

# All Daily Reports

A variety of reports and information combined into one document.

## Profile Info

Personal: Saints Male 17 yrs 5 ft 10 in 180 lb  
 Day(s): 2014 Feb 20, Feb 21, Feb 22  
 Activity Level: Active (Strive for an Active activity level.)  
 BMI: 25.8 Normal is 18.5 to 25.  
 Weight Change: Gain 1 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
<i>Basic Components</i>		
Calories	4,330.79	
Protein (g)	69.40	10% - 35% of Calories (adults 19-70 yrs) *
Carbohydrates (g)	595.48	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	60.63	
Fat (g)	134.74	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	43.31	Less than 10% of Calories +
Mono Fat (g)	48.12	
Poly Fat (g)	43.31	
Cholesterol (mg)	300.00	Less than 300 mg per day +
Water (g)	3,300.00	
<i>Vitamins</i>		
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)	75.00	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 *
<i>Minerals</i>		
Calcium (mg)	1,300.00	Do not exceed 2500 mg *

Iron (mg)	11.00	Do not exceed 45 mg *
Magnesium (mg)	410.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	1,250.00	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

## 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
<i>Basic Components</i>							
Calories	4,324.52	4,330.79	100 %				
Calories from Fat	1,086.26	1,212.62	90 %				
Calories from SatFat	248.02	389.77	64 %				
Protein (g)	212.10	69.40	306 %				
Carbohydrates (g)	630.50	595.48	106 %				
Sugar (g)	301.15						
Dietary Fiber (g)	53.54	60.63	88 %				
Soluble Fiber (g)	6.60						
InSoluble Fiber (g)	16.72						
Fat (g)	120.70	134.74	90 %				
Saturated Fat (g)	27.56	43.31	64 %				
Trans Fat (g)	0.37						
Mono Fat (g)	36.45	48.12	76 %				
Poly Fat (g)	22.95	43.31	53 %				
Cholesterol (mg)	624.44	300.00	208 %				
Water (g)	4,769.69	3,300.00	145 %				
<i>Vitamins</i>							
Vitamin A - RAE (mcg)	2,460.40	900.00	273 %				
Vitamin B1 - Thiamin (mg)	2.75	1.20	229 %				
Vitamin B2 - Riboflavin (mg)	7.75	1.30	596 %				
Vitamin B3 - Niacin (mg)	34.97	16.00	219 %				
Vitamin B6 (mg)	3.42	1.30	263 %				
Vitamin B12 (mcg)	9.49	2.40	396 %				
Vitamin C (mg)	450.38	75.00	601 %				
Vitamin D - mcg (mcg)	10.34	15.00	69 %				
Vitamin E - Alpha	14.95	15.00	100 %				
Folate (mcg)	807.86	400.00	202 %				

*Minerals*

Calcium (mg)	2,980.05	1,300.00	229 %	
Iron (mg)	27.27	11.00	248 %	
Magnesium (mg)	831.02	410.00	203 %	
Phosphorus (mg)	3,191.84	1,250.00	255 %	
Potassium (mg)	8,412.01	4,700.00	179 %	
Sodium (mg)	5,782.41	2,300.00	251 %	
Zinc (mg)	22.23	11.00	202 %	
<i>Other</i>				
Omega-3 (g)	1.35			
Omega-6 (g)	21.34			
Alcohol (g)	0.00			
Caffeine (mg)	0.00			

## Spreadsheet Report

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

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	2 cup	332.3	63.9	13.0	11.9
		Milk, nonfat/skim, w/add vit A &	2 cup	180.0	0.0	0.0	18.0
		Banana, fresh, med, 7" to 7 7/8"	1 each	105.0	3.4	1.2	1.3
	Lunch	Sandwich, turkey, w/whole	2 each	720.0	287.5	41.2	53.9
		Apples, fresh, lrg (FDA Voluntary	1 each	130.0	0.0	0.0	1.0
		Juice, orange, chilled, w/add	2 cup	219.1	12.1	1.3	4.0
		Carrots, fresh, baby, med (USDA	8 oz	79.4	2.0	0.5	1.4
	Dinner	Fish, tilapia, bkd/brld (USDA SR-	12 oz	435.4	81.1	28.5	88.9
		Rice, brown, long grain, ckd	2 cup	432.9	31.5	6.3	10.1
		Broccoli, stmd	1 cup	43.7	4.8	0.7	4.7
		Peppers, bell, red, sweet, fresh,	1 cup	28.5	2.5	0.2	0.9
	Snack	Water, tap, municipal (USDA SR-	8 cup	0.0	0.0	0.0	0.0
		Trail Mix, regular, unsalted	1 cup	693.0	396.7	74.9	20.7
		Milk, chocolate, nonfat/skim,	2 cup	296.4	12.2	7.6	16.0
		Bar, granola, peanut butter	2 each	180.0	63.0	9.0	5.0
		Yogurt, vanilla, low fat, 11g	2 cup	416.5	55.1	35.5	24.1
<b>Day Total</b>			--	<b>4292.2</b>	<b>1015.7</b>	<b>219.7</b>	<b>261.8</b>
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	3 each	305.6	200.9	60.5	20.3
		Banana, fresh, med, 7" to 7 7/8"	1 each	105.0	3.4	1.2	1.3
		Milk, nonfat/skim, w/add vit A &	2 cup	180.0	0.0	0.0	18.0
	Lunch	Bread, whole wheat, tstd, slice	2 each	153.0	18.2	4.1	8.1
		Carrots, fresh, baby, med (USDA	8 oz	79.4	2.0	0.5	1.4
		Apples, fresh, lrg (FDA Voluntary	1 each	130.0	0.0	0.0	1.0
		Juice, orange, 100%, cnd/btl	2 cup	228.0	0.0	0.0	0.0
		Sandwich, tuna salad, w/whole	2 each	694.6	300.5	43.6	31.9
	Dinner	Peppers, bell, red, sweet, fresh,	1 cup	28.5	2.5	0.2	0.9
		Potatoes, baked, plain (Wendy's	1 each	310.0	0.0	0.0	7.0
		Milk, nonfat/skim, w/add vit A	1 cup	83.3	1.7	1.1	8.2
		Salad, spinach, w/o dressing	2 cup	215.2	86.8	24.5	9.8

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Fri 02-21-2014	Dinner	Chicken, breast, fillet, grilled	2 each	200.0	36.0		40.0
		Snack	Yogurt, vanilla, low fat, 11g	2 cup	416.5	55.1	35.5
		Milk, chocolate, nonfat/skim,	2 cup	296.4	12.2	7.6	16.0
		Apples, fresh, med, 3", USDA	1 each	94.6	2.7	0.4	0.5
		Yogurt, fruit, low fat, 10g prot,	1 cup	249.9	23.8	15.3	10.7
		Bar, granola, peanut butter	2 each	180.0	63.0	9.0	5.0
		Water, tap, municipal (USDA SR-	8 cup	0.0	0.0	0.0	0.0
		Trail Mix, regular, unsalted	0.5 cup	346.5	198.4	37.4	10.3
<b>Day Total</b>			--	<b>4296.5</b>	<b>1007.0</b>	<b>240.9</b>	<b>214.6</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	4 piece	595.4	252.7	63.4	20.0
		Milk, nonfat/skim, w/add vit A &	2 cup	180.0	0.0	0.0	18.0
		Banana, fresh, med, 7" to 7 7/8"	1 each	105.0	3.4	1.2	1.3
		Syrup, maple (USDA SR-21)	4 oz	296.0	2.0	0.3	0.0
		Strawberries, fresh, whole (USDA	0.5 cup	23.0	1.9	0.1	0.5
	Lunch	Juice, orange, 100%, cnd/btl	2 cup	228.0	0.0	0.0	0.0
		Carrots, fresh, baby, med (USDA	8 oz	79.4	2.0	0.5	1.4
		Avocado, avg, fresh (USDA SR-	1 each	321.6	265.1	38.4	4.0
	Dinner	Soup, chicken noodle, classic,	2 cup	230.3	44.8	17.8	16.0
		Peppers, bell, red, sweet, fresh,	1 cup	28.5	2.5	0.2	0.9
		Salad, spinach, w/o dressing	2 cup	215.2	86.8	24.5	9.8
		Broccoli, stmd	1 cup	43.7	4.8	0.7	4.7
		Spaghetti, w/meat sauce, fzn,	2 lb	816.5	81.6	27.8	45.8
	Snack	Salad Dressing, Italian (USDA	3 oz	247.6	217.3	33.9	0.3
		Yogurt, vanilla, low fat, 11g	2 cup	416.5	55.1	35.5	24.1
		Apples, fresh, med, 3", USDA	1 each	94.6	2.7	0.4	0.5
		Pomegranate, fresh, 4" (USDA	0.5 each	117.0	14.8	1.5	2.4
		Trail Mix, regular, unsalted	0.5 cup	346.5	198.4	37.4	10.3
<b>Day Total</b>			--	<b>4384.8</b>	<b>1236.0</b>	<b>283.5</b>	<b>160.0</b>
<b>Average Day Total</b>			--	<b>4324.5</b>	<b>1086.3</b>	<b>248.0</b>	<b>212.1</b>

