

## Spreadsheet Report

The Spreadsheet shows all the values for all nutrients. Nutrients are displayed horizontally, with totals at the bottom of the list.

### 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.

Day	Meal	Item	Amount	Cals	Prot (g)	Carbs (g)	Fiber (g)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)	1 btl	250.0	0.0	69.0	0.0
		Day Total	--	250.0	0.0	69.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt	1 cup	125.1	1.5	27.5	0.7
		Day Total	--	125.1	1.5	27.5	0.7
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut	1 ea	190.0	3.0	21.0	3.0
		Day Total	--	190.0	3.0	21.0	3.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	1 ea	86.3	2.4	10.8	0.4
		Day Total	--	86.3	2.4	10.8	0.4
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	1 svg	327.2	26.8	48.7	5.8
		Day Total	--	327.2	26.8	48.7	5.8
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind	1 ea	230.0	10.0	15.0	3.0
		Day Total	--	230.0	10.0	15.0	3.0
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind	1 ea	230.0	10.0	15.0	3.0
		water, municipal tap (USDA)	8 fl-oz	0.0	0.0	0.0	0.0
		soda, Coke (Coca-Cola)	12 oz	184.6	0.0	51.4	0.0
		Day Total	--	414.6	10.0	66.4	3.0
		Average Day Total	--	231.9	7.7	36.9	2.3

Day	Meal	Item	Sugar (g)	SugAdd (g)	Fat (g)	Fat-S (g)	Fat-P (g)	Fat-M (g)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)	69.0	69.0	0.0	0.0	0.0	0.0
		Day Total	69.0	69.0	0.0	0.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt	14.5		1.0	0.2	0.3	0.5
		Day Total	14.5	0.0	1.0	0.2	0.3	0.5
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut	12.0		12.0	5.0		
		Day Total	12.0	0.0	12.0	5.0	0.0	0.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from			3.7	0.8	1.7	0.9
		Day Total	0.0	0.0	3.7	0.8	1.7	0.9

Day	Meal	Item	Sugar (g)	SugAdd (g)	Fat (g)	Fat-S (g)	Fat-P (g)	Fat-M (g)
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	29.8	0.0	4.1	0.7	0.2	0.1
		Day Total	29.8	0.0	4.1	0.7	0.2	0.1
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind	6.0		16.0	1.5		
		Day Total	6.0	0.0	16.0	1.5	0.0	0.0
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind	6.0		16.0	1.5		
		water, municipal tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soda, Coke (Coca-Cola)	51.4	51.4	0.0	0.0	0.0	0.0
		Day Total	57.4	51.4	16.0	1.5	0.0	0.0
		Average Day Total	27.0	17.2	7.5	1.4	0.3	0.2

Day	Meal	Item	Chol (mg)	Water (ltr)	A-RAE(mcg)	D (mcg)	E-Toco (mg)	K (mcg)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)	0.0		0.0			
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt)	0.0	0.0	143.4	1.0	0.0	0.0
		Day Total	0.0	0.0	143.4	1.0	0.0	0.0
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut	0.0		0.0			
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	22.4	0.0	20.5			
		Day Total	22.4	0.0	20.5	0.0	0.0	0.0
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	30.0	0.1	5.8	2.5	10.6	14.9
		Day Total	30.0	0.1	5.8	2.5	10.6	14.9
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind	0.0		0.0			
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind	0.0		0.0			
		water, municipal tap (USDA)	0.0	0.2	0.0	0.0	0.0	0.0
		soda, Coke (Coca-Cola)	0.0		0.0			
		Day Total	0.0	0.2	0.0	0.0	0.0	0.0
		Average Day Total	7.5	0.1	24.2	0.5	1.5	2.1

Day	Meal	Item	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)	C (mg)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)						0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt)	0.4	0.4	5.0	0.5	1.5	6.0
		Day Total	0.4	0.4	5.0	0.5	1.5	6.0
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut						0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	0.1	0.1	0.6	0.0	0.1	0.1
		Day Total	0.1	0.1	0.6	0.0	0.1	0.1
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	0.1	0.1	1.1	0.5	0.0	17.4
		Day Total	0.1	0.1	1.1	0.5	0.0	17.4

Day	Meal	Item	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)	C (mg)
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind		0.2				0.0
		Day Total	0.0	0.2	0.0	0.0	0.0	0.0
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind		0.2				0.0
		water, municipal tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soda, Coke (Coca-Cola)						0.0
		Day Total	0.0	0.2	0.0	0.0	0.0	0.0
		Average Day Total	0.1	0.2	1.0	0.1	0.2	3.4

