

# Combination Report

A report that captures all of the daily reports into one document.

## Profile Info

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

Day(s): 2019 Mar 15, Mar 16, Mar 17

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.

## 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). Actual intake values are found on other reports.

Nutrient	Target	Notes
<b>Basic Components</b>		
Total Calories	2,358.62	
Protein (g)	57.33	10% - 35% of Calories (adults 19-70 years) *
Carbohydrates (g)	324.31	45% - 65% of Calories (adults 19-70 years) *
Added Sugar (g)	29.48	Less than 10% of Calories+
Dietary Fiber (g)	33.02	
Total Fat (g)	73.38	20% - 35% of Calories (adults 19-70 years) *
Saturated Fat (g)	23.59	Less than 10% of Calories +
Polyunsaturated Fat (g)	23.59	
Monounsaturated Fat (g)	26.21	
Cholesterol (mg)	300.00	Less than 300 mg per day ^
Water (ltr)	2.70	
<b>Vitamins</b>		
Vitamin A - RAE (mcg)	700.00	Do not exceed 3000mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	Do not exceed 1000mg *
Vitamin K (mcg)	90.00	
Vitamin B1 - Thiamin (mg)	1.10	
Vitamin B2 - Riboflavin (mg)	1.10	
Vitamin B3 - Niacin (mg)	14.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	75.00	
Folate (mcg DFE)	400.00	
Choline (mg)	425.00	
<b>Minerals</b>		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *

Copper (mg)	0.90	
Iron (mg)	18.00	Do not exceed 45 mg *
Magnesium (mg)	310.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	4,700.00	
Selenium (mcg)	55.00	
Sodium (mg)	2,300.00	Less than 2300 mg per day - lower for some people +
Zinc (mg)	8.00	Do not exceed 40 mg *
Other		
Linoleic Acid (g)	12.00	
Alpha-linolenic Acid (g)	1.10	
MyPlate Values		
MyPlate - Fruits (cup)	2.00	
MyPlate - Vegetables (cup)	3.00	
MyPlate - Grains (oz eq)	8.00	
MyPlate - Protein Foods (oz eq)	6.50	
MyPlate - Dairy (cup)	3.00	
MyPlate - Oils (tsp)	7.00	

Sources:

\* Dietary Reference Intakes

+ 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	Target	Intake	Percent	0	50	100	150
<b>Basic Components</b>							
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.

## Calorie Assessment

A close-up picture of the Calories consumed.

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

MyPlate

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



## Intake vs. Recommendation 2400 Calorie Pattern

Group	Percent	Comparison	Amount (Daily) *
Grains Intake	155 %	<div style="width: 155%; height: 15px; background-color: #E67E22;"></div>	12.4 oz equivalent
Grains Recommendation		<div style="width: 80%; height: 15px; background-color: #E67E22;"></div>	8.0 oz equivalent
Vegetables Intake	46 %	<div style="width: 46%; height: 15px; background-color: #27AE60;"></div>	1.4 cup equivalent
Vegetables Recommendation		<div style="width: 50%; height: 15px; background-color: #27AE60;"></div>	3.0 cup equivalent
Fruits Intake	12 %	<div style="width: 12%; height: 15px; background-color: #C0392B;"></div>	0.2 cup equivalent
Fruits Recommendation		<div style="width: 20%; height: 15px; background-color: #C0392B;"></div>	2.0 cup equivalent
Dairy Intake	52 %	<div style="width: 52%; height: 15px; background-color: #3498DB;"></div>	1.6 cup equivalent
Dairy Recommendation		<div style="width: 30%; height: 15px; background-color: #3498DB;"></div>	3.0 cup equivalent
Protein Foods Intake	122 %	<div style="width: 122%; height: 15px; background-color: #6B4E99;"></div>	8.0 oz equivalent
Protein Foods Recommendation		<div style="width: 65%; height: 15px; background-color: #6B4E99;"></div>	6.5 oz equivalent

### Make Half Your Grains Whole

Aim for at least 4.0 oz equivalents whole grains a day

### Oils & Empty Calories

Aim for 7.0 teaspoons of oils a day

Limit extra fats & sugars to 362 calories/day

### Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.0 cups weekly
Dry Beans & Peas	3.0 cups weekly
Starchy Vegetables	6.0 cups weekly
Other Vegetables	7.0 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.

