0.0	3.7
		Average Day Total	0.3	0.0	164.1	0.2	1.3	4.8

Day	Meal	Item	MyVeg (cup)	MyProt (oz eq)	XxFruit	XxOCarb	XxStarch	XxVeg
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	0.0	0.0	0.0	0.0	0.0	0.0
		egg, hard boiled, chopped	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	sandwich, chicken salad, with	0.0	2.7	0.0	0.0	3.5	0.0
	Dinner	soup, tortilla, with chicken &	0.0	2.4	0.0	0.0	1.3	0.0
		Day Total	0.0	5.2	0.0	0.0	4.8	0.0
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	curry, indian, frozen, with	0.0	2.1	0.0	0.0	5.2	0.0
	Dinner	chicken tenders (Chicken	0.0	5.3	0.0	0.0	2.0	0.0
	Snack	soda, cola, Pepsi (Pepsi)	0.0	0.0	0.0	2.8	0.0	0.0
		fruit salad, chilled, food service	0.0	0.0	0.9	0.0	0.0	0.0
		Day Total	0.0	7.4	0.9	2.8	7.2	0.0
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	0.0	0.0	0.0	0.0	2.6	0.0
		coffee, brewed, with tap water	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	sandwich, submarine, buffalo			0.0	0.0	4.1	0.0
	Dinner	broccoli & chicken, creamy	0.0	0.8	0.0	0.0	1.6	0.0
		Day Total	0.0	0.8	0.0	0.0	8.2	0.0
		Average Day Total	0.0	4.5	0.3	0.9	6.7	0.0

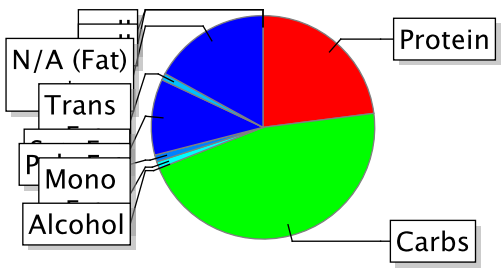
Day	Meal	Item	XxFat	XxAlc	XxNoFtMlk	XxLnMeat
Thu 10-18-2018	Breakfast	milk, 2%, with vitamins A & D	1.2	0.0	1.9	0.0
		egg, hard boiled, chopped	0.0	0.0	0.0	0.0
	Lunch	sandwich, chicken salad, with	3.0	0.0	0.0	2.5
	Dinner	soup, tortilla, with chicken &	2.7			
		Day Total	6.9	0.0	1.9	2.5
Fri 10-19-2018	Breakfast	cappuccino, with 2% milk, large	0.5	0.0	0.8	0.0
	Lunch	curry, indian, frozen, with	2.5	0.0	0.0	0.6
	Dinner	chicken tenders (Chicken	3.9			
	Snack	soda, cola, Pepsi (Pepsi)	0.0	0.0	0.0	0.0
		fruit salad, chilled, food service	0.0	0.0	0.0	0.0
		Day Total	7.0	0.0	0.8	0.6
Sat 10-20-2018	Breakfast	bread, whole wheat, toasted	0.1	0.0	0.0	0.0
		coffee, brewed, with tap water	0.0	0.0	0.0	0.0
	Lunch	sandwich, submarine, buffalo	1.3	0.0	0.0	3.7
	Dinner	broccoli & chicken, creamy	1.1	0.0	0.0	0.7
		Day Total	2.5	0.0	0.0	4.4
		Average Day Total	5.5	0.0	0.9	2.5

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

Macronutrient Distribution

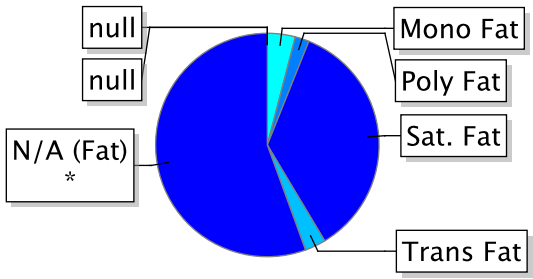
The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated,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

Source of Calories	Calori	Gram	Percent
Protein	260	65.3	23 %
Carbohydrates	520	130.6	46 %
Alcohol	0	0.0	0 %
Fat (Total)	358	40.0	31 %
Saturated Fat	127	14.1	11%
Trans Fat	9	1.1	1%
Mono Fat	16	1.8	1%
Poly Fat	9	1.0	1%
Total	1138		



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any

Source of Fat (approx.)	Fat (g)	Percent
Saturated Fat	14.1	35 %
Mono Fat	1.8	4 %
Poly Fat	1.0	2 %
Trans Fat	1.1	3 %
Total (g)	40.0	



*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.

unavailable values for saturated, mono, poly, and trans fats.

