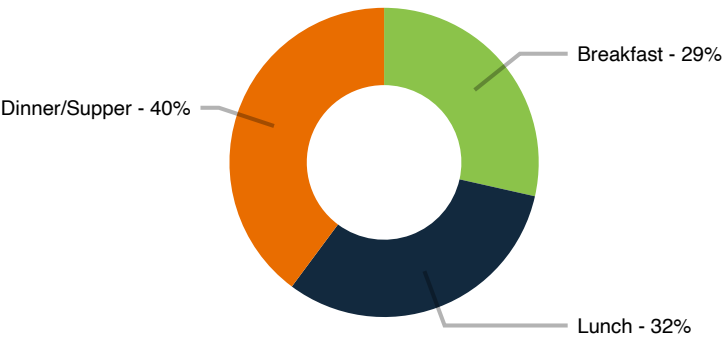


Caloric Intake By Meal



Day(s)

From: Aug 16, 2020 12:00:00 AM

To: Aug 16, 2020 11:59:59 PM

Daily Calories

Allowance	2,600
Eaten	2,362

Daily Food Group Targets

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Eaten	3.6 ounces	3.5 cups	0.0 cups	2.1 cups	20.5 ounces
Status	Under	Achieved	Under	Under	Achieved

Grains	
Total target	9.0 ounces
Total eaten	3.6 ounces
Total status	Under
Grains Subgroups	Amount Eaten
Whole grains	1.7 ounces
Refined grains	1.8 ounces

Fruits

Total target	2.0 cups
Total eaten	0.0 cups
Total status	Under
Fruits Subgroups	Amount Eaten
Whole fruits	0.0 cups
Juice	0.0 cups

Dairy

Total target	3.0 cups
Total eaten	2.1 cups
Total status	Under
Dairy Subgroups	Amount Eaten
Milk	0.1 cups
Yogurt	0.0 cups
Cheese	2.0 cups

Protein Foods

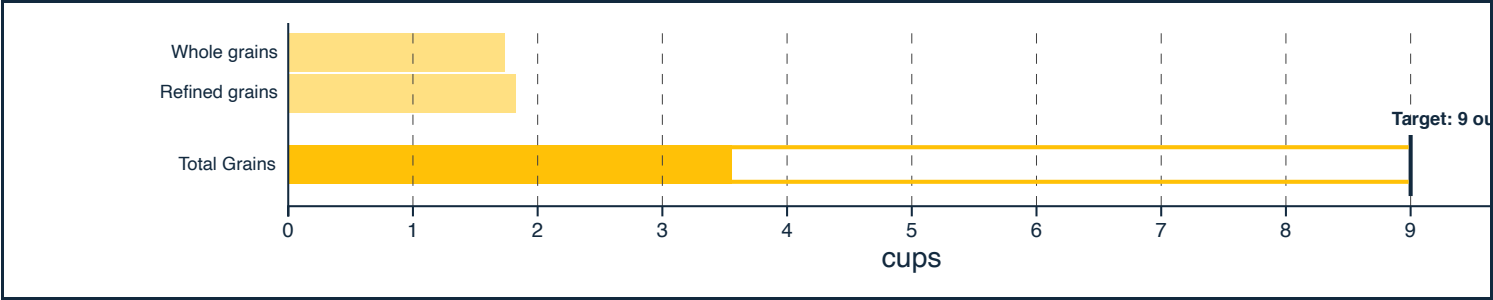
Total target	6.5 ounces
Total eaten	20.5 ounces
Total status	Achieved
Protein Foods Subgroups	Amount Eaten
Meat, Poultry and Eggs	20.5 ounces
Seafood	0.0 ounces
Nuts, Seeds and Soy	0.0 ounces

*The Protein Foods Group consists of meat, poultry, seafood, eggs, nuts and seeds, soy products (other than soymilk), and legumes.

