

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

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

Exchanges		Ratios
Starch	Fruit	P:S (Poly Fat / Saturated Fat)
Other Carbs	Vegetables	Potassium : Sodium
Lean Meat	Milk	Calcium : Phosphorus
Alcohol		CSI (Cholesterol / Saturated Fat)