

All Daily Reports

A variety of reports and information combined into one document.

Profile Info

Personal:  Male 23 yrs 187 cm 100 kg
 Activity Level: Active (Strive for an Active activity level.)
 BMI: 28.6 Normal is 18.5 to 25.
 Weight Change: Lose 2 lb per week Best not to exceed 2 lbs per week.

Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as the DRI (Dietary Reference Intake).

Nutrient	DRI Goal	Notes
Basic Components		
Calories	2,624.80	
Protein (g)	80.00	10% - 35% of Calories (adults 19-70 yrs) *
Carbohydrates (g)	360.91	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	36.75	
Fat (g)	81.66	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	26.25	Less than 10% of Calories +
Mono Fat (g)	29.16	
Poly Fat (g)	26.25	
Cholesterol (mg)	300.00	Less than 300 mg per day +
Water (g)	3,700.00	
Vitamins		
Vitamin A - RAE (mcg)	900.00	
Vitamin B1 - Thiamin (mg)	1.20	
Vitamin B2 - Riboflavin (mg)	1.30	
Vitamin B3 - Niacin (mg)	16.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	90.00	Do not exceed 2000 mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	
Folate (mcg)	400.00	Women of child bearing age should take a supplement *
Minerals		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *
Iron (mg)	8.00	Do not exceed 45 mg *

Magnesium (mg)	400.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	4,700.00	
Sodium (mg)	2,300.00	Less than 2300 mg - lower for some people +
Zinc (mg)	11.00	Do not exceed 40 mg *

Sources:

* Dietary Reference Intakes - For Adult 19-70 years, non-pregnant

+ 2010 Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	2,624.80		0 %				
Calories from Fat	734.94		0 %				
Calories from SatFat	236.23		0 %				
Protein (g)	80.00*		0 %				
Carbohydrates (g)	360.91		0 %				
Sugar (g)							
Dietary Fiber (g)	36.75		0 %				
Soluble Fiber (g)							
InSoluble Fiber (g)							
Fat (g)	81.66		0 %				
Saturated Fat (g)	26.25		0 %				
Trans Fat (g)							
Mono Fat (g)	29.16		0 %				
Poly Fat (g)	26.25		0 %				
Cholesterol (mg)	300.00		0 %				
Water (g)	3,700.00		0 %				
Vitamins							
Vitamin A - RAE (mcg)	900.00		0 %				
Vitamin B1 - Thiamin (mg)	1.20		0 %				
Vitamin B2 - Riboflavin (mg)	1.30		0 %				
Vitamin B3 - Niacin (mg)	16.00		0 %				
Vitamin B6 (mg)	1.30		0 %				
Vitamin B12 (mcg)	2.40		0 %				
Vitamin C (mg)	90.00		0 %				
Vitamin D - mcg (mcg)	15.00		0 %				
Vitamin E - Alpha	15.00		0 %				
Folate (mcg)	400.00		0 %				
Minerals							
Calcium (mg)	1,000.00		0 %				

Iron (mg)	8.00	0 % I
Magnesium (mg)	400.00	0 % I
Phosphorus (mg)	700.00	0 % I
Potassium (mg)	4,700.00	0 % I
Sodium (mg)	2,300.00	0 % I
Zinc (mg)	11.00	0 % I

Other

Omega-3 (g)

Omega-6 (g)

Alcohol (g)

Caffeine (mg)

* Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

Spreadsheet Report

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

Calories and Fat

The Calories and Fats 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).

