

Calorie Assessment

A close-up picture of the Calories consumed.

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.

Calories to maintain current weight

Calories to maintain current weight	2359
Calorie adjustment for weight change of 0.00 lb (per week)	0
Goal Calories	2359

Average Daily Intake & Expenditures

Average Intake	2122
Average Expenditure	2064

Daily Calories	Target	Intake	Assessment
Total Calories	2359	2122	Below Target
Protein (10-35% Calories)	236 to 825	372	In Range
Carbohydrates (45-65% Calories)	1061 to 1533	1090	In Range
Added Sugar (<10% Calories)	0 to 236	3	In Range
Total Fat	472 to 825	660	In Range
Saturated Fat (<10% Calories)	0 to 236	329	Above Target
Alcohol	--	0	--

% Daily Calories	Target %	Intake %	Assessment
Protein	10 to 35	18	In Range
Carbohydrates	45 to 65	52	In Range
Added Sugar	0 to 10	0	In Range
Total Fat	20 to 35	32	In Range
Saturated Fat	0 to 10	16	Above Target
Polyunsaturated Fat	--	6	--
Monounsaturated Fat	--	10	--
Linoleic Acid	5 to 10	3	Below Target
Alpha-linolenic Acid	0.6 to 1.2	0	Below Target