Exchanges			
Starch	6.73	Fruit	0.31
Other Carbs	0.94	Vegetables	0.00
Lean Meat	2.52	Fat	5.46
Alcohol	0.00	NonFatMilk	0.90

Ratios	
P:S (Poly Fat / Saturated Fat)	0.07 : 1
Potassium : Sodium	0.15 : 1
Calcium : Phosphorus	1.72 : 1
CSI (Cholesterol / Saturated Fat)	21.78

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight	
Calories to maintain current weight	2597
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	2597

Average Daily Intake & Expenditures	
Average Intake	1138
Average Expenditure	2777

Calories For The Day	Goal	Intake	Assessment
Total Calories	2597	1138	Below Goal
Carbohydrates (45-65% Calories)	1169 to 1688	520	Below Goal
Protein (10-35% Calories)	260 to 909	260	Below Goal
Fat (20-35% Calories)	519 to 909	358	Below Goal

Activity Summary

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

Profile Calorie Goal: 2597

Daily Activity Details

Thu 10-18-2018

Duration		Mets	Exercise	Calories
1	hours	2.5	home activities, cooking or food preparation,	196
30	minutes	3.8	conditioning, home exercises, general	149
7	hours	1.0	inactivity, sleeping	523
			Total Calories (Sedentary)	868

Fri 10-19-2018

Duration		Mets	Exercise	Calories
40	minutes	3.5	walking, for pleasure, work break	183
7	hours	1.0	inactivity, sleeping	523
			Total Calories (Sedentary)	706

Sat 10-20-2018

Duration		Mets	Exercise	Calories
30	minutes	1.0	inactivity, meditating	39
45	minutes	3.5	walking, for pleasure, work break	206
9	hours	1.0	inactivity, sleeping	672
			Total Calories (Sedentary)	917

Summary

Daily Average 831 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 2597 Calories to maintain your current weight.

Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts

Serving Size (1259 g)

Amount per serving

Calories	1138
	% Daily Value *
Total Fat 40g	49%
Saturated Fat 14g	54%
Trans Fat 1g	
Cholesterol 150mg	50%
Sodium 2900mg	126%
Total Carbohydrates 131g	37%
Dietary Fiber 10g	29%
Total Sugars 43g	
Protein 65g	109%
Vitamin D 2mcg	13%
Calcium 540mg	54%
Iron 10mg	131%
Potassium 424mg	9%

* 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

2600 Calorie Pattern

Group	Percent	Comparison	Amount *	
Grains Intake	54 %		4.8	oz equivalent
Grains Recommendation			9.0	oz equivalent
Vegetables Intake	0 %		0.0	cup equivalent
Vegetables Recommendation			3.5	cup equivalent
Fruits Intake	11 %		0.2	cup equivalent
Fruits Recommendation			2.0	cup equivalent
Dairy Intake	45 %		1.3	cup equivalent
Dairy Recommendation			3.0	cup equivalent
Protein Foods Intake	69 %		4.5	oz equivalent
Protein Foods Recommendation			6.5	oz equivalent

Make Half Your Grains Whole

Aim for at least 4.5 oz equivalents whole grains a day

Oils & Empty Calories

Aim for 8.0 teaspoons of oils a day

Limit your extra fats & sugars to 410 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	7.0	cups weekly
Other Vegetables	8.5	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
Thu 10-18-2018			
1.0	pnt	milk, 2%, with vitamins A & D (USDA)	244
2.0	g	egg, hard boiled, chopped (USDA)	3
1.0	ea	sandwich, chicken salad, with wheat (Chik-fil-A)	500
1.0	bowl	soup, tortilla, with chicken & toppings (Boston Market	320

		Day Total	1067
Fri 10-19-2018			
2.0	ea	curry, indian, frozen, with basmati rice (Helen's Kitchen)	520
12.0	fl-oz	soda, cola, Pepsi (Pepsi)	150
2.0	order	chicken tenders (Chicken Express)	560
0.66	cup	fruit salad, chilled, food service (Orval Kent)	60
1.0	lrg	cappuccino, with 2% milk, large (Caribou Coffee)	90
		Day Total	1380
Sat 10-20-2018			
3.0	slice	bread, whole wheat, toasted (USDA)	230
1.0	cup	coffee, brewed, with tap water (USDA)	2
1.0	ea	sandwich, submarine, buffalo chicken, 6" (Planet Sub)	534
1.0	cup	broccoli & chicken, creamy sauce, frozen, over rice (Banquet)	200
		Day Total	966
		Total	3413
		Day Average	1138
		Item Average	263