Source of Calories	Calori	Gram	Percent
Protein			
Carbohydrates			
Alcohol			
Fat (Total)			
Saturated Fat			
Trans Fat			
Mono Fat			
Poly Fat			

Total

*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Source of Fat (approx.)	Fat (g)	Percent
Saturated Fat		
Mono Fat		
Poly Fat		
Trans Fat		
Total (g)		100 %

*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Exchanges

Starch	Fruit
Other Carbs	Vegetables
Lean Meat	Milk
Alcohol	

Ratios

P:S (Poly Fat / Saturated Fat)
Potassium : Sodium
Calcium : Phosphorus
CSI (Cholesterol / Saturated Fat)

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight

Calories to maintain current weight 3625

Calorie adjustment for weight change of 2 lb (per week) -1000

Goal Calories 2625

Average Daily Intake & Expenditures

Average Intake

Average Expenditure 3002

Calories For The Day	Goal	Intake	Assessment
Total Calories	2625		
Carbohydrates (45-65% Calories)	1181 to 1706		
Protein (10-35% Calories)	262 to 918		
Fat (20-35% Calories)	525 to 918		

Activity Summary

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

Profile Calorie Goal: 2625

Daily Activity Details

Summary

Daily Average 0 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 3002 Calories to maintain your current weight.

Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts

Serving Size (0 g)

Amount Per Serving

Calories 0

% Daily Value *

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrates 0g

Dietary Fiber 0g

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

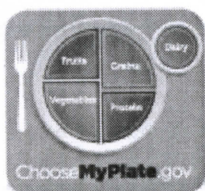
Calcium 0%

Iron 0%

* Percent Daily Values are based on your custom

MyPlate

The MyPlate report graphically compares the food list to the latest USDA Dietary Guidelines (see ChooseMyPlate.gov for more info).



Intake vs. Recommendation

2600 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	0 %		0.0 oz equivalent	
Grains Recommendation			9.0 oz equivalent	
Vegetables Intake	0 %		0.0 cup equivalent	
Vegetables			3.5 cup equivalent	
Fruits Intake	0 %		0.0 cup equivalent	
Fruits Recommendation			2.0 cup equivalent	
Dairy Intake	0 %		0.0 cup equivalent	
Dairy Recommendation			3.0 cup equivalent	
Protein Foods Intake	0 %		0.0 oz equivalent	
Protein Foods Recommendation			6.5 oz equivalent	

Make Half Your Grains Whole

Aim for at least 4.5 whole grains a day

Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.5 cups weekly
Dry Beans & Peas	3.5 cups weekly
Starchy Vegetables	7.0 cups weekly
Other Vegetables	8.5 cups weekly

Oils & Empty Calories

Aim for 8.0 teaspoons of oils a day

Limit your extra fats & sugars to 410 Calories

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is a 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.

Food List Report

The Food List report displays a simple list of foods that you have entered, along with their calorie values.

Amount	Item	Cals
Day Total		0

All Daily Reports

Total	0
Day Average	
Item Average	0

Personal Info: Male 23 yrs 187 cm 100 kg
 Activity Level: Active (Score for all Activity in Daily Report)
 BMI: 28.6 (Normal is 18.5 to 25)
 Weight Change: Loss 2.5 lbs per week (Goal not to exceed 2 lbs per week)

Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as an DR (Dietary Reference Intake).

Basic Components

Calories (kcal)	2,500
Protein (g)	50-60-70% - 30% of calories (about 100-120 g)
Carbohydrate (g)	100-120-150% - 45% of calories (about 120-150 g)
Dietary Fiber (g)	25-30
Fat (g)	50-60-70% - 25% of calories (about 100-120 g)
Saturated Fat (g)	20-25 Less than 10% of calories
Sodium (g)	2,300
Potassium (g)	2,600
Cholesterol (mg)	300-350 Less than 300 mg per day
Water (g)	3,700

Vitamins

Vitamin A - RAE (mcg)	900
Vitamin B1 - Thiamin (mg)	1.2
Vitamin B2 - Riboflavin (mg)	1.3
Vitamin B3 - Niacin (mg)	16-18
Vitamin B5 - Pantoic (mg)	5-7
Vitamin B6 - Pyridoxine (mg)	2.0
Vitamin B7 - Biotin (mcg)	30-60
Vitamin B9 - Folate (mcg)	400
Vitamin C - Ascorbic (mg)	75-90
Vitamin E - Tocoferol (mg)	15-20
Vitamin K - Phylloquinone (mcg)	120
Calcium (mg)	1,000
Iron (mg)	8-10