

Single Nutrient Report

The Single Nutrient Report shows a sorted list of foods based on how they contribute to the total for one nutrient.

Profile Info

Personal: Test Student Female 45 yrs 5 ft 2 in 135.00 lb

Day(s): 2019 Feb 14 (Snack), Feb 15 (Snack), Feb 16 (Snack), Feb 17 (Snack), Feb 18 (Snack), Feb 25 (Snack), Feb 26 (Snack)

Activity Level: Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 24.7

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

Total Calories

Amount	Item	Cals	0	25	50	75	100
1.00 svg	Banana Smoothie (Testing)	327.20	20 %				
1.00 btl	soda, cola, Pepsi (Pepsi)	250.00	15 %				
1.00 ea	bar, hickory smoked, Strong & Kind (Kind)	230.00	14 %				
1.00 ea	bar, hickory smoked, Strong & Kind (Kind)	230.00	14 %				
1.00 ea	bar, almond & coconut, Fruit & Nut (Kind)	190.00	12 %				
12.0 oz	soda, Coke (Coca-Cola)	184.60	11 %				
1.00 cup	cereal, Tootie Fruities (USDA: Malt O Meal)	125.12	8 %				
1.00 ea	pancakes, plain, prepared from recipe, 4" (USDA)	86.26	5 %				
8.00 fl-oz	water, municipal tap (USDA)	0.00	0 %				
Total		1,623.18	100%				