

Actual Intakes -vs- Recommended Intakes

The actual intakes -vs- recommended intakes report displays the amount of nutrients consumed as they compare to your dietary intake recommendations.

Profile Info

Personal  Female  5 ft 4 in 150 lb

Day(s): Sunday (Breakfast, Lunch, Dinner, Snack), Monday (Breakfast, Lunch, Dinner, Snack), Tuesday (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: 25.7

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

Nutrient	Actual	Rec.	Percent	
<i>Basic Components</i>				
Calories	1,328	2,204.9	60 %	
Calories from Fat	494.28	617.38	80 %	20-35% of Calories (adults 19+ yrs)*
Calories from SatFat	147.82	198.44	74 %	Less than 10% of Calories+
Protein (g)	88.70	54.43	108 %	10-35% of Calories (adults 19+ yrs)*
Carbohydrates (g)	156.29	303.18	52 %	45-65% of Calories (adults 19+ yrs)*
Total Sugars (g)	76.07			
Added Sugar (g)++	26.00			Less than 10% of Calories+
Dietary Fiber (g)	9.58	30.87	31 %	
Soluble Fiber (g)	0.67			
InSoluble Fiber (g)	2.28			
Fat (g)	54.92	68.60	80 %	20-35% of Calories (adults 19+ yrs)*
Saturated Fat (g)	16.42	22.05	74 %	Less than 10% of Calories+
Trans Fat (g)	0.48			Minimize+
Mono Fat (g)	9.76	24.50	40 %	
Poly Fat (g)	9.25	22.05	42 %	
Cholesterol (mg)	298.88	300.00	100 %	Limit+
Water (g)	1,241	2,700.0	46 %	
<i>Vitamins</i>				
Vitamin A - RAE (mcg)	163.25	700.00	23 %	
Beta-carotene (mcg)	206.08			
Vitamin B1 - Thiamin (mg)	0.92	1.10	84 %	
Vitamin B2 - Riboflavin	1.10	1.10	100 %	
Vitamin B3 - Niacin (mg)	12.50	14.00	89 %	
Vitamin B6 (mg)	0.87	1.30	67 %	Do not exceed 100 mg*
Vitamin B12 (mcg)	2.11	2.40	88 %	Over 50 should take a supplement or eat fortified foods*