

Combination Report

A Combination Report can be generated for a specific time period by selecting different reports to combine as well as specific meals. This report combines any or all of the other reports so that you have them in one place.



Report Dates

Set a date range for the data in this report.

Start Date

02/06/2024

End Date :

02/06/2024

Choose Reports to Combine

☒ DRI Report

☒ Consumption vs. Goals

☒ Macronutrient Ranges

☒ Fat Breakdown

☒ Source Analysis

☒ MyPlate Analysis

☒ Intake Spreadsheet

☒ Exchanges Spreadsheet

☒ Activities Spreadsheet

☒ Energy Balance

☒ Daily Food Log

☒ Daily Activity Log



Profile Details

AGE:
35

GENDER:

Male

ACTIVITY LEVEL:
Low Active

HEIGHT:

6' 2"

WEIGHT:
230 lbs.



Report Data

DRI Report

Profile Information

Profile		
Active Profile:	James Torrance	
Height:	6 ft. 2 inches	
Weight:	230 lbs.	
Age:	35 years	
BMI:	29.527	
Gender:	Male	
Activity Level:	Low Active	
Strict Vegetarian/Vegan:	no	

Nutrient Data

Nutrient	DRI	Notes
Energy		
Kilocalories	3297.0kcal	

Kilocalories	3297.0kcal	
Protein	83.46g	AMDR: 10%-35% of kilocalories RDA: Daily requirement based on 0.8 grams of protein per kilogram body weight
Carbohydrate	370.91 -535.76g	AMDR: 45%-65% of kilocalories RDA: 130 g/day for adults and children
Fat, Total	73.27 -128.22g	AMDR: 20%-35% of kilocalories
Fat (Specific)		
Saturated Fat	<36.6g	Less than 10% of kilocalories
Monounsaturated Fat	*	No recommendation
Polyunsaturated Fat	*	No recommendation
Trans Fatty Acid	*	No recommendation
Cholesterol	<*	Less than mg recommended
Essential Fatty Acids		
PFA 18:2, Linoleic	17.00g	
PFA 18:3, Linolenic	1.60g	
Carbohydrates (Specific)		
Dietary Fiber, Total	38.0g	
Sugar, Total	*	No recommendation
Other		
Water	3700.00g	
Alcohol	*	No recommendation
Vitamins		
Thiamin	1.20mg	
Riboflavin	1.30mg	
Niacin	16.00mg	
Pyridoxine (Vitamin B6)	1.30mg	
Cobalamin (Vitamin B12)	2.40mcg	
Folate (DFE)	400.00mcg	
Vitamin C	90.00mg	
Vitamin D (ug)	15.00mcg	
Vitamin A (RAE)	900.00mcg	
Vitamin A (IU)	3000.00IU	
Vitamin K	120.00mcg	
Vitamin E (Alpha-Tocopherol)	15.00mg	
Minerals		

Calcium	1000.00mg	
Iron	8.00mg	
Magnesium	420.00mg	
Potassium	3400.00mg	DRI Adequate Intake
Zinc	11.00mg	
Sodium	1500.00mg	DRI Adequate Intake