Day	Meal	Item	Carbs (g)	Sugar (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	56.2	1.3	7.9	4.7	3.3	7.1
		Milk, nonfat/skim, w/add vit A &	26.0	24.0	0.0	0.0	0.0	0.0
		Banana, fresh, med, 7" to 7 7/8"	27.0	14.4	3.1			0.4
	Lunch	Sandwich, turkey, w/whole	57.1	5.0	8.4			31.9
		Apples, fresh, lrg (FDA Voluntary	34.0	25.0	5.0			0.0
		Juice, orange, chilled, w/add	50.1		1.0			1.3
		Carrots, fresh, baby, med (USDA	18.6	10.7	6.6	1.8	4.5	0.2
	Dinner	Fish, tilapia, bkd/brld (USDA SR-	0.0	0.0	0.0	0.0	0.0	9.0
		Rice, brown, long grain, ckd	89.5	1.4	7.0	0.8	6.2	3.5
		Broccoli, stmd	8.2	3.1	4.7	2.0	2.7	0.5
		Peppers, bell, red, sweet, fresh,	5.5	3.7	1.8			0.3
	Snack	Water, tap, municipal (USDA SR-	0.0	0.0	0.0	0.0	0.0	0.0
		Trail Mix, regular, unsalted	67.3					44.1
Milk, chocolate, nonfat/skim,		60.2	55.8	1.2			1.4	

Day	Meal	Item	Carbs (g)	Sugar (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Thu 02-20-2014	Snack	Bar, granola, peanut butter	30.0	11.0	2.0			7.0
		Yogurt, vanilla, low fat, 11g	67.6	67.6	0.0	0.0	0.0	6.1
	<b>Day Total</b>		<b>597.3</b>	<b>223.0</b>	<b>48.6</b>	<b>9.3</b>	<b>16.7</b>	<b>112.9</b>
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	4.0	3.2	0.0	0.0	0.0	22.3
		Banana, fresh, med, 7" to 7 7/8"	27.0	14.4	3.1			0.4
		Milk, nonfat/skim, w/add vit A &	26.0	24.0	0.0	0.0	0.0	0.0
		Bread, whole wheat, tstd, slice	25.6	2.9	4.6	1.0	3.6	2.0
	Lunch	Carrots, fresh, baby, med (USDA	18.6	10.7	6.6	1.8	4.5	0.2
		Apples, fresh, lrg (FDA Voluntary	34.0	25.0	5.0			0.0
		Juice, orange, 100%, cnd/btl	54.0	48.0	0.0	0.0	0.0	0.0
		Sandwich, tuna salad, w/whole	71.6	11.0	9.0			33.4
	Dinner	Peppers, bell, red, sweet, fresh,	5.5	3.7	1.8			0.3
		Potatoes, baked, plain (Wendy's	72.0	5.0	7.0			0.0
		Milk, nonfat/skim, w/add vit A	12.2	12.2	0.0	0.0	0.0	0.2
		Salad, spinach, w/o dressing	22.9	1.9	3.1	0.8	2.3	9.6
		Chicken, breast, fillet, grilled	2.0		0.0	0.0	0.0	4.0
	Snack	Yogurt, vanilla, low fat, 11g	67.6	67.6	0.0	0.0	0.0	6.1
		Milk, chocolate, nonfat/skim,	60.2	55.8	1.2			1.4
		Apples, fresh, med, 3", USDA	25.1	18.9	4.4	0.4	3.9	0.3
		Yogurt, fruit, low fat, 10g prot,	46.7	46.7	0.0	0.0	0.0	2.6
		Bar, granola, peanut butter	30.0	11.0	2.0			7.0
		Water, tap, municipal (USDA SR-	0.0	0.0	0.0	0.0	0.0	0.0
		Trail Mix, regular, unsalted	33.7					22.0
<b>Day Total</b>		<b>638.6</b>	<b>362.0</b>	<b>47.6</b>	<b>4.0</b>	<b>14.4</b>	<b>111.9</b>	
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	65.0					28.1
		Milk, nonfat/skim, w/add vit A &	26.0	24.0	0.0	0.0	0.0	0.0
		Banana, fresh, med, 7" to 7 7/8"	27.0	14.4	3.1			0.4
		Syrup, maple (USDA SR-21)	76.1	67.5	0.0	0.0	0.0	0.2
		Strawberries, fresh, whole (USDA	5.5	3.5	1.4	0.3	1.1	0.2
	Lunch	Juice, orange, 100%, cnd/btl	54.0	48.0	0.0	0.0	0.0	0.0
		Carrots, fresh, baby, med (USDA	18.6	10.7	6.6	1.8	4.5	0.2
		Avocado, avg, fresh (USDA SR-	17.1	1.3	13.5			29.5
		Soup, chicken noodle, classic,	30.0	4.0	3.9			5.0
	Dinner	Peppers, bell, red, sweet, fresh,	5.5	3.7	1.8			0.3
		Salad, spinach, w/o dressing	22.9	1.9	3.1	0.8	2.3	9.6
		Broccoli, stmd	8.2	3.1	4.7	2.0	2.7	0.5
		Spaghetti, w/meat sauce, fzn,	138.2	23.5	16.2			9.1
		Salad Dressing, Italian (USDA	8.9	7.1	0.0	0.0	0.0	24.1
	Snack	Yogurt, vanilla, low fat, 11g	67.6	67.6	0.0	0.0	0.0	6.1
		Apples, fresh, med, 3", USDA	25.1	18.9	4.4	0.4	3.9	0.3
		Pomegranate, fresh, 4" (USDA	26.4	19.3	5.6	1.1	4.5	1.6
Trail Mix, regular, unsalted		33.7					22.0	
<b>Day Total</b>		<b>655.7</b>	<b>318.5</b>	<b>64.3</b>	<b>6.5</b>	<b>19.1</b>	<b>137.3</b>	
<b>Average Day Total</b>		<b>630.5</b>	<b>301.1</b>	<b>53.5</b>	<b>6.6</b>	<b>16.7</b>	<b>120.7</b>	