## Activity Summary

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

Profile Calorie Goal: 2359

### Summary

	Calories Expended
Calories Expended Through Sedentary Activities of Daily Living**	2064
Average Calories Expended Through Exercise	0
Daily Average***	2064

Calorie Target  
2359

Daily Average  
2064



[\*\*] The Sedentary activity level includes basic daily tasks such as getting ready for the day, housework, walking to work or class, and light yard work. These tasks are called Activities of Daily Living (ADL). If you engage in physical activity beyond that included in the activities of daily living, you may increase your activity level to Low Active, Active or Very Active. The Active activity level is recommended by the government for health.

[\*\*\*] Your Daily Average put you in the Sedentary activity level, and suggests 2064 Calories to maintain your current weight.

### Daily Activity Details

Duration	Mets	Exercise	Calories Expended
		Sedentary Activities of Daily Living**	2064
		Total Calories (Sedentary)	2064

## FoodList Report

The FoodList Report shows the foods you have entered and their calories.

Amount	Item	Cals
Fri 03-15-2019		
2.0 ea	egg, hard boiled, large (USDA)	155
100.0 g	salmon, atlantic, farmed, baked, fillet (USDA)	206
1.0 Tbs	teriyaki sauce (USDA)	16
0.67 cup	vegetables, mixed, classic, frozen (Birds Eye)	72
2.0 ea	dumpling, shumai, shrimp, ready to heat (Heart Select)	63
0.25 cup	rice, white, cooked, long grain, enriched (USDA)	51
1.0 svg	edamame, cooked (Hissho Sushi)	170
1.0 ea	burrito, shredded chicken (Taco Bell)	420
1.0 side	potato, cheesy fiesta (Taco Bell)	230
<b>Day Total</b>		<b>1383</b>

Sat 03-16-2019

1.0 cup	cereal, Cheerios, with 100% whole grain oats, gluten free (General Mills)	100
0.5 cup	milk, 2%, with vitamins A & D (USDA)	61
3.0 ea	tortilla, corn, ready to bake (USDA)	157
0.25 cup	cheese, cheddar, mild, shredded (Kraft)	100
0.5 cup	pinto beans, canned (USDA)	98
0.5 ea	avocado, fresh (USDA)	161
0.25 cup	peanuts, raw (USDA)	207
1.0 entree	spaghetti, with bolognese sauce (Bertucci's)	1910
1.0 cup	popcorn, oil popped (USDA)	64
0.5 ea	candy bar, Crunch, 0.5 oz (USDA: Nestle)	36
<b>Day Total</b>		<b>2894</b>

Sun 03-17-2019

1.0 cup	cereal, Cheerios, with 100% whole grain oats, gluten free (General Mills)	100
0.5 cup	milk, 2%, with vitamins A & D (USDA)	61
1.0 ea	orange, fresh, medium, 2 5/8" (USDA)	62
1.0 ea	roll, french (USDA)	105
200.0 g	lunchmeat, turkey, rotisserie style, white meat, deli sliced (USDA)	224
2.0 oz	cheese, cheddar, medium (Kraft)	243
2.0 ea	carrots, fresh, medium (USDA)	50
1.0 oz	peanuts, raw (USDA)	161
8.0 oz	pasta, spaghetti, whole wheat, dry (USDA)	798
0.5 cup	broccoli, fresh (USDA)	15
0.25 cup	pinto beans, canned (USDA)	49
0.5 cup	mushrooms, fresh, sliced (USDA)	8
1.0 Tbs	butter, unsalted (USDA)	102
0.25 cup	cheese, parmesan, shaved (Kraft)	110
<b>Day Total</b>		<b>2088</b>

**Total 6365**

**Day Average 2122**

**Item Average 193**

### 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	Prot (g)	Carbs (g)	Fiber (g)
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	2 ea	155.0	12.6	1.1	0.0
		Lunch	salmon, atlantic, farmed, baked,	100 g	206.0	22.1	0.0
		teriyaki sauce (USDA)	1 Tbs	16.0	1.1	2.8	0.0
		vegetables, mixed, classic, frozen	0.7 cup	71.7	2.4	13.8	2.5
		dumpling, shumai, shrimp, ready to	2 ea	63.3	2.3	4.7	0.0
		rice, white, cooked, long grain,	0.2 cup	51.4	1.1	11.1	0.2
		edamame, cooked (Hissho Sushi)	1 svg	170.0	12.0	16.0	5.0
	Dinner	burrito, shredded chicken (Taco	1 ea	420.0	14.0	47.0	3.0