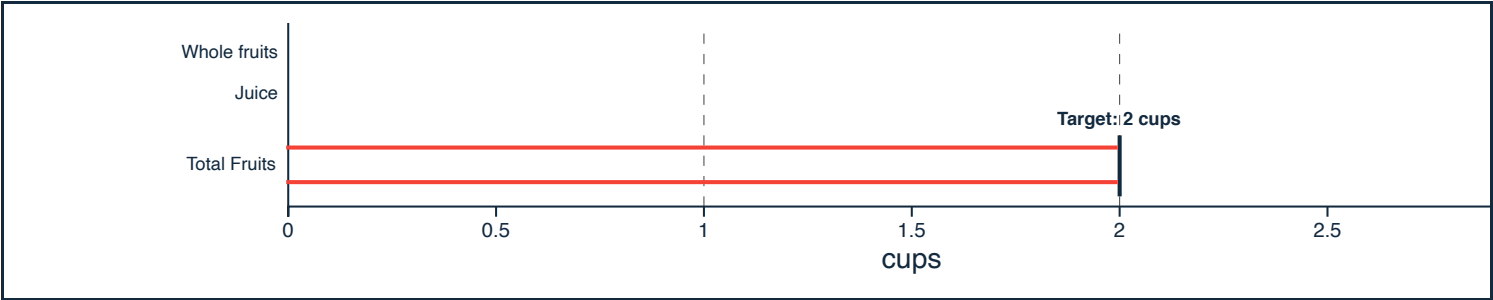
Vegetables

Total target	3.5 cups
Total eaten	3.5 cups
Total status	Achieved
Vegetables Subgroups	Amount Eaten
Dark Green vegetables	2.3 cups
Red and Orange vegetables	0.4 cups
Legumes (beans and peas)	0.8 cups
Starchy vegetables	0.0 cups
Other vegetables	0.0 cups