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	1.4	0.0	2.0	2.6	0.0	391.3
		Milk, nonfat/skim, w/add vit A &	0.0	0.0	0.0	0.0	6.0	449.4
		Banana, fresh, med, 7" to 7 7/8"	0.1	0.0	0.0	0.1	0.0	88.4
	Lunch	Sandwich, turkey, w/whole	4.6				93.8	183.6
		Apples, fresh, lrg (FDA Voluntary	0.0	0.0	0.0	0.0	0.0	206.5
		Juice, orange, chilled, w/add	0.1		0.2	0.3	0.0	440.2
		Carrots, fresh, baby, med (USDA	0.1	0.0	0.0	0.1	0.0	204.8
	Dinner	Fish, tilapia, bkd/brld (USDA SR-	3.2		3.2	2.0	193.9	243.5
		Rice, brown, long grain, ckd	0.7	0.0	1.3	1.2	0.0	285.0
		Broccoli, stmd	0.1	0.0	0.0	0.2	0.0	141.5
		Peppers, bell, red, sweet, fresh,	0.0	0.0	0.0	0.1	0.0	84.8
	Snack	Water, tap, municipal (USDA SR-	0.0	0.0	0.0	0.0	0.0	1894.1
		Trail Mix, regular, unsalted	8.3		18.8	14.4	0.0	13.8
		Milk, chocolate, nonfat/skim,	0.8		0.4	0.0	7.8	418.3
		Bar, granola, peanut butter	1.0	0.0			0.0	
Yogurt, vanilla, low fat, 11g		3.9		1.7	0.2	24.5	387.1	
<b>Day Total</b>			<b>24.4</b>	<b>0.0</b>	<b>27.6</b>	<b>21.4</b>	<b>326.0</b>	<b>5432.3</b>
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	6.7	1.1	8.7	3.9	644.2	133.9
		Banana, fresh, med, 7" to 7 7/8"	0.1	0.0	0.0	0.1	0.0	88.4
		Milk, nonfat/skim, w/add vit A &	0.0	0.0	0.0	0.0	6.0	449.4
		Bread, whole wheat, tstd, slice	0.5		1.0	0.4	0.0	12.1
	Lunch	Carrots, fresh, baby, med (USDA	0.1	0.0	0.0	0.1	0.0	204.8
		Apples, fresh, lrg (FDA Voluntary	0.0	0.0	0.0	0.0	0.0	206.5
		Juice, orange, 100%, cnd/btl	0.0	0.0	0.0	0.0		445.2
		Sandwich, tuna salad, w/whole	4.8				28.0	127.3
	Dinner	Peppers, bell, red, sweet, fresh,	0.0	0.0	0.0	0.1	0.0	84.8
		Potatoes, baked, plain (Wendy's	0.0	0.0	0.0	0.0	0.0	
		Milk, nonfat/skim, w/add vit A	0.1	0.0	0.0	0.0	4.9	222.6
		Salad, spinach, w/o dressing	2.7	0.0	4.3	1.4	153.2	103.0
	Snack	Chicken, breast, fillet, grilled		0.0			90.0	
		Yogurt, vanilla, low fat, 11g	3.9		1.7	0.2	24.5	387.1
		Milk, chocolate, nonfat/skim,	0.8		0.4	0.0	7.8	418.3
		Apples, fresh, med, 3", USDA	0.0	0.0	0.0	0.1	0.0	155.7
		Yogurt, fruit, low fat, 10g prot,	1.7		0.7	0.1	9.8	182.5
		Bar, granola, peanut butter	1.0	0.0			0.0	
Water, tap, municipal (USDA SR-		0.0	0.0	0.0	0.0	0.0	1894.1	
Trail Mix, regular, unsalted	4.2		9.4	7.2	0.0	6.9		
<b>Day Total</b>			<b>26.8</b>	<b>1.1</b>	<b>26.3</b>	<b>13.6</b>	<b>968.4</b>	<b>5122.4</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	7.0		11.8	6.7	301.6	142.2
		Milk, nonfat/skim, w/add vit A &	0.0	0.0	0.0	0.0	6.0	449.4
		Banana, fresh, med, 7" to 7 7/8"	0.1	0.0	0.0	0.1	0.0	88.4
		Syrup, maple (USDA SR-21)	0.0	0.0	0.1	0.1	0.0	36.4
		Strawberries, fresh, whole (USDA	0.0	0.0	0.0	0.1	0.0	65.5
	Lunch	Juice, orange, 100%, cnd/btl	0.0	0.0	0.0	0.0		445.2
		Carrots, fresh, baby, med (USDA	0.1	0.0	0.0	0.1	0.0	204.8

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)	
Sat 02-22-2014	Lunch	Avocado, avg, fresh (USDA SR-	4.3	0.0	19.7	3.6	0.0	147.2	
		Soup, chicken noodle, classic,	2.0	0.0			39.2	432.7	
	Dinner	Peppers, bell, red, sweet, fresh,	0.0	0.0	0.0	0.1	0.0	84.8	
		Salad, spinach, w/o dressing	2.7	0.0	4.3	1.4	153.2	103.0	
		Broccoli, stmd	0.1	0.0	0.0	0.2	0.0	141.5	
		Spaghetti, w/meat sauce, fzn,	3.1		3.0	2.8	54.4	705.9	
		Salad Dressing, Italian (USDA	3.8		5.3	11.0	0.0	48.0	
	Snack	Yogurt, vanilla, low fat, 11g	3.9		1.7	0.2	24.5	387.1	
		Apples, fresh, med, 3", USDA	0.0	0.0	0.0	0.1	0.0	155.7	
		Pomegranate, fresh, 4" (USDA	0.2	0.0	0.1	0.1	0.0	109.9	
		Trail Mix, regular, unsalted	4.2		9.4	7.2	0.0	6.9	
	<b>Day Total</b>			<b>31.5</b>	<b>0.0</b>	<b>55.5</b>	<b>33.9</b>	<b>578.9</b>	<b>3754.4</b>
	<b>Average Day Total</b>			<b>27.6</b>	<b>0.4</b>	<b>36.4</b>	<b>22.9</b>	<b>624.4</b>	<b>4769.7</b>

Day	Meal	Item	A-RAE (mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)	
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	0.0	0.3	0.1	1.0	0.0	0.0	
		Milk, nonfat/skim, w/add vit A &							
			Banana, fresh, med, 7" to 7 7/8"	3.8	0.0	0.1	0.8	0.4	0.0
	Lunch	Sandwich, turkey, w/whole		0.5	0.4	20.1	1.0	3.8	
		Apples, fresh, lrg (FDA Voluntary	5.0					0.0	
		Juice, orange, chilled, w/add	19.4	0.5	0.1	1.4	0.3	0.0	
			Carrots, fresh, baby, med (USDA	1563.8	0.1	0.1	1.1	0.2	0.0
	Dinner	Fish, tilapia, bkd/brld (USDA SR-	0.0	0.3	0.2	16.1	0.4	6.3	
		Rice, brown, long grain, ckd	0.0	0.4	0.1	5.9	0.6	0.0	
		Broccoli, stmd	114.0	0.1	0.2	0.9	0.2	0.0	
		Peppers, bell, red, sweet, fresh,	144.0	0.0	0.1	0.9	0.3	0.0	
	Snack	Water, tap, municipal (USDA SR-	0.0	0.0	0.0	0.0	0.0	0.0	
		Trail Mix, regular, unsalted	1.3	0.7	0.3	7.0	0.4	0.0	
		Milk, chocolate, nonfat/skim,	265.4	0.2	0.6	0.6	0.2	1.6	
		Bar, granola, peanut butter	0.0						
			Yogurt, vanilla, low fat, 11g	59.6	0.2	1.0	0.5	0.2	2.6
<b>Day Total</b>			<b>2176.3</b>	<b>3.3</b>	<b>3.2</b>	<b>56.4</b>	<b>4.2</b>	<b>14.3</b>	
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	261.7	0.1	0.8	0.1	0.2	1.4	
		Banana, fresh, med, 7" to 7 7/8"	3.8	0.0	0.1	0.8	0.4	0.0	
		Milk, nonfat/skim, w/add vit A &							
			Bread, whole wheat, tstd, slice	0.1	0.2	0.1	2.9	0.1	0.0
	Lunch	Carrots, fresh, baby, med (USDA	1563.8	0.1	0.1	1.1	0.2	0.0	
		Apples, fresh, lrg (FDA Voluntary	5.0					0.0	
		Juice, orange, 100%, cnd/btl	0.0					0.0	
			Sandwich, tuna salad, w/whole		0.5	0.3	12.9	0.4	1.5
	Dinner	Peppers, bell, red, sweet, fresh,	144.0	0.0	0.1	0.9	0.3	0.0	
		Potatoes, baked, plain (Wendy's	0.0						
		Milk, nonfat/skim, w/add vit A	149.4	0.1	0.4	0.2	0.1	1.3	
		Salad, spinach, w/o dressing	206.5	0.2	0.6	3.3	0.2	0.4	
Chicken, breast, fillet, grilled		0.0							

