

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: Lorrie Naqvi Female 45 yrs 5 ft 6 in 129 lb

Day(s): Day 1 (Lunch, Dinner, Snack), Day 2 (Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Dinner, Snack), Day 4 (Breakfast, Lunch, Dinner, Snack), Day 5 (Breakfast, Lunch, Dinner, Snack), Day 6 (Lunch, Dinner, Snack), Day 7 (Lunch, Dinner, Snack)

Activity Level: Sedentary

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 20.8

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

Nutrient	Actual	Rec.	Percent	
<i>Basic Components</i>				
Calories	1,502.	1,814.7	83%	
Calories from Fat	520.37	508.12	102%	20-35% of Calories (adults 19+ yrs)*
Calories from SatFat	70.16	163.32	43%	Less than 10% of Calories+
Protein (g)	59.54	46.81	127%	10-35% of Calories (adults 19+ yrs)*~
Carbohydrates (g)	193.10	249.52	77%	45-65% of Calories (adults 19+ yrs)*
Total Sugars (g)	55.84			
Added Sugar (g)++	5.57			Less than 10% of Calories+
Dietary Fiber (g)	16.20	25.41	64%	
Soluble Fiber (g)	1.34			
InSoluble Fiber (g)	4.82			
Fat (g)	57.82	56.46	102%	20-35% of Calories (adults 19+ yrs)*
Saturated Fat (g)	7.80	18.15	43%	Less than 10% of Calories+
Trans Fat (g)	0.26			Minimize+
Mono Fat (g)	6.75	20.16	33%	
Poly Fat (g)	6.98	18.15	38%	
Cholesterol (mg)	55.81	300.00	19%	Limit+
Water (g)	1,028.	2,700.0	38%	
<i>Vitamins</i>				
Vitamin A - RAE (mcg)	89.75	700.00	13%	
Beta-carotene (mcg)	182.46			
Vitamin B1 - Thiamin (mg)	0.71	1.10	64%	
Vitamin B2 - Riboflavin	0.71	1.10	65%	
Vitamin B3 - Niacin (mg)	16.01	14.00	114%	
Vitamin B6 (mg)	0.70	1.30	54%	Do not exceed 100 mg*
Vitamin B12 (mcg)	1.86	2.40	78%	Over 50 should take a supplement or eat fortified foods*
Vitamin C (mg)	19.08	75.00	25%	
Vitamin D - mcg (mcg)	2.28	15.00	15%	15 to no more than 100 mcg*
Vitamin E - a-Toco (mg)	7.73	15.00	52%	
Folate (mcg)	188.56	400.00	47%	Women of child-bearing age should take a supplement or fortified foods with 400 mcg*
<i>Minerals</i>				
Calcium (mg)	441.33	1,000.0	44%	Do not exceed 2500 mg*
Iron (mg)	11.33	18.00	63%	Do not exceed 45 mg*
Magnesium (mg)	182.32	320.00	57%	Do not exceed 350 mg by supplement*
Phosphorus (mg)	511.46	700.00	73%	Do not exceed 4000 mg*
Potassium (mg)	1,429.	4,700.0	30%	At least 4700 mg per day*
Selenium (mcg)	56.63			
Sodium (mg)	2,510.	2,300.0	109%	Less than 2300 mg per day* - less than 1500 mg for some people+
Zinc (mg)	6.50	8.00	81%	Do not exceed 40 mg*
<i>Other</i>				
Omega-3 (g)	0.40			
Omega-6 (g)	4.12			
Alcohol (g)	0.00			Do not exceed 2 standard drinks for men and 1 standard drink for women+
Caffeine (mg)	31.92			Up to 400 mg (three to five 8-oz cups of coffee per day)+

* Dietary Reference Intakes

+ 2015 Dietary Guidelines for Americans

++The nutrient content of the items in the MDA food database depend on manufacturers' reporting accurate information. Since many do not have data yet on added sugars, this number may not be an accurate reflection of added sugar intake.

~ Protein recommendations have not been adjusted to take into account endurance/strength athletes who fall into the active and very active categories, but do take into account pregnancy and lactation.