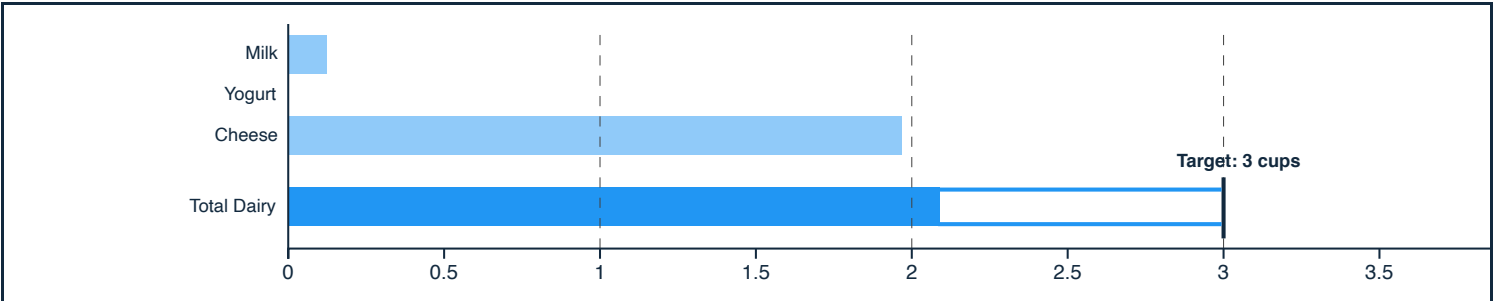
Grains



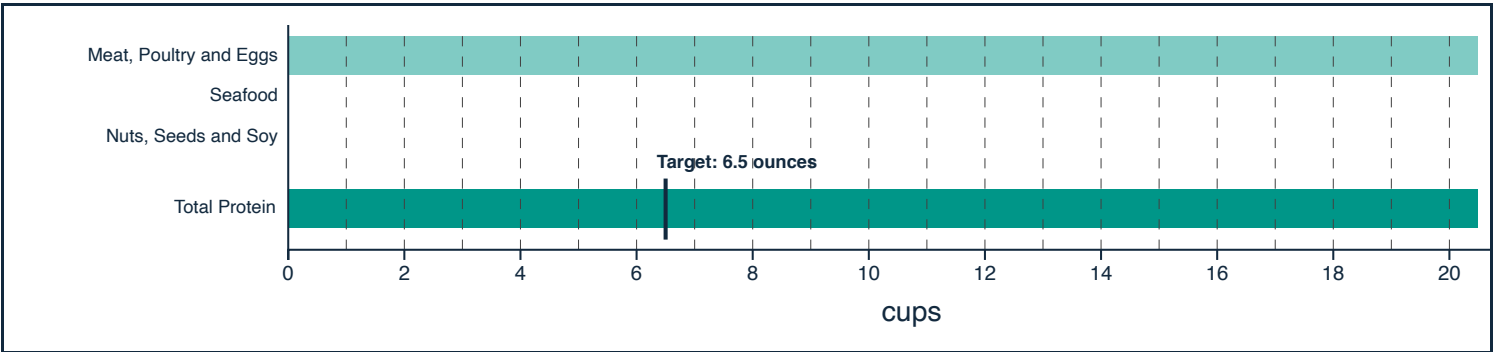
Fruits



Dairy

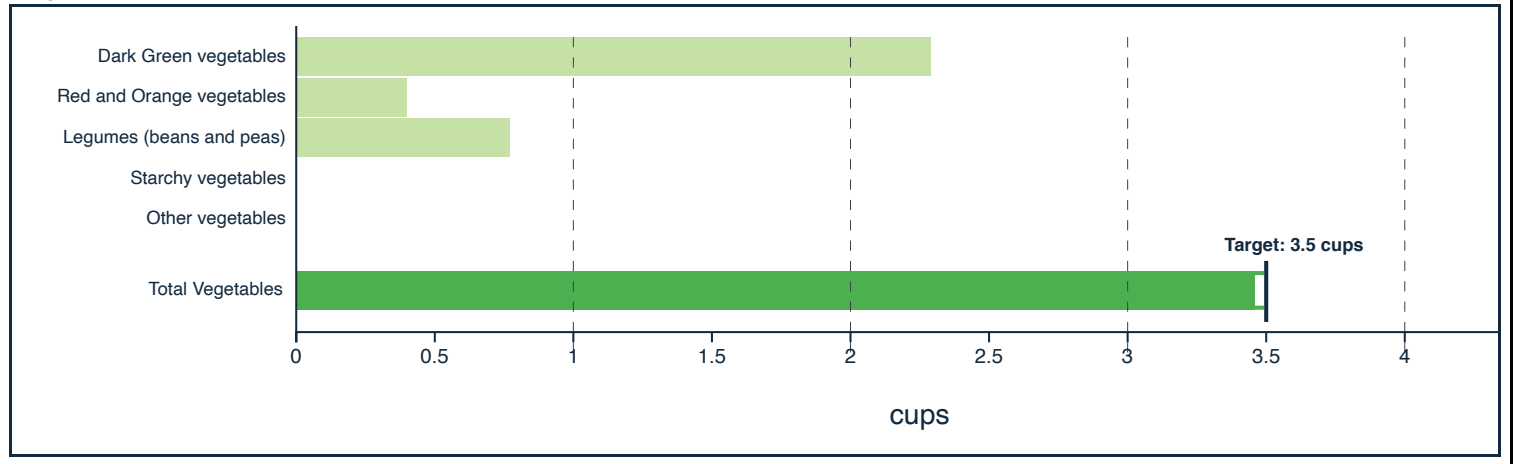


Protein Foods



*The Protein Foods Group consists of meat, poultry, seafood, eggs, nuts and seeds, soy products (other than soymilk), and legumes.

Vegetables

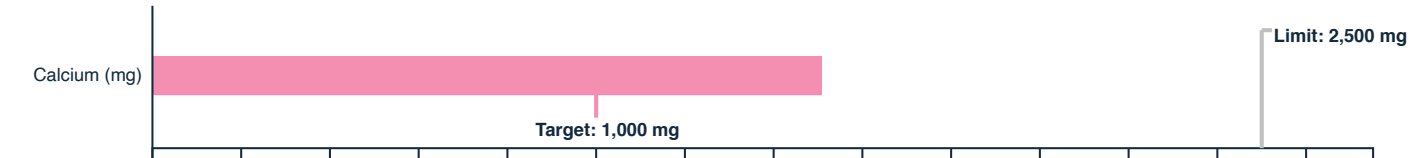


To achieve a healthy eating pattern, the Dietary Guidelines for Americans encourage you to:

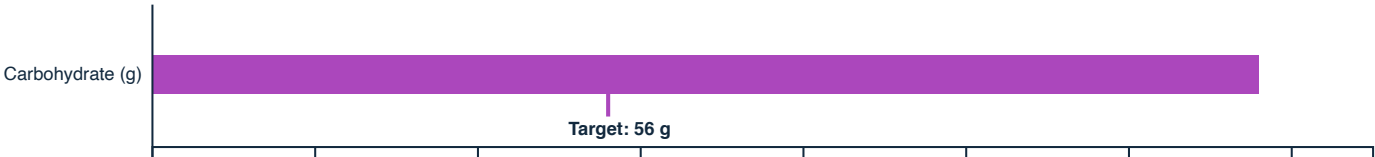
- Make half your grains whole grains. Limit products made with refined grains, especially those high in fat, sugars, and/or sodium, such as cookies, cakes, and some snack foods.
- Eat a variety of fruits, emphasizing whole fruits. When consuming juice, choose 100% juices without added sugars.
- Eat a variety of colors and types of vegetables, including dark green, red and orange, and legumes (beans and peas).
- Choose fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- Eat a variety of protein foods, with an emphasis on seafood and plant proteins, such as legumes (beans and peas), nuts, seeds, and soy products.