Day	Meal	Item	Amount	Cals	Prot (g)	Carbs (g)	Fiber (g)
Fri 03-15-2019	Dinner	potato, cheesy fiesta (Taco Bell)	1 side	230.0	3.0	28.0	2.0
		Day Total	--	1383.4	70.5	124.5	12.7
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole milk, 2%, with vitamins A & D	1 cup	100.0	3.0	20.0	3.0
			0.5 cup	61.0	4.0	5.9	0.0
	Lunch	tortilla, corn, ready to bake (USDA)	3 ea	157.0	4.1	32.1	4.5
		cheese, cheddar, mild, shredded	0.2 cup	100.0	6.0	1.0	0.0
		pinto beans, canned (USDA)	0.5 cup	98.4	5.5	18.2	5.5
		avocado, fresh (USDA)	0.5 ea	160.8	2.0	8.6	6.7
	Dinner	spaghetti, with bolognese sauce	1 entree	1910.0	72.0	330.0	14.0
	Snack	peanuts, raw (USDA)	0.2 cup	206.9	9.4	5.9	3.1
		popcorn, oil popped (USDA)	1 cup	64.1	0.8	5.0	0.9
candy bar, Crunch, 0.5 oz (USDA:		0.5 ea	35.5	0.4	4.8	0.1	
	Day Total	--	2893.7	107.2	431.3	37.9	
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole milk, 2%, with vitamins A & D	1 cup	100.0	3.0	20.0	3.0
			0.5 cup	61.0	4.0	5.9	0.0
	Lunch	roll, french (USDA)	1 ea	105.3	3.3	19.1	1.2
		lunchmeat, turkey, rotisserie style,	200 g	224.0	27.0	15.4	0.8
		cheese, cheddar, medium (Kraft)	2 oz	243.0	12.1	0.0	0.0
	Dinner	pasta, spaghetti, whole wheat, dry	8 oz	798.3	31.5	166.4	20.9
		broccoli, fresh (USDA)	0.5 cup	15.5	1.3	3.0	1.2
		pinto beans, canned (USDA)	0.2 cup	49.2	2.8	9.1	2.8
		mushrooms, fresh, sliced (USDA)	0.5 cup	7.7	1.1	1.1	0.3
		butter, unsalted (USDA)	1 Tbs	101.8	0.1	0.0	0.0
		cheese, parmesan, shaved (Kraft)	0.2 cup	110.0	9.0	1.0	0.0
		Snack	orange, fresh, medium, 2 5/8"	1 ea	61.6	1.2	15.4
	carrots, fresh, medium (USDA)		2 ea	50.0	1.1	11.7	3.4
	peanuts, raw (USDA)		1 oz	160.7	7.3	4.6	2.4
		Day Total	--	2088.1	104.8	272.6	39.1
		Average Day Total	--	2121.7	94.2	276.2	29.9

  

Day	Meal	Item	Sugar (g)	SugAdd (g)	Fat (g)	Fat-S (g)	Fat-P (g)	Fat-M (g)
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	1.1	0.0	10.6	3.3	1.4	4.1
	Lunch	salmon, atlantic, farmed, baked,	0.0	0.0	12.3	2.4	4.5	4.2
		teriyaki sauce (USDA)	2.5	2.5	0.0	0.0	0.0	0.0
		vegetables, mixed, classic, frozen	4.8	0.0	0.5	0.0		
		dumpling, shumai, shrimp, ready to	0.7		3.7	1.3		
		rice, white, cooked, long grain,	0.0	0.0	0.1	0.0	0.0	0.0
	edamame, cooked (Hissho Sushi)	3.0	0.0	5.0	1.0			
Dinner	burrito, shredded chicken (Taco	2.0		20.0	5.0			
	potato, cheesy fiesta (Taco Bell)	2.0		12.0	2.0			
	Day Total	16.1	2.5	64.2	15.0	6.0	8.3	
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole milk, 2%, with vitamins A & D	1.0		2.0	0.5	0.5	0.5
			5.9	0.0	2.4	1.5	0.1	0.7
	Lunch	tortilla, corn, ready to bake (USDA)	0.6	0.0	2.0	0.3	1.0	0.5
		cheese, cheddar, mild, shredded	0.0	0.0	8.0	6.0		



