

Calorie and Fat Sources

The Calorie and Fat Sources report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats) as a percentage of total calories.

Profile Info

Personal: Jesus Mojica Male 39 yrs 5 ft 8 in 210 lb

Day(s): Day 1 (Breakfast, Lunch, Dinner, Snack), Day 2 (Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Snack)

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 31.9

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

Calories: 2112

Source of Calories

Protein	17%	10-35% of Calories (adults 19+ yrs)*~
Carbohydrate	39%	45-65% of Calories (adults 19+ yrs)*
Fat	44%	20-35% of Calories (adults 19+ yrs)*
Alcohol	0%	Do not exceed 2 standard drinks for men and 1 standard drink for women*

Source of Fat

Saturated Fat	11%	Less than 10% of Calories*
Mono Fat	8%	
Poly Fat	5%	
Trans Fat	0%	Minimize*
N/A *	20%	

* Dietary Reference Intakes

~ 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.

* Complete fat source information is not available for all foods. N/A Fat accounts for the missing information.

Ratios

Exchanges

Starch	10.74	Fruit	0.00
Other Carbs	1.97	Vegetables	0.20
Lean Meat	8.60	Fat	16.37
Alcohol	0.00	NonFatMilk	0.00

P:S (Poly Fat / Saturated Fat)	0.48 : 1
Potassium : Sodium	0.33 : 1
Calcium : Phosphorus	0.37 : 1
CSI (Cholesterol / Saturated Fat)	58.11