Day	Meal	Item	A-RAE (mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Fri 02-21-2014	Snack	Yogurt, vanilla, low fat, 11g	59.6	0.2	1.0	0.5	0.2	2.6
		Milk, chocolate, nonfat/skim,	265.4	0.2	0.6	0.6	0.2	1.6
		Apples, fresh, med, 3", USDA	4.9	0.0	0.0	0.2	0.1	0.0
		Yogurt, fruit, low fat, 10g prot,	24.9	0.1	0.4	0.2	0.1	1.2
		Bar, granola, peanut butter	0.0					
		Water, tap, municipal (USDA SR-	0.0	0.0	0.0	0.0	0.0	0.0
		Trail Mix, regular, unsalted	0.7	0.3	0.1	3.5	0.2	0.0
<b>Day Total</b>			<b>2689.8</b>	<b>2.1</b>	<b>4.7</b>	<b>27.3</b>	<b>2.7</b>	<b>9.9</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	322.4	0.5	0.8	4.2	0.2	0.8
		Milk, nonfat/skim, w/add vit A &						
		Banana, fresh, med, 7" to 7 7/8"	3.8	0.0	0.1	0.8	0.4	0.0
		Syrup, maple (USDA SR-21)	0.0	0.0	0.0	0.0	0.0	0.0
		Strawberries, fresh, whole (USDA	0.4	0.0	0.0	0.3	0.0	0.0
	Lunch	Juice, orange, 100%, cnd/btl	0.0					0.0
		Carrots, fresh, baby, med (USDA	1563.8	0.1	0.1	1.1	0.2	0.0
		Avocado, avg, fresh (USDA SR-	14.7	0.1	0.3	3.5	0.5	0.0
	Dinner	Soup, chicken noodle, classic,						
		Peppers, bell, red, sweet, fresh,	144.0	0.0	0.1	0.9	0.3	0.0
		Salad, spinach, w/o dressing	206.5	0.2	0.6	3.3	0.2	0.4
		Broccoli, stmd	114.0	0.1	0.2	0.9	0.2	0.0
		Spaghetti, w/meat sauce, fzn,	78.8	1.1	12.1	1.5	0.6	0.5
		Salad Dressing, Italian (USDA	1.5	0.0	0.0	0.0	0.1	0.0
	Snack	Yogurt, vanilla, low fat, 11g	59.6	0.2	1.0	0.5	0.2	2.6
		Apples, fresh, med, 3", USDA	4.9	0.0	0.0	0.2	0.1	0.0
		Pomegranate, fresh, 4" (USDA	0.0	0.1	0.1	0.4	0.1	0.0
Trail Mix, regular, unsalted		0.7	0.3	0.1	3.5	0.2	0.0	
<b>Day Total</b>			<b>2515.1</b>	<b>2.9</b>	<b>15.4</b>	<b>21.2</b>	<b>3.3</b>	<b>4.3</b>
<b>Average Day Total</b>			<b>2460.4</b>	<b>2.8</b>	<b>7.7</b>	<b>35.0</b>	<b>3.4</b>	<b>9.5</b>

Day	Meal	Item	C (mg)	D-mcg (mcg)	E-Toco Fola (mcg)	Calc (mg)	Iron (mg)	
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	0.0		0.4	28.1	42.1	4.2
		Milk, nonfat/skim, w/add vit A &	2.4	5.0			500.0	0.0
		Banana, fresh, med, 7" to 7 7/8"	10.3		0.1	23.6	5.9	0.3
	Lunch	Sandwich, turkey, w/whole	0.0	0.8	7.8	70.9	106.3	4.9
		Apples, fresh, lrg (FDA Voluntary	4.8				20.0	0.4
		Juice, orange, chilled, w/add	163.8	7.1		89.6	1001.0	0.8
	Dinner	Carrots, fresh, baby, med (USDA	5.7			61.2	72.6	1.8
		Fish, tilapia, bkd/brld (USDA SR-	0.0		2.7	20.4	47.6	2.3
		Rice, brown, long grain, ckd	0.0		0.1	15.6	39.0	1.6
		Broccoli, stmd	123.4	0.0	0.7	93.9	74.7	1.4
	Snack	Peppers, bell, red, sweet, fresh,	117.5		1.5	42.3	6.4	0.4
		Water, tap, municipal (USDA SR-	0.0	0.0	0.0	0.0	56.9	0.0
		Trail Mix, regular, unsalted	2.1			106.5	117.0	4.6
		Milk, chocolate, nonfat/skim,	4.4		0.2	25.2	544.2	1.6
Bar, granola, peanut butter		0.0				0.0	1.1	