Day	Meal	Item	Sugar (g)	SugAdd (g)	Fat (g)	Fat-S (g)	Fat-P (g)	Fat-M (g)
Sat 03-16-2019	Lunch	pinto beans, canned (USDA)	1.2	0.0	0.7	0.1	0.2	0.1
		avocado, fresh (USDA)	0.7	0.0	14.7	2.1	1.8	9.8
	Dinner	spaghetti, with bolognese sauce	21.0		31.0	10.0		
	Snack	peanuts, raw (USDA)	1.7	0.0	18.0	2.3	5.7	8.9
		popcorn, oil popped (USDA)	0.1	0.0	4.8	0.8	2.5	1.1
		candy bar, Crunch, 0.5 oz (USDA:	3.9		1.8	1.1		
	Day Total	36.0	0.0	85.5	24.8	11.9	21.6	
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole	1.0		2.0	0.5	0.5	0.5
		milk, 2%, with vitamins A & D	5.9	0.0	2.4	1.5	0.1	0.7
	Lunch	roll, french (USDA)	0.1		1.6	0.4	0.3	0.7
		lunchmeat, turkey, rotisserie style,	8.0		6.0	0.2	0.7	1.2
		cheese, cheddar, medium (Kraft)	0.0	0.0	20.2	12.1		
	Dinner	pasta, spaghetti, whole wheat, dry	6.2		6.6	1.0	2.6	0.8
		broccoli, fresh (USDA)	0.8	0.0	0.2	0.0	0.0	0.0
		pinto beans, canned (USDA)	0.6	0.0	0.3	0.1	0.1	0.1
		mushrooms, fresh, sliced (USDA)	0.7	0.0	0.1	0.0	0.1	0.0
		butter, unsalted (USDA)	0.0	0.0	11.5	7.2	0.4	3.3
		cheese, parmesan, shaved (Kraft)	0.0	0.0	8.0	4.5		
	Snack	orange, fresh, medium, 2 5/8"	12.2	0.0	0.1	0.0	0.0	0.0
		carrots, fresh, medium (USDA)	5.8	0.0	0.3	0.0	0.1	0.0
		peanuts, raw (USDA)	1.3	0.0	14.0	1.8	4.4	6.9
		Day Total	42.6	0.0	73.4	29.3	9.4	14.3
		Average Day Total	31.6	0.8	74.4	23.0	9.1	14.7

Day	Meal	Item	Chol (mg)	Water (ltr)	A-RAE(mcg)	D (mcg)	E-Toco (mg)	K (mcg)
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	373.0	0.1	149.0	2.2	1.0	0.3
	Lunch	salmon, atlantic, farmed, baked,	63.0	0.1	69.0	13.1	1.1	0.1
		teriyaki sauce (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		vegetables, mixed, classic, frozen	0.0		290.0			
		dumpling, shumai, shrimp, ready to	10.0					
		rice, white, cooked, long grain,	0.0	0.0	0.0	0.0	0.0	0.0
		edamame, cooked (Hissho Sushi)	0.0					
	Dinner	burrito, shredded chicken (Taco	45.0					
potato, cheesy fiesta (Taco Bell)		5.0						
	Day Total	496.0	0.2	508.0	15.3	2.2	0.4	
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole	0.0			1.0		
		milk, 2%, with vitamins A & D	9.8	0.1	67.5	1.5	0.0	0.2
	Lunch	tortilla, corn, ready to bake (USDA)	0.0	0.0	0.1	0.0	0.2	0.0
		cheese, cheddar, mild, shredded	30.0	0.0	0.0			
		pinto beans, canned (USDA)	0.0	0.1	0.0	0.0	0.7	2.5
		avocado, fresh (USDA)	0.0	0.1	7.3	0.0	2.1	21.1
	Dinner	spaghetti, with bolognese sauce	45.0					
	Snack	peanuts, raw (USDA)	0.0	0.0	0.0	0.0	3.0	0.0
		popcorn, oil popped (USDA)	0.0	0.0	0.8	0.0	0.3	0.5