Nutrients	Target	Actual Eaten	Status
Calcium (mg)	1000	1509	OK
Carbohydrate (g)	56	136	OK
Cholesterol (mg)	No Daily Target	1029	OVER
Choline (mg)	550	806	OK
Copper (mg)	0.9	1.6	OK
Folate (µg DFE)	400	785	OK
Iron (mg)	8	15	OK
Linoleic Acid (g)	17	13	Under
Magnesium (mg)	400	626	OK
Niacin (mg)	16	65	OK
Phosphorus (mg)	700	2431	OK
Potassium (mg)	3400	4318	OK
Protein (g)	56	226	OK
Riboflavin (mg)	1.3	3.1	OK
Saturated Fat (% kcal)	No Daily Target	15	OVER
Selenium (µg)	55	270	OK
Sodium (mg)	No Daily Target	4792	OVER
Thiamin (mg)	1.2	1.9	OK
Total Fat (% kcal)	20	37	OVER
Total Fiber (g)	38	22	Under
Vitamin A (µg RAE)	900	2141	OK
Vitamin B12 (µg)	2.4	3	OK
Vitamin B6 (mg)	1.3	5.7	OK
Vitamin C (mg)	90	60	Under
Vitamin D (µg)	15	3	Under
Vitamin E (mg AT)	15	13	Under
Vitamin K (µg)	120	800	OK
Zinc (mg)	11	14	OK

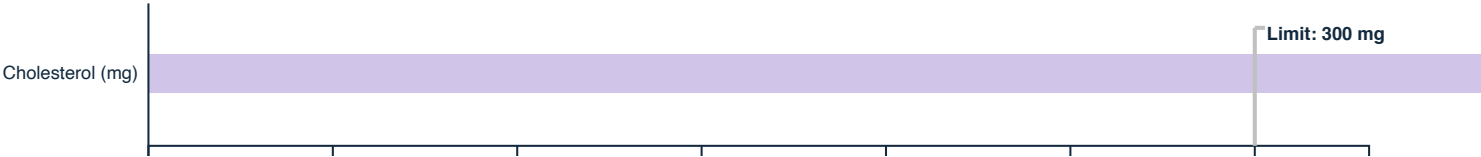
Nutrient: Calcium (mg)
Target: 1000
Actual Eaten: 1509



Nutrient: Carbohydrate (g)
Target: 56
Actual Eaten: 136



Nutrient: Cholesterol (mg)
Target: No Daily Target
Actual Eaten: 1029



Nutrient: Choline (mg)
Target: 550
Actual Eaten: 806



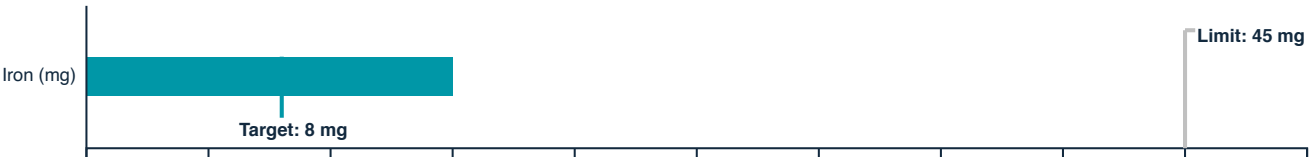
Nutrient: Copper (mg)
Target: 0.9
Actual Eaten: 1.6



Nutrient: Folate (µg DFE)
Target: 400
Actual Eaten: 785



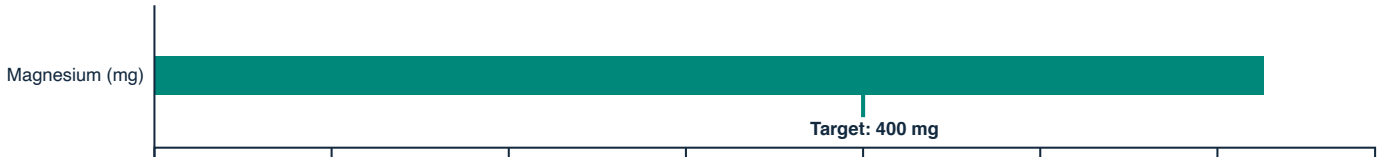
Nutrient: Iron (mg)
Target: 8
Actual Eaten: 15