Day	Meal	Item	C (mg)	D-mcg (mcg)	E-Toco Fola (mcg)	Calc (mg)	Iron (mg)		
Thu 02-20-2014	Snack	Yogurt, vanilla, low fat, 11g	3.9		0.1	53.9	837.9	0.3	
		<b>Day Total</b>	<b>438.2</b>	<b>12.9</b>	<b>13.4</b>	<b>631.2</b>	<b>3471.6</b>	<b>25.6</b>	
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	0.4	1.5	2.0	54.9	129.9	2.2	
		Banana, fresh, med, 7" to 7 7/8"	10.3		0.1	23.6	5.9	0.3	
		Milk, nonfat/skim, w/add vit A &	2.4	5.0			500.0	0.0	
		Bread, whole wheat, tstd, slice	0.0		0.3	26.0	65.0	1.5	
	Lunch	Carrots, fresh, baby, med (USDA	5.7			61.2	72.6	1.8	
		Apples, fresh, lrg (FDA Voluntary	4.8				20.0	0.4	
		Juice, orange, 100%, cnd/btl	144.0				0.0	0.0	
	Dinner	Sandwich, tuna salad, w/whole	2.6	4.1	6.9	76.1	117.5	5.6	
		Peppers, bell, red, sweet, fresh,	117.5		1.5	42.3	6.4	0.4	
		Potatoes, baked, plain (Wendy's	36.0				20.0	3.6	
		Milk, nonfat/skim, w/add vit A	0.0	2.5	0.0	12.2	306.2	0.1	
		Salad, spinach, w/o dressing	13.5	0.0	1.7	119.9	91.5	2.9	
		Chicken, breast, fillet, grilled	0.0				0.0	2.2	
		Snack	Yogurt, vanilla, low fat, 11g	3.9		0.1	53.9	837.9	0.3
	Milk, chocolate, nonfat/skim,		4.4		0.2	25.2	544.2	1.6	
	Apples, fresh, med, 3", USDA		8.4		0.3	5.5	10.9	0.2	
	Yogurt, fruit, low fat, 10g prot,		1.7		0.0	22.0	372.4	0.2	
	Bar, granola, peanut butter		0.0				0.0	1.1	
	Water, tap, municipal (USDA SR-		0.0	0.0	0.0	0.0	56.9	0.0	
	Trail Mix, regular, unsalted		1.0			53.2	58.5	2.3	
	<b>Day Total</b>			<b>356.4</b>	<b>13.1</b>	<b>13.1</b>	<b>576.1</b>	<b>3215.9</b>	<b>26.5</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	0.8			111.8	260.0	4.3	
		Milk, nonfat/skim, w/add vit A &	2.4	5.0			500.0	0.0	
		Banana, fresh, med, 7" to 7 7/8"	10.3		0.1	23.6	5.9	0.3	
		Syrup, maple (USDA SR-21)	0.0		0.0	0.0	76.0	1.4	
		Strawberries, fresh, whole (USDA	42.3		0.2	17.3	11.5	0.3	
	Lunch	Juice, orange, 100%, cnd/btl	144.0				0.0	0.0	
		Carrots, fresh, baby, med (USDA	5.7			61.2	72.6	1.8	
		Avocado, avg, fresh (USDA SR-	20.1		4.2	162.8	24.1	1.1	
	Dinner	Soup, chicken noodle, classic,	0.0				39.2	0.7	
		Peppers, bell, red, sweet, fresh,	117.5		1.5	42.3	6.4	0.4	
		Salad, spinach, w/o dressing	13.5	0.0	1.7	119.9	91.5	2.9	
		Broccoli, stmd	123.4	0.0	0.7	93.9	74.7	1.4	
		Spaghetti, w/meat sauce, fzn,	49.0		4.5	417.3	163.3	11.3	
		Salad Dressing, Italian (USDA	0.0		4.2	0.0	5.9	0.5	
	Snack	Yogurt, vanilla, low fat, 11g	3.9		0.1	53.9	837.9	0.3	
		Apples, fresh, med, 3", USDA	8.4		0.3	5.5	10.9	0.2	
		Pomegranate, fresh, 4" (USDA	14.4		0.8	53.6	14.1	0.4	
		Trail Mix, regular, unsalted	1.0			53.2	58.5	2.3	
	<b>Day Total</b>			<b>556.5</b>	<b>5.0</b>	<b>18.3</b>	<b>1216.3</b>	<b>2252.6</b>	<b>29.7</b>
	<b>Average Day Total</b>			<b>450.4</b>	<b>10.3</b>	<b>14.9</b>	<b>807.9</b>	<b>2980.1</b>	<b>27.3</b>

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sodium (mg)	Zinc (mg)	Omega3 (g)
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	126.4	360.4	327.6	18.7	4.7	0.1
		Milk, nonfat/skim, w/add vit A &				260.0		0.0
		Banana, fresh, med, 7" to 7 7/8"	31.9	26.0	422.4	1.2	0.2	0.0
	Lunch	Sandwich, turkey, w/whole	142.4	712.6	833.4	3467.7	4.5	
		Apples, fresh, lrg (FDA Voluntary			260.0	0.0		0.0
		Juice, orange, chilled, w/add	54.8	54.8	946.2	5.0	0.2	0.1
		Carrots, fresh, baby, med (USDA	22.7	63.5	537.5	176.9	0.2	0.0
	Dinner	Fish, tilapia, bkd/bird (USDA SR-	115.7	694.0	1292.7	190.5	1.4	0.6
		Rice, brown, long grain, ckd	167.7	323.7	167.7	19.5	2.4	0.0
		Broccoli, stmd	39.0	102.8	505.4	42.1	0.6	0.2
		Peppers, bell, red, sweet, fresh,	11.0	23.9	194.1	3.7	0.2	0.0
	Snack	Water, tap, municipal (USDA SR-	19.0	0.0	19.0	56.9	0.0	0.0
		Trail Mix, regular, unsalted	237.0	517.5	1027.5	15.0	4.8	0.1
		Milk, chocolate, nonfat/skim,	92.4	523.1	866.8	287.1	2.2	0.0
		Bar, granola, peanut butter				190.0		
		Yogurt, vanilla, low fat, 11g	78.4	661.5	1073.1	323.4	4.1	0.0
<b>Day Total</b>			<b>1138.3</b>	<b>4063.7</b>	<b>8473.5</b>	<b>5057.7</b>	<b>25.4</b>	<b>1.1</b>
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	22.0	311.1	252.5	512.4	1.8	0.2
		Banana, fresh, med, 7" to 7 7/8"	31.9	26.0	422.4	1.2	0.2	0.0
		Milk, nonfat/skim, w/add vit A &				260.0		0.0
	Lunch	Bread, whole wheat, tstd, slice	49.5	151.5	163.0	291.5	1.1	0.0
		Carrots, fresh, baby, med (USDA	22.7	63.5	537.5	176.9	0.2	0.0
		Apples, fresh, lrg (FDA Voluntary			260.0	0.0		0.0
		Juice, orange, 100%, cnd/btl			958.0	52.0		0.0
	Dinner	Sandwich, tuna salad, w/whole	134.4	514.9	546.0	1283.2	3.2	
		Peppers, bell, red, sweet, fresh,	11.0	23.9	194.1	3.7	0.2	0.0
		Potatoes, baked, plain (Wendy's			1190.0	25.0		0.0
		Milk, nonfat/skim, w/add vit A	27.0	247.4	382.2	102.9	1.0	0.0
		Salad, spinach, w/o dressing	54.2	165.5	484.0	453.7	1.2	0.1
	Snack	Chicken, breast, fillet, grilled				820.0		
		Yogurt, vanilla, low fat, 11g	78.4	661.5	1073.1	323.4	4.1	0.0
		Milk, chocolate, nonfat/skim,	92.4	523.1	866.8	287.1	2.2	0.0
		Apples, fresh, med, 3", USDA	9.1	20.0	194.7	1.8	0.1	0.0
Yogurt, fruit, low fat, 10g prot,		36.8	291.6	477.8	142.1	1.8	0.0	
Bar, granola, peanut butter					190.0			
Water, tap, municipal (USDA SR-		19.0	0.0	19.0	56.9	0.0	0.0	
Trail Mix, regular, unsalted	118.5	258.7	513.7	7.5	2.4	0.0		
<b>Day Total</b>			<b>706.8</b>	<b>3258.7</b>	<b>8534.9</b>	<b>4991.3</b>	<b>19.4</b>	<b>0.5</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	44.2	304.2	348.4	1245.4	1.7	0.3
		Milk, nonfat/skim, w/add vit A &				260.0		0.0
		Banana, fresh, med, 7" to 7 7/8"	31.9	26.0	422.4	1.2	0.2	0.0
		Syrup, maple (USDA SR-21)	15.9	2.3	231.3	10.2	4.7	0.0
		Strawberries, fresh, whole (USDA	9.4	17.3	110.2	0.7	0.1	0.0
	Lunch	Juice, orange, 100%, cnd/btl			958.0	52.0		0.0