Day	Meal	Item	Chol (mg)	Water (ltr)	A-RAE(mcg)	D (mcg)	E-Toco (mg)	K (mcg)	
Sat 03-16-2019	Snack	candy bar, Crunch, 0.5 oz (USDA:	0.9	0.0					
		Day Total	85.7	0.3	75.7	2.5	6.3	24.3	
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole	0.0			1.0			
		milk, 2%, with vitamins A & D	9.8	0.1	67.5	1.5	0.0	0.2	
	Lunch	roll, french (USDA)	0.0	0.0	0.0	0.0	0.1	0.7	
		lunchmeat, turkey, rotisserie style, cheese, cheddar, medium (Kraft)	110.0	0.1	4.0			0.0	
	Dinner	pasta, spaghetti, whole wheat, dry	0.0	0.0	0.0	0.0	1.0	3.2	
		broccoli, fresh (USDA)	0.0	0.0	14.2	0.0	0.3	46.2	
		pinto beans, canned (USDA)	0.0	0.0	0.0	0.0	0.3	1.3	
		mushrooms, fresh, sliced (USDA)	0.0	0.0	0.0	0.1	0.0	0.0	
		butter, unsalted (USDA)	30.5	0.0	97.1	0.0	0.3	1.0	
		cheese, parmesan, shaved (Kraft)	25.0						
	Snack	orange, fresh, medium, 2 5/8"	0.0	0.1	14.7	0.0	0.2	0.0	
		carrots, fresh, medium (USDA)	0.0	0.1	1019.1	0.0	0.8	16.1	
		peanuts, raw (USDA)	0.0	0.0	0.0	0.0	2.4	0.0	
		Day Total	236.0	0.6	1216.6	2.5	5.6	68.7	
		Average Day Total	272.6	0.4	600.1	6.8	4.7	31.1	
	Day	Meal	Item	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)	C (mg)
	Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	0.1	0.5	0.1	0.1	1.1	0.0
Lunch			salmon, atlantic, farmed, baked, teriyaki sauce (USDA)	0.3	0.1	8.0	0.6	2.8	3.7
		vegetables, mixed, classic, frozen	0.0	0.0	0.2	0.0	0.0	0.0	
		dumpling, shumai, shrimp, ready to						0.8	
		rice, white, cooked, long grain,	0.1	0.0	0.6	0.0	0.0	0.0	
		edamame, cooked (Hissho Sushi)						1.8	
Dinner		burrito, shredded chicken (Taco						1.2	
	potato, cheesy fiesta (Taco Bell)						0.0		
	Day Total	0.5	0.6	8.9	0.8	3.9	7.5		
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole	0.4	0.0	5.0	0.5	1.5	6.0	
		milk, 2%, with vitamins A & D	0.0	0.2	0.1	0.0	0.6	0.2	
	Lunch	tortilla, corn, ready to bake (USDA)	0.1	0.0	1.1	0.1	0.0	0.0	
		cheese, cheddar, mild, shredded						0.0	
		pinto beans, canned (USDA)	0.1	0.0	0.3	0.1	0.0	0.8	
		avocado, fresh (USDA)	0.1	0.1	1.7	0.2	0.0	10.0	
	Dinner	spaghetti, with bolognese sauce							
	Snack	peanuts, raw (USDA)	0.2	0.0	4.4	0.1	0.0	0.0	
popcorn, oil popped (USDA)		0.0	0.0	0.1	0.0	0.0	0.0		
	candy bar, Crunch, 0.5 oz (USDA:						0.0		
	Day Total	0.8	0.5	12.8	1.1	2.1	17.2		
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole	0.4	0.0	5.0	0.5	1.5	6.0	
		milk, 2%, with vitamins A & D	0.0	0.2	0.1	0.0	0.6	0.2	
	Lunch	roll, french (USDA)	0.2	0.1	1.6	0.0	0.0	0.0	
lunchmeat, turkey, rotisserie style,		0.1	0.2	10.3	0.6	0.4	20.0		

Day	Meal	Item	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)	C (mg)
Sun 03-17-2019	Lunch	cheese, cheddar, medium (Kraft)						0.0
	Dinner	pasta, spaghetti, whole wheat, dry	0.9	0.5	19.7	0.6	0.0	
		broccoli, fresh (USDA)	0.0	0.1	0.3	0.1	0.0	40.6
		pinto beans, canned (USDA)	0.0	0.0	0.2	0.0	0.0	0.4
		mushrooms, fresh, sliced (USDA)	0.0	0.1	1.3	0.0	0.0	0.7
		butter, unsalted (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		cheese, parmesan, shaved (Kraft)						0.0
	Snack	orange, fresh, medium, 2 5/8"	0.1	0.1	0.4	0.1	0.0	69.7
		carrots, fresh, medium (USDA)	0.1	0.1	1.2	0.2	0.0	7.2
		peanuts, raw (USDA)	0.2	0.0	3.4	0.1	0.0	0.0
	Day Total	2.0	1.4	43.4	2.2	2.6	144.8	
	Average Day Total	1.1	0.8	21.7	1.4	2.9	56.5	