Consumption vs. Goals

02/06/2024 - 02/06/2024

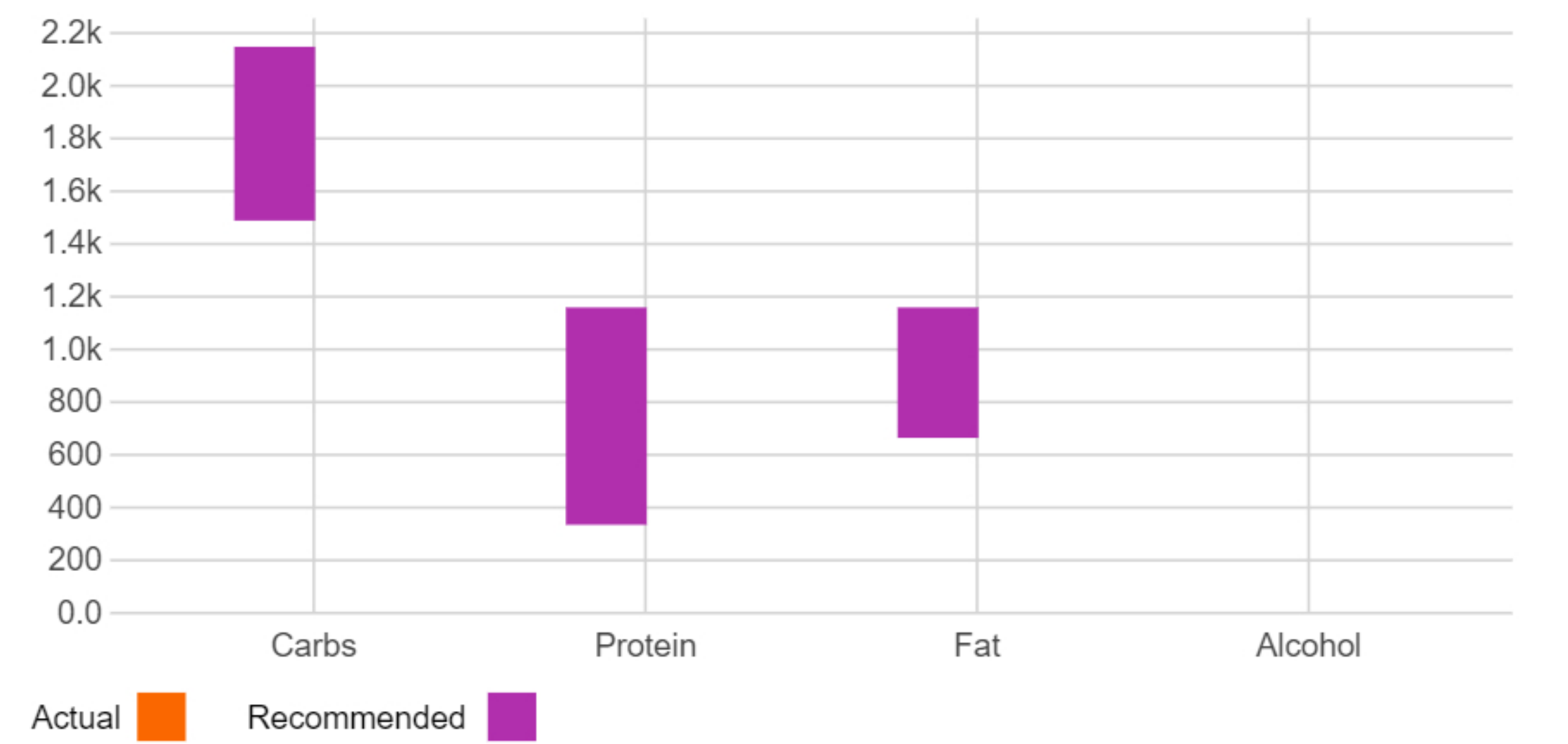
Nutrient	DRI	Intake	% of DRI	Reported Intake	Notes
Energy					
Kilocalories	3297.0kcal	0.00 kcal	0%	Not reported	
Protein	83.46g	0.00 g	0%	Not reported	
Carbohydrate	370.91 -535.76g	0.00 g	0%	Not reported	
Fat, Total	73.27 -128.22g	0.00 g	0%	Not reported	
Fat (Specific)					
Saturated Fat	<36.6g	0.00 g	0%	Not reported	
Monounsaturated Fat	No suggestion	0.00 g	N/A	N/A	
Polyunsaturated Fat	No suggestion	0.00 g	N/A	N/A	
Trans Fatty Acid	No suggestion	0.00 g	N/A	N/A	
Cholesterol	<No suggestion	0.00 mg	N/A	N/A	
Essential Fatty Acids					
PFA 18:2, Linoleic	17.00g	0.00 g	0%	Not reported	
PFA 18:3, Linolenic	1.60g	0.00 g	0%	Not reported	
Carbohydrates (Specific)					
Dietary Fiber, Total	38.0g	0.00 g	0%	Not reported	
Sugar, Total	No suggestion	0.00 g	N/A	N/A	
Other					
Water	3700.00g	0.00 g	0%	Not reported	
Alcohol	No suggestion	0.00 g	N/A	N/A	
Vitamins					
Thiamin	1.20mg	0.00 mg	0%	Not reported	
Riboflavin	1.30mg	0.00 mg	0%	Not reported	
Niacin	16.00mg	0.00 mg	0%	Not reported	
Pyridoxine (Vitamin B6)	1.30mg	0.00 mg	0%	Not reported	
Cobalamin (Vitamin B12)	2.40mcg	0.00 mcg	0%	Not reported	

Vitamin B12	2.40mcg	0.00 mcg	0%	Not reported	
Folate (DFE)	400.00mcg	0.00 mcg	0%	Not reported	
Vitamin C	90.00mg	0.00 mg	0%	Not reported	
Vitamin D (ug)	15.00mcg	0.00 mcg	0%	Not reported	
Vitamin A (RAE)	900.00mcg	0.00 mcg	0%	Not reported	
Vitamin A (IU)	3000.00IU	0.00 IU	0%	Not reported	
Vitamin K	120.00mcg	0.00 mcg	0%	Not reported	
Vitamin E (Alpha-Tocopherol)	15.00mg	0.00 mg	0%	Not reported	