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sodium (mg)	Zinc (mg)	Omega3 (g)
Sat 02-22-2014	Lunch	Carrots, fresh, baby, med (USDA	22.7	63.5	537.5	176.9	0.2	0.0
		Avocado, avg, fresh (USDA SR-	58.3	104.5	974.8	14.1	1.3	0.2
		Soup, chicken noodle, classic,				1778.7		
	Dinner	Peppers, bell, red, sweet, fresh,	11.0	23.9	194.1	3.7	0.2	0.0
		Salad, spinach, w/o dressing	54.2	165.5	484.0	453.7	1.2	0.1
		Broccoli, stmd	39.0	102.8	505.4	42.1	0.6	0.2
		Spaghetti, w/meat sauce, fzn,	136.1	444.5	1306.3	1515.0	4.5	0.2
	Snack	Salad Dressing, Italian (USDA	2.5	7.6	40.8	1407.6	0.1	1.2
		Yogurt, vanilla, low fat, 11g	78.4	661.5	1073.1	323.4	4.1	0.0
		Apples, fresh, med, 3", USDA	9.1	20.0	194.7	1.8	0.1	0.0
		Pomegranate, fresh, 4" (USDA	16.9	50.8	332.8	4.2	0.5	0.0
		Trail Mix, regular, unsalted	118.5	258.7	513.7	7.5	2.4	0.0
		<b>Day Total</b>	<b>648.0</b>	<b>2253.1</b>	<b>8227.7</b>	<b>7298.3</b>	<b>21.8</b>	<b>2.4</b>
	<b>Average Day Total</b>	<b>831.0</b>	<b>3191.8</b>	<b>8412.0</b>	<b>5782.4</b>	<b>22.2</b>	<b>1.4</b>	

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt	MyDry	MyGrn
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,	2.5	0.0	0.0			4.0
		Milk, nonfat/skim, w/add vit A &	0.0	0.0	0.0		2.0	
		Banana, fresh, med, 7" to 7 7/8"	0.0	0.0	0.0	0.8		
	Lunch	Sandwich, turkey, w/whole		0.0	0.0			4.4
		Apples, fresh, lrg (FDA Voluntary	0.0	0.0	0.0	2.2		
		Juice, orange, chilled, w/add	0.2	0.0		2.0		
	Dinner	Carrots, fresh, baby, med (USDA	0.1	0.0	0.0			
		Fish, tilapia, bkd/brld (USDA SR-	1.1	0.0	0.0			
		Rice, brown, long grain, ckd	1.2	0.0	0.0			4.0
		Broccoli, stmd	0.0	0.0	0.0			
	Snack	Peppers, bell, red, sweet, fresh,	0.0	0.0	0.0			
		Water, tap, municipal (USDA SR-	0.0	0.0	0.0			
		Trail Mix, regular, unsalted	14.4	0.0	0.0	2.9		
		Milk, chocolate, nonfat/skim,	0.0	0.0			2.0	
Bar, granola, peanut butter			0.0	0.0				
	Yogurt, vanilla, low fat, 11g	0.1	0.0	0.0		2.0		
	<b>Day Total</b>	<b>19.8</b>	<b>0.0</b>	<b>0.0</b>	<b>7.9</b>	<b>6.0</b>	<b>12.3</b>	

Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)	3.7	0.0	0.0			
		Banana, fresh, med, 7" to 7 7/8"	0.0	0.0	0.0	0.8		
		Milk, nonfat/skim, w/add vit A &	0.0	0.0	0.0		2.0	
	Lunch	Bread, whole wheat, tstd, slice	0.3	0.0	0.0			2.0
		Carrots, fresh, baby, med (USDA	0.1	0.0	0.0			
		Apples, fresh, lrg (FDA Voluntary	0.0	0.0	0.0	2.2		
		Juice, orange, 100%, cnd/btl	0.0	0.0	0.0	2.0		
	Dinner	Sandwich, tuna salad, w/whole		0.0	0.0			4.6
		Peppers, bell, red, sweet, fresh,	0.0	0.0	0.0			
		Potatoes, baked, plain (Wendy's	0.0	0.0	0.0			
		Milk, nonfat/skim, w/add vit A	0.0	0.0	0.0		1.0	
	Salad, spinach, w/o dressing	1.3	0.0	0.0				

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt	MyDry	MyGrn
Fri 02-21-2014	Dinner	Chicken, breast, fillet, grilled		0.0	0.0			
		Snack	Yogurt, vanilla, low fat, 11g	0.1	0.0	0.0		2.0
			Milk, chocolate, nonfat/skim,	0.0	0.0			2.0
			Apples, fresh, med, 3", USDA	0.1	0.0	0.0	1.6	
			Yogurt, fruit, low fat, 10g prot,	0.0	0.0	0.0		1.0
			Bar, granola, peanut butter		0.0	0.0		
			Water, tap, municipal (USDA SR-	0.0	0.0	0.0		
			Trail Mix, regular, unsalted	7.2	0.0	0.0	1.5	
<b>Day Total</b>			<b>13.0</b>	<b>0.0</b>	<b>0.0</b>	<b>8.1</b>	<b>8.0</b>	<b>6.6</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe	6.4	0.0	0.0			4.0
			Milk, nonfat/skim, w/add vit A &	0.0	0.0	0.0		2.0
			Banana, fresh, med, 7" to 7 7/8"	0.0	0.0	0.0	0.8	
			Syrup, maple (USDA SR-21)	0.1	0.0	0.0		
			Strawberries, fresh, whole (USDA	0.1	0.0	0.0	0.5	
	Lunch	Juice, orange, 100%, cnd/btl	0.0	0.0	0.0	2.0		
			Carrots, fresh, baby, med (USDA	0.1	0.0	0.0		
			Avocado, avg, fresh (USDA SR-	3.4	0.0	0.0	1.3	
			Soup, chicken noodle, classic,					
	Dinner	Peppers, bell, red, sweet, fresh,	0.0	0.0	0.0			
			Salad, spinach, w/o dressing	1.3	0.0	0.0		
			Broccoli, stmd	0.0	0.0	0.0		
			Spaghetti, w/meat sauce, fzn,	2.5	0.0	0.0		5.1
			Salad Dressing, Italian (USDA	9.8	0.0	0.0		
	Snack	Yogurt, vanilla, low fat, 11g	0.1	0.0	0.0		2.0	
			Apples, fresh, med, 3", USDA	0.1	0.0	0.0	1.6	
			Pomegranate, fresh, 4" (USDA	0.1	0.0	0.0	0.8	
			Trail Mix, regular, unsalted	7.2	0.0	0.0	1.5	
<b>Day Total</b>			<b>31.3</b>	<b>0.0</b>	<b>0.0</b>	<b>8.5</b>	<b>4.0</b>	<b>9.1</b>
<b>Average Day Total</b>			<b>21.3</b>	<b>0.0</b>	<b>0.0</b>	<b>8.2</b>	<b>6.0</b>	<b>9.3</b>

Day	Meal	Item	MyVeg	MyProt	ExFrt	ExMeat	ExVLMt	ExMilk
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,						
			Milk, nonfat/skim, w/add vit A &					
			Banana, fresh, med, 7" to 7 7/8"			1.7		
	Lunch	Sandwich, turkey, w/whole		6.5				
			Apples, fresh, lrg (FDA Voluntary			2.2		
			Juice, orange, chilled, w/add			3.3		
			Carrots, fresh, baby, med (USDA	1.6				
	Dinner	Fish, tilapia, bkd/brld (USDA SR-			12.0			
			Rice, brown, long grain, ckd					
			Broccoli, stmd	1.0				
			Peppers, bell, red, sweet, fresh,	0.6				
	Snack	Water, tap, municipal (USDA SR-						
		Trail Mix, regular, unsalted		10.6				
		Milk, chocolate, nonfat/skim,						