Day	Meal	Item	Fol (mcg DFE)	Cholin (mg)	Calc (mg)	Copp (mg)	Iron (mg)	Magn (mg)
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	44.0	293.8	50.0	0.0	1.2	10.0
	Lunch	salmon, atlantic, farmed, baked,	34.0	90.5	15.0	0.0	0.3	30.0
		teriyaki sauce (USDA)	1.4	3.5	4.5	0.0	0.3	11.0
		vegetables, mixed, classic, frozen			20.0		0.0	
		dumpling, shumai, shrimp, ready to			6.7		0.1	
		rice, white, cooked, long grain,	38.3	0.8	4.0	0.0	0.5	4.7
	edamame, cooked (Hissho Sushi)			110.0		2.5		
	Dinner	burrito, shredded chicken (Taco			150.0		2.7	
		potato, cheesy fiesta (Taco Bell)			40.0		0.7	
		Day Total	117.8	388.6	400.1	0.1	8.3	55.7
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole			100.0		8.1	32.0
		milk, 2%, with vitamins A & D	6.1	20.0	146.4	0.0	0.0	13.4
	Lunch	tortilla, corn, ready to bake (USDA)	3.6	9.6	58.3	0.1	0.9	51.8
		cheese, cheddar, mild, shredded			185.7		0.0	
		pinto beans, canned (USDA)	28.8	25.0	56.4	0.2	1.8	39.6
		avocado, fresh (USDA)	81.4	14.3	12.1	0.2	0.5	29.1
	Dinner	spaghetti, with bolognese sauce						
	Snack	peanuts, raw (USDA)	87.6	19.2	33.6	0.4	1.7	61.3
		popcorn, oil popped (USDA)	2.8	1.4	0.4	0.0	0.2	8.7
		candy bar, Crunch, 0.5 oz (USDA:			7.1		0.0	
	Day Total	210.2	89.3	600.0	0.9	13.2	236.0	
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole			100.0		8.1	32.0
		milk, 2%, with vitamins A & D	6.1	20.0	146.4	0.0	0.0	13.4
	Lunch	roll, french (USDA)	64.2	5.6	34.6	0.1	1.0	7.6
		lunchmeat, turkey, rotisserie style,	8.0		32.0	0.1	4.4	40.0
		cheese, cheddar, medium (Kraft)			405.0		0.0	
	Dinner	pasta, spaghetti, whole wheat, dry	156.5		65.8	1.1	8.2	290.3
		broccoli, fresh (USDA)	28.7	8.5	21.4	0.0	0.3	9.6
		pinto beans, canned (USDA)	14.4	12.5	28.2	0.1	0.9	19.8
		mushrooms, fresh, sliced (USDA)	6.0	6.0	1.1	0.1	0.2	3.1
		butter, unsalted (USDA)	0.4	2.7	3.4	0.0	0.0	0.3

Day	Meal	Item	Fol (mcg DFE)	Cholin (mg)	Calc (mg)	Copp (mg)	Iron (mg)	Magn (mg)
Sun 03-17-2019	Dinner	cheese, parmesan, shaved (Kraft)			300.0		0.0	
	Snack	orange, fresh, medium, 2 5/8"	39.3	11.0	52.4	0.1	0.1	13.1
		carrots, fresh, medium (USDA)	23.2	10.7	40.3	0.0	0.4	14.6
		peanuts, raw (USDA)	68.0	14.9	26.1	0.3	1.3	47.6
		Day Total	414.8	91.9	1256.5	1.9	24.9	491.5
	Average Day Total	247.6	190.0	752.2	0.9	15.5	261.1	

Day	Meal	Item	Phos (mg)	Potas (mg)	Selen (mcg)	Sod (mg)	Zinc (mg)	18:2 (g)
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	172.0	126.0	30.8	124.0	1.0	1.2
	Lunch	salmon, atlantic, farmed, baked, teriyaki sauce (USDA)	252.0	384.0	41.4	61.0	0.4	0.7
		vegetables, mixed, classic, frozen				24.3		
		dumpling, shumai, shrimp, ready to				163.3		
		rice, white, cooked, long grain, edamame, cooked (Hisscho Sushi)	17.0	13.8	3.0	0.4	0.2	0.0
						439.0		
	Dinner	burrito, shredded chicken (Taco potato, cheesy fiesta (Taco Bell)				890.0		
						520.0		
		Day Total	468.7	564.3	75.3	2912.0	1.7	1.9

Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole milk, 2%, with vitamins A & D	100.0	180.0	3.0	140.0	3.8	0.1
			112.2	170.8		57.3	0.6	
	Lunch	tortilla, corn, ready to bake (USDA)	226.1	133.9	4.4	32.4	0.9	1.0
		cheese, cheddar, mild, shredded				170.0		
		pinto beans, canned (USDA)	110.4	331.2		321.6	0.7	0.1
		avocado, fresh (USDA)	52.3	487.4	0.4	7.0	0.6	1.7
	Dinner	spaghetti, with bolognese sauce				1680.0		
	Snack	peanuts, raw (USDA)	137.2	257.3	2.6	6.6	1.2	5.7
		popcorn, oil popped (USDA)	21.9	20.0	0.2	74.7	0.3	2.5
		candy bar, Crunch, 0.5 oz (USDA)		21.7		10.7		
	Day Total	760.1	1602.3	10.7	2500.3	8.1	11.0	

Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole milk, 2%, with vitamins A & D	100.0	180.0	3.0	140.0	3.8	0.1
			112.2	170.8		57.3	0.6	
	Lunch	roll, french (USDA)	31.9	43.3	10.6	218.1	0.3	0.3
		lunchmeat, turkey, rotisserie style, cheese, cheddar, medium (Kraft)	316.0	698.0	59.8	2400.0	4.2	0.6
						344.2		
	Dinner	pasta, spaghetti, whole wheat, dry	777.9	984.3	176.0	13.6	6.7	2.4
		broccoli, fresh (USDA)	30.0	143.8	1.1	15.0	0.2	0.0
		pinto beans, canned (USDA)	55.2	165.6		160.8	0.3	0.1
		mushrooms, fresh, sliced (USDA)	30.1	111.3	3.2	1.8	0.2	0.1
		butter, unsalted (USDA)	3.4	3.4	0.1	1.6	0.0	0.2
		cheese, parmesan, shaved (Kraft)				410.0		
	Snack	orange, fresh, medium, 2 5/8"	18.3	237.1	0.7	0.0	0.1	0.0
		carrots, fresh, medium (USDA)	42.7	390.4	0.1	84.2	0.3	0.1
		peanuts, raw (USDA)	106.6	199.9	2.0	5.1	0.9	4.4
		Day Total	1624.4	3327.9	256.8	3851.7	17.6	8.3
	Average Day Total	951.1	1831.5	114.3	3088.0	9.1	7.1	

Day	Meal	Item	18:3 (g)	EPA (g)	DHA (g)	Alc (g)	MPGrain (oz eq)	MPVeg (cup)	
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		Lunch	salmon, atlantic, farmed, baked,	0.1	0.7	1.4	0.0	0.0	0.0
			teriyaki sauce (USDA)				0.0	0.0	0.0
			vegetables, mixed, classic, frozen				0.0	0.0	0.7
			dumpling, shumai, shrimp, ready to					0.3	0.0
			rice, white, cooked, long grain,	0.0	0.0	0.0	0.0	0.5	0.0
			edamame, cooked (Hissho Sushi)				0.0	0.0	0.0
	Dinner	burrito, shredded chicken (Taco					0.0	2.8	0.0
		potato, cheesy fiesta (Taco Bell)					0.0	0.0	0.8
			Day Total	0.1	0.7	1.5	0.0	3.6	1.5
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole				0.0	1.2	0.0	
		milk, 2%, with vitamins A & D	0.0	0.0	0.0	0.0	0.0	0.0	
	Lunch	tortilla, corn, ready to bake (USDA)	0.0	0.0	0.0	0.0	1.9	0.0	
		cheese, cheddar, mild, shredded				0.0	0.0	0.0	
		pinto beans, canned (USDA)	0.1	0.0	0.0	0.0	0.0	0.0	
			avocado, fresh (USDA)	0.1	0.0	0.0	0.0	0.0	0.7
	Dinner	spaghetti, with bolognese sauce					19.8	0.0	
	Snack	peanuts, raw (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		popcorn, oil popped (USDA)	0.1	0.0	0.0	0.0	0.3	0.0	
		candy bar, Crunch, 0.5 oz (USDA:				0.0	0.0	0.0	
		Day Total	0.4	0.0	0.0	0.0	23.2	0.7	
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole				0.0	1.2	0.0	
		milk, 2%, with vitamins A & D	0.0	0.0	0.0	0.0	0.0	0.0	
	Lunch	roll, french (USDA)	0.0	0.0	0.0	0.0	1.1	0.0	
		lunchmeat, turkey, rotisserie style,	0.0	0.0	0.0	0.0	0.0	0.0	
		cheese, cheddar, medium (Kraft)				0.0	0.0	0.0	
	Dinner	pasta, spaghetti, whole wheat, dry	0.2	0.0	0.0	0.0	8.0	0.0	
		broccoli, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.5	
		pinto beans, canned (USDA)	0.1	0.0	0.0	0.0	0.0	0.0	
		mushrooms, fresh, sliced (USDA)	0.0	0.0	0.0	0.0	0.0	0.5	
		butter, unsalted (USDA)	0.2	0.0	0.0	0.0	0.0	0.0	
		cheese, parmesan, shaved (Kraft)				0.0	0.0	0.0	
Snack	orange, fresh, medium, 2 5/8"	0.0	0.0	0.0	0.0	0.0	0.0		
	carrots, fresh, medium (USDA)	0.0	0.0	0.0	0.0	0.0	0.9		
	peanuts, raw (USDA)	0.0	0.0	0.0	0.0	0.0	0.0		
		Day Total	0.5	0.0	0.0	0.0	10.3	1.9	
		Average Day Total	0.3	0.2	0.5	0.0	12.4	1.4	