Minerals					
Calcium	1000.00mg	0.00 mg	0%	Not reported	
Iron	8.00mg	0.00 mg	0%	Not reported	
Magnesium	420.00mg	0.00 mg	0%	Not reported	
Potassium	3400.00mg	0.00 mg	0%	Not reported	
Zinc	11.00mg	0.00 mg	0%	Not reported	
Sodium	1500.00mg	0.00 mg	0%	Not reported	

Macronutrient Ranges

02/06/2024 - 02/06/2024



Macronutrient	Recommended (kcal)	Recommended (%)	Actual Intake (kcal)	Actual Intake (%)
Total Calories	3297 kcal		0 kcal	
Carbs	1,483.65-2,143.05 kcal	45%-65%	0 kcal	0%
Protein	329.7-1,153.95 kcal	10%-35%	0 kcal	0%
Fats	659.4-1,153.95 kcal	20%-35%	0 kcal	0%

Alcohol	0 kcal	0%	0 kcal	0%
---------	--------	----	--------	----

Fat Breakdown

02/06/2024 - 02/06/2024

No entries for the selected dates and meals.

Source Analysis

02/06/2024 - 02/06/2024

Selected Nutrient:

Kilocalories

Item Name	Amount of Food	Nutrient	Amount of Nutrient	Percent of Average Daily Value
-----------	----------------	----------	--------------------	--------------------------------

★ A gold star marks foods containing more than 20% of the DV. A silver star marks foods containing 10% to 20% of the DV.

MyPlate Analysis

02/06/2024 - 02/06/2024

Group	Goal ★	Resources	Actual	% Goal
Grains	10.0 oz. eq.	tips	0.0 oz. eq.	0.0 %
Vegetables	4.0 cup eq.	tips	0.0 cup eq.	0.0 %
Fruits	2.5 cup eq.	tips	0.0 cup eq.	0.0 %
Dairy	3.0 cup eq.	tips	0.0 cup eq.	0.0 %
Protein Foods	7.0 oz. eq.	tips	0.0 oz. eq.	0.0 %
Empty Calories	596.0 kcal		0.0 kcal	0.0 %

Your results are based on a 3297 [calorie pattern](#).

Make Half Your Grains Whole! Aim for at least 5.0 oz. eq. [whole grains](#).

Vary Your Veggies! [Aim for this much every week](#):

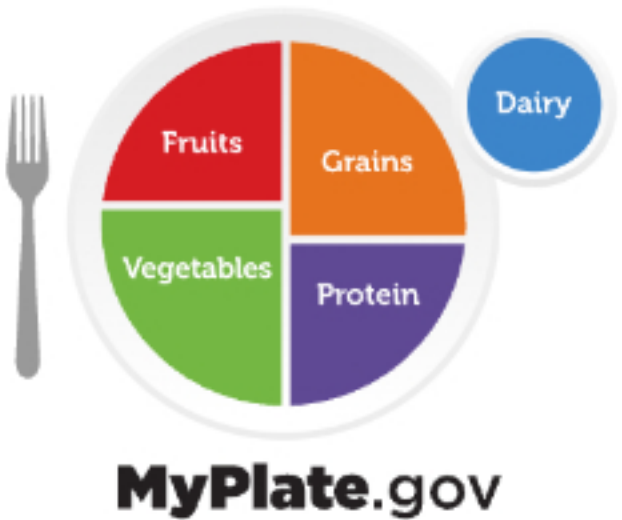
- Dark Green Vegetables = 2.5 cups weekly
- Orange Vegetables = 7.5 cups weekly
- Dry Beans & Peas = 3 cups weekly
- Starchy Vegetables = 8 cups weekly
- Other Vegetables = 7 cups weekly

Oils: Aim for 11 [teaspoons of oil](#) a day.

Go Lean with Protein! Aim for this much every week:

- Seafood = 11 oz weekly
- Meat, Poultry & Eggs = 34 oz weekly
- Nuts, Seeds & Soy Products = 5 oz weekly

★ MyPlate contains recommendations only for calorie levels up to 3,200 per day. If Diet & Wellness Plus recommends more than 3,200 calories per day for you, talk to your instructor for guidance on how to use MyPlate.



Intake Spreadsheet

No diet entries for the day(s) in question.

Exchanges Spreadsheet



**** CAUTION!** Data from Recipes and Custom Foods is not included on the Exchanges Spreadsheet, as exchange values for these cannot be calculated.

Activities Spreadsheet

No activity entries for the day(s) in question.

Energy Balance

02/06/2024 - 02/06/2024

You have not recorded any meals for this day.

Daily Food Log

You have not recorded any diet entries for this day.

Daily Activity Log

You have not recorded any activity entries for this day.