Day	Meal	Item	MyVeg	MyProt	ExFrt	ExMeat	ExVLMt	ExMilk
Thu 02-20-2014	Snack	Bar, granola, peanut butter						
		Yogurt, vanilla, low fat, 11g						
	<b>Day Total</b>		<b>3.2</b>	<b>29.1</b>	<b>7.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)		3.0				
		Banana, fresh, med, 7" to 7 7/8"			1.7			
		Milk, nonfat/skim, w/add vit A &						
		Bread, whole wheat, tstd, slice						
	Lunch	Carrots, fresh, baby, med (USDA	1.6					
		Apples, fresh, lrg (FDA Voluntary				2.2		
		Juice, orange, 100%, cnd/btl				3.6		
	Dinner	Sandwich, tuna salad, w/whole		2.6				
		Peppers, bell, red, sweet, fresh,	0.6					
		Potatoes, baked, plain (Wendy's	2.3					
		Milk, nonfat/skim, w/add vit A						
		Salad, spinach, w/o dressing	1.3					
		Chicken, breast, fillet, grilled		6.0				
	Snack	Yogurt, vanilla, low fat, 11g						
		Milk, chocolate, nonfat/skim,						
		Apples, fresh, med, 3", USDA				1.6		
		Yogurt, fruit, low fat, 10g prot,						
		Bar, granola, peanut butter						
		Water, tap, municipal (USDA SR-						
		Trail Mix, regular, unsalted		5.3				
	<b>Day Total</b>		<b>5.8</b>	<b>16.8</b>	<b>9.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe						
		Milk, nonfat/skim, w/add vit A &						
		Banana, fresh, med, 7" to 7 7/8"			1.7			
		Syrup, maple (USDA SR-21)						
	Lunch	Strawberries, fresh, whole (USDA			0.4			
		Juice, orange, 100%, cnd/btl			3.6			
		Carrots, fresh, baby, med (USDA	1.6					
	Dinner	Avocado, avg, fresh (USDA SR-						
		Soup, chicken noodle, classic,						
		Peppers, bell, red, sweet, fresh,	0.6					
		Salad, spinach, w/o dressing	1.3					
		Broccoli, stmd	1.0					
	Snack	Spaghetti, w/meat sauce, fzn,	1.3	2.4				
		Salad Dressing, Italian (USDA						
		Yogurt, vanilla, low fat, 11g						
Apples, fresh, med, 3", USDA				1.6				
Pomegranate, fresh, 4" (USDA				1.8				
Trail Mix, regular, unsalted			5.3					
<b>Day Total</b>		<b>5.8</b>	<b>7.7</b>	<b>9.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	
<b>Average Day Total</b>		<b>4.9</b>	<b>17.9</b>	<b>8.4</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	

Day	Meal	Item	ExOth	ExStar	ExVeg	ExFat
Thu 02-20-2014	Breakfast	Cereal, hot, oatmeal, plain,		3.7		0.7
		Milk, nonfat/skim, w/add vit A &				
		Banana, fresh, med, 7" to 7 7/8"				
	Lunch	Sandwich, turkey, w/whole		3.8		3.7
		Apples, fresh, lrg (FDA Voluntary				
		Juice, orange, chilled, w/add				
	Dinner	Carrots, fresh, baby, med (USDA			2.9	
		Fish, tilapia, bkd/brld (USDA SR-				
		Rice, brown, long grain, ckd		5.4		
		Broccoli, stmd			1.6	
	Snack	Peppers, bell, red, sweet, fresh,			1.1	
		Water, tap, municipal (USDA SR-				
		Trail Mix, regular, unsalted	4.5			7.4
		Milk, chocolate, nonfat/skim,	4.0			0.2
		Bar, granola, peanut butter	2.0			0.9
Yogurt, vanilla, low fat, 11g		4.5			1.2	
<b>Day Total</b>			<b>15.0</b>	<b>13.0</b>	<b>5.7</b>	<b>14.2</b>
Fri 02-21-2014	Breakfast	Eggs, scrambled (USDA SR-21)				2.0
		Banana, fresh, med, 7" to 7 7/8"				
		Milk, nonfat/skim, w/add vit A &				
	Lunch	Bread, whole wheat, tstd, slice		1.7		
		Carrots, fresh, baby, med (USDA			2.9	
		Apples, fresh, lrg (FDA Voluntary				
	Dinner	Juice, orange, 100%, cnd/btl				
		Sandwich, tuna salad, w/whole		4.8		4.4
		Peppers, bell, red, sweet, fresh,			1.1	
		Potatoes, baked, plain (Wendy's		3.9		
		Milk, nonfat/skim, w/add vit A				
		Salad, spinach, w/o dressing			4.6	1.9
	Snack	Chicken, breast, fillet, grilled				
		Yogurt, vanilla, low fat, 11g	4.5			1.2
		Milk, chocolate, nonfat/skim,	4.0			0.2
		Apples, fresh, med, 3", USDA				
		Yogurt, fruit, low fat, 10g prot,	3.1			0.5
		Bar, granola, peanut butter	2.0			0.9
Water, tap, municipal (USDA SR-						
Trail Mix, regular, unsalted	2.2			3.7		
<b>Day Total</b>			<b>15.8</b>	<b>10.3</b>	<b>8.6</b>	<b>14.8</b>
Sat 02-22-2014	Breakfast	French Toast, prep f/recipe		4.3		5.5
		Milk, nonfat/skim, w/add vit A &				
		Banana, fresh, med, 7" to 7 7/8"				
	Lunch	Syrup, maple (USDA SR-21)	4.2			
		Strawberries, fresh, whole (USDA				
		Juice, orange, 100%, cnd/btl				
	Carrots, fresh, baby, med (USDA			2.9		

Day	Meal	Item	ExOth	ExStar	ExVeg	ExFat	
Sat 02-22-2014	Lunch	Avocado, avg, fresh (USDA SR-				5.9	
		Soup, chicken noodle, classic,		2.0		0.1	
	Dinner	Peppers, bell, red, sweet, fresh,				1.1	
		Salad, spinach, w/o dressing				4.6	1.9
		Broccoli, stmd				1.6	
		Spaghetti, w/meat sauce, fzn,		9.2			
	Snack	Salad Dressing, Italian (USDA					4.8
		Yogurt, vanilla, low fat, 11g	4.5				1.2
		Apples, fresh, med, 3", USDA					
		Pomegranate, fresh, 4" (USDA					
		Trail Mix, regular, unsalted	2.2				3.7
		<b>Day Total</b>		<b>11.0</b>	<b>15.5</b>	<b>10.2</b>	<b>23.2</b>
		<b>Average Day Total</b>		<b>13.9</b>	<b>12.9</b>	<b>8.2</b>	<b>17.4</b>

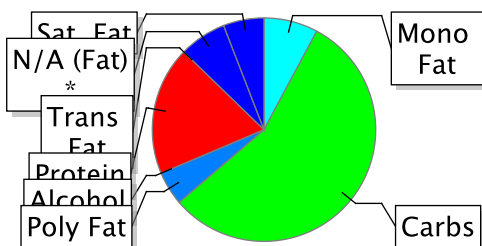
## Calories and Fat

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	823	212.1	19 %
Carbohydrates	2447	630.5	57 %
Alcohol	0	0.0	0 %
Fat (Total)	1054	120.7	24 %
Saturated Fat	248	27.6	6%
Trans Fat	3	0.4	0%
Mono Fat	328	36.4	8%
Poly Fat	207	22.9	5%

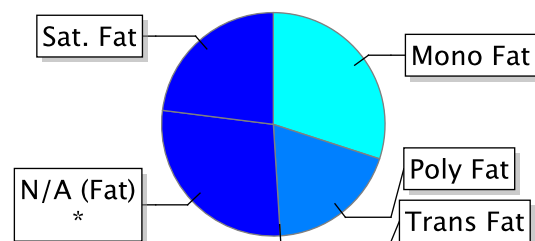
Total

4325



\*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	27.6	23 %
Mono Fat	36.4	30 %
Poly Fat	22.9	19 %
Trans Fat	0.4	0 %
<b>Total (g)</b>		<b>120.7</b>



\*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

P:S ( Poly Fat / Saturated Fat )

0.83 : 1

Starch	12.93	Fruit	8.44
Other Carbs	13.93	Vegetables	8.18
Very Lean Meat		Milk	
Meat			

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Potassium : Sodium	1.45 : 1
Calcium : Phosphorus	0.93 : 1
CSI ( Cholesterol / Saturated Fat )	59.05

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## Calorie Assessment

A close-up picture of the Calories consumed.