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPProt (oz eq)
Fri 03-15-2019	Breakfast	egg, hard boiled, large (USDA)	0.0	0.0	2.0
		Lunch	salmon, atlantic, farmed, baked,	0.0	0.0
		teriyaki sauce (USDA)	0.0	0.0	0.0
		vegetables, mixed, classic, frozen	0.0	0.0	0.0
		dumpling, shumai, shrimp, ready to	0.0	0.0	0.2
		rice, white, cooked, long grain,	0.0	0.0	0.0

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPProt (oz eq)
Fri 03-15-2019	Lunch	edamame, cooked (Hissho Sushi)	0.0	0.0	2.7
	Dinner	burrito, shredded chicken (Taco	0.0	0.5	0.8
		potato, cheesy fiesta (Taco Bell)	0.0	0.1	0.0
Day Total			0.0	0.7	9.3
Sat 03-16-2019	Breakfast	cereal, Cheerios, with 100% whole	0.0	0.0	0.0
		milk, 2%, with vitamins A & D	0.0	0.5	0.0
	Lunch	tortilla, corn, ready to bake (USDA)	0.0	0.0	0.0
		cheese, cheddar, mild, shredded	0.0	0.6	0.0
		pinto beans, canned (USDA)	0.0	0.0	2.0
		avocado, fresh (USDA)	0.0	0.0	0.0
	Dinner	spaghetti, with bolognese sauce	0.0	0.0	0.0
	Snack	peanuts, raw (USDA)	0.0	0.0	2.6
		popcorn, oil popped (USDA)	0.0	0.0	0.0
		candy bar, Crunch, 0.5 oz (USDA:	0.0	0.0	0.0
Day Total			0.0	1.1	4.6
Sun 03-17-2019	Breakfast	cereal, Cheerios, with 100% whole	0.0	0.0	0.0
		milk, 2%, with vitamins A & D	0.0	0.5	0.0
	Lunch	roll, french (USDA)	0.0	0.0	0.0
		lunchmeat, turkey, rotisserie style,	0.0	0.0	7.0
		cheese, cheddar, medium (Kraft)	0.0	1.4	0.0
	Dinner	pasta, spaghetti, whole wheat, dry	0.0	0.0	0.0
		broccoli, fresh (USDA)	0.0	0.0	0.0
		pinto beans, canned (USDA)	0.0	0.0	1.0
		mushrooms, fresh, sliced (USDA)	0.0	0.0	0.0
		butter, unsalted (USDA)	0.0	0.0	0.0
		cheese, parmesan, shaved (Kraft)	0.0	1.0	0.0
	Snack	orange, fresh, medium, 2 5/8"	0.7	0.0	0.0
		carrots, fresh, medium (USDA)	0.0	0.0	0.0
		peanuts, raw (USDA)	0.0	0.0	2.0
Day Total			0.7	2.9	10.0
Average Day Total			0.2	1.6	8.0