

Bar Graph Report

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

Profile Info

Personal: Test Student Female 28 yrs 5 ft 5 in 158.00 lb

Day(s): 2019 Mar 15 (Breakfast, Lunch, Dinner), Mar 16 (Breakfast, Lunch, Dinner, Snack), Mar 17 (Breakfast, Lunch, Dinner, Snack)

Activity Level: Low Active

Strive for an Active activity level.








Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 26.3

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Nutrient	Target	Intake	Percent	0	50	100	150
Basic Components							
Total Calories	2,358.6	2,121.75	90 %				
Protein (g)	57.33 *	94.17	164 %				
Carbohydrates (g)	324.31	276.17	85 %				
Dietary Fiber (g)	33.02	29.89	91 %				
Total Sugars (g)		31.59					
Added Sugar (g)	29.48 ~	0.84	3 %				
Total Fat (g)	73.38	74.36	101 %				
Saturated Fat (g)	23.59 ~	23.02	98 %				
Polyunsaturated Fat (g)	23.59	9.08	38 %				
Monounsaturated Fat (g)	26.21	14.72	56 %				
Cholesterol (mg)	300.00 ~	272.57	91 %				
Water (ltr)	2.70	0.35	13 %				
Vitamins							
Vitamin A - RAE (mcg)	700.00	600.10	86 %				
Vitamin D (mcg)	15.00	6.76	45 %				
Vitamin E - a-Toco (mg)	15.00	4.67	31 %				
Vitamin K (mcg)	90.00	31.13	35 %				
Vitamin B1 - Thiamin (mg)	1.10	1.11	101 %				
Vitamin B2 - Riboflavin (mg)	1.10	0.84	76 %				
Vitamin B3 - Niacin (mg)	14.00	21.70	155 %				
Vitamin B6 (mg)	1.30	1.39	107 %				
Vitamin B12 (mcg)	2.40	2.89	120 %				
Vitamin C (mg)	75.00	56.51	75 %				
Folate (mcg DFE)	400.00	247.59	62 %				
Choline (mg)	425.00	189.96	45 %				
Minerals							
Calcium (mg)	1,000.0	752.21	75 %				
Copper (mg)	0.90	0.95	105 %				
Iron (mg)	18.00	15.49	86 %				
Magnesium (mg)	310.00	261.07	84 %				

Phosphorus (mg)	700.00	951.08	136 %	
Potassium (mg)	4,700.0	1,831.51	39 %	
Selenium (mcg)	55.00	114.27	208 %	
Sodium (mg)	2,300.0 ~	3,087.98	134 %	
Zinc (mg)	8.00	9.13	114 %	
Other				
Linoleic Acid (g)	12.00	7.06	59 %	
Alpha-linolenic Acid (g)	1.10	0.33	30 %	
Omega 3 - EPA (g)		0.23		
Omega 3 - DHA (g)		0.49		
Alcohol (g)		0.00		

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

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

Sample