### Calories to maintain current weight

Calories to maintain current weight	3831
Calorie adjustment for weight change of 1 lb (per week)	500
Goal Calories	4331

### Average Daily Intake & Expenditures

Average Intake	4325
Average Expenditure	2847

Calories For The Day	Goal	Intake	Assessment
Total Calories	4331	4325	Below Goal
Carbohydrates (45-65% Calories)	1948 to 2814	2447	In Range
Protein (10-35% Calories)	433 to 1516	823	In Range
Fat (20-35% Calories)	866 to 1516	1054	In Range

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## Activity Summary

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

**Profile Calorie Goal:** 4331

### Daily Activity Details



## Summary

Daily Average

0 Calories

Your Daily Average put you in the Sedentary activity level, and suggests 2847 Calories to maintain your current weight.

## Nutrition Facts

Formats the analysis as a Nutrition Facts label.

<b>Nutrition Facts</b>	
<b>Serving Size ( 5886 g )</b>	
<b>Amount Per Serving</b>	
<b>Calories 4325</b> <b>Calories from Fat 1086</b>	
<b>% Daily Value *</b>	
<b>Total Fat 121g</b>	<b>90%</b>
Saturated Fat 28g	<b>64%</b>
Trans Fat 0g	
<b>Cholesterol 624mg</b>	<b>208%</b>
<b>Sodium 5782mg</b>	<b>251%</b>
<b>Total Carbohydrates</b>	<b>106%</b>
Dietary Fiber 54g	<b>88%</b>
Sugars 301g	
<b>Protein 212g</b>	<b>306%</b>
<b>Vitamin A 273%</b>	<b>Vitamin C 601%</b>
<b>Calcium 229%</b>	<b>Iron 248%</b>
* 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](http://ChooseMyPlate.gov) for more info).



## Intake vs. Recommendation

3200 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	93 %		9.3 oz equivalent	
Grains Recommendation			10. oz equivalent	
Vegetables Intake	123 %		4.9 cup equivalent	
Vegetables			4.0 cup equivalent	
Fruits Intake	327 %		8.2 cup equivalent	
Fruits Recommendation			2.5 cup equivalent	
Dairy Intake	200 %		6.0 cup equivalent	
Dairy Recommendation			3.0 cup equivalent	
Protein Foods Intake	255 %		17. oz equivalent	
Protein Foods Recommendation			7.0 oz equivalent	

### Make Half Your Grains Whole

Aim for at least 5.0 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	9.0 cups weekly
Other Vegetables	10. cups weekly

### Oils & Empty Calories

Aim for 11.0 teaspoons of oils a day

Limit your extra fats & sugars to 648 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
<i>Thu 02-20-2014</i>		
2.0 cup	Cereal, hot, oatmeal, plain, unenrich, ckd w/water w/o salt	332
2.0 cup	Milk, nonfat/skim, w/add vit A & D (Darigold)	180
1.0 each	Banana, fresh, med, 7" to 7 7/8" long (USDA SR-21)	105
8.0 cup	Water, tap, municipal (USDA SR-21)	0

2.0	each	Sandwich, turkey, w/whole wheat	720
1.0	cup	Trail Mix, regular, unsalted (USDA SR-21)	693
1.0	each	Apples, fresh, lrg (FDA Voluntary Labeling)	130
2.0	cup	Juice, orange, chilled, w/add Calc & Vit D (USDA SR-21)	219
2.0	cup	Milk, chocolate, nonfat/skim, prep w/syrup (USDA Survey)	296
12.0	oz	Fish, tilapia, bkd/brld (USDA SR-21)	435
2.0	cup	Rice, brown, long grain, ckd (USDA SR-21)	433
1.0	cup	Broccoli, stmd	44
8.0	oz	Carrots, fresh, baby, med (USDA SR-21)	79
2.0	each	Bar, granola, peanut butter (Nature Valley)	180
2.0	cup	Yogurt, vanilla, low fat, 11g prot, 8oz cntr (USDA SR-21)	416
1.0	cup	Peppers, bell, red, sweet, fresh, sliced (USDA SR-21)	29
		<i>Day Total</i>	<i>4292</i>

*Fri 02-21-2014*

3.0	each	Eggs, scrambled (USDA SR-21)	306
1.0	cup	Peppers, bell, red, sweet, fresh, sliced (USDA SR-21)	29
2.0	cup	Yogurt, vanilla, low fat, 11g prot, 8oz cntr (USDA SR-21)	416
8.0	oz	Carrots, fresh, baby, med (USDA SR-21)	79
2.0	cup	Milk, chocolate, nonfat/skim, prep w/syrup (USDA Survey)	296
1.0	each	Apples, fresh, lrg (FDA Voluntary Labeling)	130
1.0	each	Banana, fresh, med, 7" to 7 7/8" long (USDA SR-21)	105
2.0	cup	Milk, nonfat/skim, w/add vit A & D (Darigold)	180
1.0	each	Apples, fresh, med, 3", USDA (USDA SR-21)	95
2.0	cup	Juice, orange, 100%, cnd/btl (Minute Maid)	228
1.0	each	Potatoes, baked, plain (Wendy's International)	310
1.0	cup	Milk, nonfat/skim, w/add vit A (USDA SR-21)	83
1.0	cup	Yogurt, fruit, low fat, 10g prot, 8oz cntr (USDA SR-21)	250
2.0	cup	Salad, spinach, w/o dressing (USDA Survey Database)	215
2.0	each	Bread, whole wheat, tstd, slice (USDA SR-21)	153
2.0	each	Chicken, breast, fillet, grilled (Fast Favorites)	200
2.0	each	Bar, granola, peanut butter (Nature Valley)	180
2.0	each	Sandwich, tuna salad, w/whole wheat	695
8.0	cup	Water, tap, municipal (USDA SR-21)	0
0.5	cup	Trail Mix, regular, unsalted (USDA SR-21)	346
		<i>Day Total</i>	<i>4297</i>

*Sat 02-22-2014*

4.0	piece	French Toast, prep f/recipe w/2% milk (USDA SR-21)	595
2.0	cup	Milk, nonfat/skim, w/add vit A & D (Darigold)	180
2.0	cup	Yogurt, vanilla, low fat, 11g prot, 8oz cntr (USDA SR-21)	416
1.0	each	Apples, fresh, med, 3", USDA (USDA SR-21)	95
1.0	each	Banana, fresh, med, 7" to 7 7/8" long (USDA SR-21)	105
2.0	cup	Juice, orange, 100%, cnd/btl (Minute Maid)	228
1.0	cup	Peppers, bell, red, sweet, fresh, sliced (USDA SR-21)	29
8.0	oz	Carrots, fresh, baby, med (USDA SR-21)	79
2.0	cup	Salad, spinach, w/o dressing (USDA Survey Database)	215
1.0	cup	Broccoli, stmd	44

1.0	each	Avocado, avg, fresh (USDA SR-21)	322
0.5	each	Pomegranate, fresh, 4" (USDA SR-21)	117
2.0	lb	Spaghetti, w/meat sauce, fzn, svg (USDA SR-21)	816
0.5	cup	Trail Mix, regular, unsalted (USDA SR-21)	346
2.0	cup	Soup, chicken noodle, classic, rts, cnd (Campbell's Chunky)	230
4.0	oz	Syrup, maple (USDA SR-21)	296
0.5	cup	Strawberries, fresh, whole (USDA SR-21)	23
3.0	oz	Salad Dressing, Italian (USDA SR-21)	248
		<i>Day Total</i>	<b>4385</b>

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<b>Total</b>	<b>12974</b>
<b>Day Average</b>	<b>4325</b>
<b>Item Average</b>	<b>240</b>

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