MyFoodList Report

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

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Activity Level: Sedentary

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 20.8

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

Amount	Item	Cals
<i>Day 1</i>		
100.0 g	meatballs, beef koftas, prepared from recipe (British Food)	350
100.0 g	meatballs, beef koftas, prepared from recipe (British Food)	350
1.0 lrg	bread, pita, white, 6 1/2", enriched (USDA)	165
1.0 sml	bread, pita, white, 4", enriched (USDA)	77
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
100.0 g	curry, lamb, biriani, prepared from recipe (British Food)	249
100.0 g	curry, lamb, biriani, prepared from recipe (British Food)	249
8.0 fl-oz	water, municipal tap (USDA)	0
		<i>Day Total</i>
		1440
<i>Day 2</i>		
100.0 g	meatballs, beef koftas, prepared from recipe (British Food)	350
100.0 g	meatballs, beef koftas, prepared from recipe (British Food)	350
1.0 lrg	bread, pita, white, 6 1/2", enriched (USDA)	165
8.0 fl-oz	water, municipal tap (USDA)	0
8.0 fl-oz	water, municipal tap (USDA)	0
100.0 g	curry, lamb, biriani, prepared from recipe (British Food)	249
0.25 cup	mixed nuts, salted, dry roasted, with peanuts (USDA)	203
8.0 fl-oz	water, municipal tap (USDA)	0
		<i>Day Total</i>
		1317
<i>Day 3</i>		
1.0 cup	cereal, Raisin Bran (USDA: Kellogg)	188
1.0 ea	english muffin, whole wheat (USDA)	134
100.0 g	curry, mutton, biriani, prepared from recipe (British Food)	249
1.0 ea	apple, fresh, medium, 3" (USDA: Commodity)	95
8.0 fl-oz	almond milk, original, Almond Breeze (Blue Diamond Natural)	60
1.0 cup	pasta, spaghetti, cooked, not packed, enriched (USDA)	196
0.25 cup	cashews, salted, dry roasted, whole (USDA)	197
0.5 cup	spaghetti sauce (USDA)	66
0.5 cup	spaghetti sauce (USDA)	66
1.0 cntr	yogurt, french vanilla (Yoplait)	150
8.0 fl-oz	water, municipal tap (USDA)	0
8.0 fl-oz	water, municipal tap (USDA)	0
8.0 fl-oz	water, municipal tap (USDA)	0
		<i>Day Total</i>
		1400
<i>Day 4</i>		
8.0 fl-oz	almond milk, original, Almond Breeze (Blue Diamond Natural)	60
1.0 ea	apple, fresh, medium, 3" (USDA: Commodity)	95
1.0 ea	hamburger, regular patty (USDA: Fast Food)	255
1.0 ea	sandwich, turkey breast, with wheat, 6" (Subway)	280
1.0 cup	cereal, raisin bran (USDA: Post)	191
1.0 ea	english muffin, whole wheat (USDA)	134
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
1.0 ea	cookie, oatmeal raisin, soft, homestyle, big (Grandma's)	180
15.0 ea	potato chips, classic (Lays)	160
1.0 cntr	yogurt, french vanilla (Yoplait)	150
		<i>Day Total</i>
		1505
<i>Day 5</i>		
1.0 ea	bagel, cinnamon raisin, 4" (USDA)	288
8.0 fl-oz	water, municipal tap (USDA)	0
11.0 ea	tortilla chips, nacho cheese (Doritos)	140

MyDietAnalysis: Report

1.0	ea	pizza, pan, cheese, personal (Pizza Hut)	600
8.0	fl-oz	water, municipal tap (USDA)	0
1.0	cup	pasta, spaghetti, whole wheat, cooked, packed (USDA)	225
1.0	cup	pasta, spaghetti, whole wheat, cooked, packed (USDA)	225
8.0	fl-oz	water, municipal tap (USDA)	0
1.0	cup	coffee, brewed, with tap water (USDA)	2
1.0	sml	smoothie, fruit fusion (Smoothie King)	355

Day Total 1835

Day 6

1.0	order	fish fillet, battered, fried (USDA: Family Style Restaurant)	495
0.5	cup	rice, white, cooked, long grain, enriched (USDA)	103
0.5	cup	rice, white, cooked, long grain, enriched (USDA)	103
8.0	fl-oz	almond milk, original, Almond Breeze (Blue Diamond Natural)	60
1.0	ea	taco, beef (USDA: Taco Bell)	158
1.0	ea	taco, beef (USDA: Taco Bell)	158
8.0	fl-oz	water, municipal tap (USDA)	0
8.0	fl-oz	water, municipal tap (USDA)	0
1.0	can	soda, Coke (Coca-Cola)	140
1.0	ea	apple, fresh, medium, 3" (USDA: Commodity)	95
1.0	ea	cookie, oatmeal, soft (Archway Cookies)	150

Day Total 1461

Day 7

1.0	cup	coffee, brewed, with tap water (USDA)	2
8.0	fl-oz	water, municipal tap (USDA)	0
1.0	ea	protein bar, vanilla, Protein Plus (Power Bar)	210
8.0	fl-oz	water, municipal tap (USDA)	0
1.0	cup	soup, lentil vegetable, canned, organic (Amy's)	160
1.0	ea	sandwich, chicken salad, with white	365
1.0	ea	banana, fresh, large, 8" to 8 7/8" (USDA)	121
8.0	fl-oz	water, municipal tap (USDA)	0
1.0	side	salad, garden, with dressing, side (Wendy's)	210
1.0	ea	sandwich, spicy chicken (Wendy's)	490
8.0	fl-oz	water, municipal tap (USDA)	0

Day Total 1558

Total	10516
Day Average	1502
Item Average	144

Activity Summary

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

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Activity Level: Sedentary

Strive for an Active activity level.

Weight Change: None

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Profile Calorie Goal: 1815

Daily Activity Details

Day 1

Duration	Mets	Exercise	Calories
1 hours	2.0	walking, household	0!
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1815

Day 2

Duration	Mets	Exercise	Calories
30 minutes	2.3	home activities, shopping (non-grocery), walking	0!
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1815

Day 3

Duration	Mets	Exercise	Calories
30 minutes	4.3	walking, 3.5 mph, level, firm surface, brisk	132
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1947

Day 4

Duration	Mets	Exercise	Calories
30 minutes	2.0	walking, household	0!
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1815

Day 5

Duration	Mets	Exercise	Calories
30 minutes	3.3	walking, 3 mph, level, moderate	101
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1916

Day 6

Duration	Mets	Exercise	Calories
30 minutes	2.3	home activities, shopping (non-grocery), walking	0!
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1815

Day 7

Duration	Mets	Exercise	Calories
30 minutes	3.5	walking, for pleasure, work break	108
		Sedentary Activities of Daily Living†	1815
		Total Calories (Sedentary)	1922

Summary

	Calories
Sedentary Activities of Daily Living†	1815
Average Daily Calories Expended	49
Daily Average#	1863

[!] This activity is included in your Activities of Daily Living and so will not be counted as additional exercise Calories.

[†] 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 1815 Calories to maintain your current weight.

Calorie Goal

Calories Expended