Day	Meal	Item	Fol (mcg DFE)	Cholin (mg)	Calc (mg)	Copp (mg)	Iron (mg)	Magn (mg)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)			0.0		0.0	
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt	335.7	1.9	100.2	0.0	9.0	7.7
		Day Total	335.7	1.9	100.2	0.0	9.0	7.7
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut			40.0		0.7	40.0
		Day Total	0.0	0.0	40.0	0.0	0.7	40.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	21.3		83.2	0.0	0.7	6.1
		Day Total	21.3	0.0	83.2	0.0	0.7	6.1
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	28.0	16.0	290.3	0.1	1.2	52.3
		Day Total	28.0	16.0	290.3	0.1	1.2	52.3
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind			80.0	0.4	1.8	100.0
		Day Total	0.0	0.0	80.0	0.4	1.8	100.0
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind			80.0	0.4	1.8	100.0
		water, municipal tap (USDA)	0.0	0.0	7.1	0.0	0.0	2.4
		soda, Coke (Coca-Cola)			0.0		0.0	
		Day Total	0.0	0.0	87.1	0.4	1.8	102.4
		Average Day Total	55.0	2.6	97.3	0.1	2.2	44.1

Day	Meal	Item	Phos (mg)	Potas (mg)	Selen (mcg)	Sod (mg)	Zinc (mg)	18:2 (g)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)	89.0	15.0		55.0		0.0
		Day Total	89.0	15.0	0.0	55.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt	25.0	33.3	3.2	145.0	3.8	0.3
		Day Total	25.0	33.3	3.2	145.0	3.8	0.3
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut	60.0	150.0		25.0		
		Day Total	60.0	150.0	0.0	25.0	0.0	0.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	60.4	50.2	5.7	166.8	0.2	1.5
		Day Total	60.4	50.2	5.7	166.8	0.2	1.5
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	134.8	659.4	1.2	281.9	0.3	0.1
		Day Total	134.8	659.4	1.2	281.9	0.3	0.1
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind	200.0	230.0		125.0		
		Day Total	200.0	230.0	0.0	125.0	0.0	0.0

Day	Meal	Item	Phos (mg)	Potas (mg)	Selen (mcg)	Sod (mg)	Zinc (mg)	18:2 (g)
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind	200.0	230.0		125.0		
		water, municipal tap (USDA)	0.0	2.4	0.0	7.1	0.0	0.0
		soda, Coke (Coca-Cola)				59.3		0.0
		Day Total	200.0	232.4	0.0	191.4	0.0	0.0
		Average Day Total	109.9	195.7	1.4	141.4	0.6	0.3

Day	Meal	Item	18:3 (g)	EPA (g)	DHA (g)	Alc (g)	MPGrain (oz eq)	MPVeg (cup)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt)	0.0	0.0	0.0	0.0	1.6	0.0
		Day Total	0.0	0.0	0.0	0.0	1.6	0.0
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut				0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	0.2	0.0	0.0	0.0	0.6	0.0
		Day Total	0.2	0.0	0.0	0.0	0.6	0.0
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	0.1	0.0	0.0	0.0	0.0	0.0
		Day Total	0.1	0.0	0.0	0.0	0.0	0.0
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind				0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
Tue 02-26-2019	Snack	bar, hickory smoked, Strong & Kind				0.0	0.0	0.0
		water, municipal tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soda, Coke (Coca-Cola)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.0	0.0	0.0
		Average Day Total	0.0	0.0	0.0	0.0	0.3	0.0

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPProt (oz eq)
Thu 02-14-2019	Snack	soda, cola, Pepsi (Pepsi)	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0
Fri 02-15-2019	Snack	cereal, Tootie Fruities (USDA: Malt)	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0
Sat 02-16-2019	Snack	bar, almond & coconut, Fruit & Nut	0.0	0.0	1.0
		Day Total	0.0	0.0	1.0
Sun 02-17-2019	Snack	pancakes, plain, prepared from	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0
Mon 02-18-2019	Snack	Banana Smoothie (Testing)	1.3	0.7	3.5
		Day Total	1.3	0.7	3.5
Mon 02-25-2019	Snack	bar, hickory smoked, Strong & Kind	0.0	0.0	3.2
		Day Total	0.0	0.0	3.2

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPProt (oz eq)
Tue 02- 26-2019	Snack	bar, hickory smoked, Strong & Kind	0.0	0.0	3.2
		water, municipal tap (USDA)	0.0	0.0	0.0
		soda, Coke (Coca-Cola)	0.0	0.0	0.0
		Day Total	0.0	0.0	3.2
	Average Day Total	0.2	0.1	1.6	