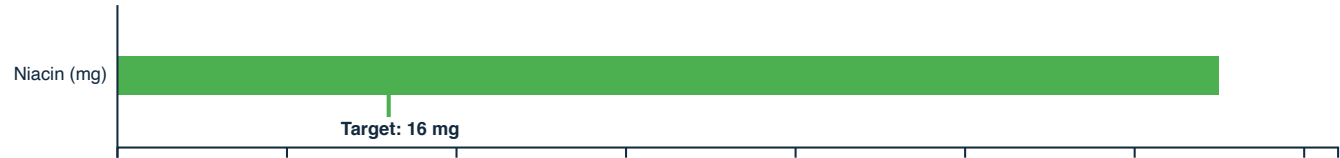
Nutrient: Linoleic Acid (g)
Target: 17
Actual Eaten: 13



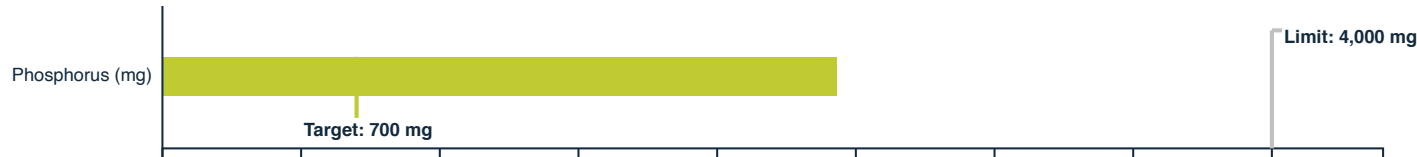
Nutrient: Magnesium (mg)
Target: 400
Actual Eaten: 626



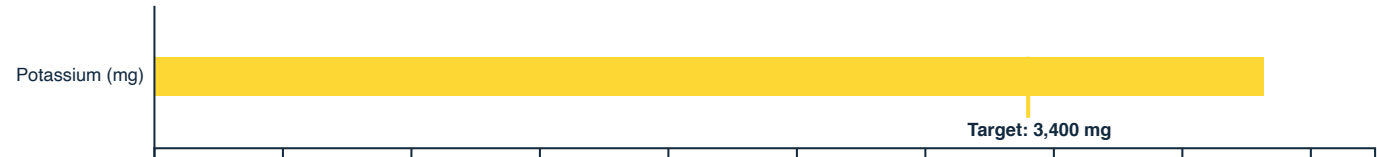
Nutrient: Niacin (mg)
Target: 16
Actual Eaten: 65



Nutrient: Phosphorus (mg)
Target: 700
Actual Eaten: 2431



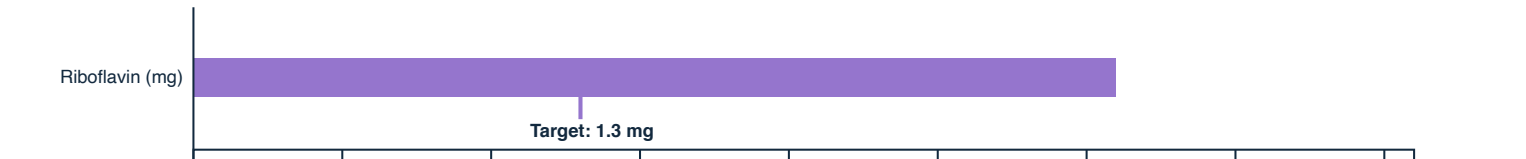
Nutrient: Potassium (mg)
Target: 3400
Actual Eaten: 4318



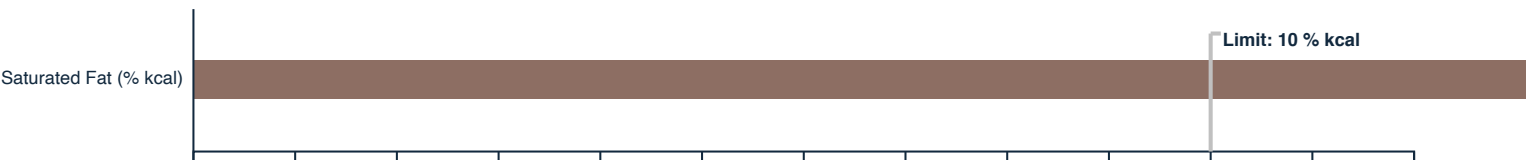
Nutrient: Protein (g)
Target: 56
Actual Eaten: 226



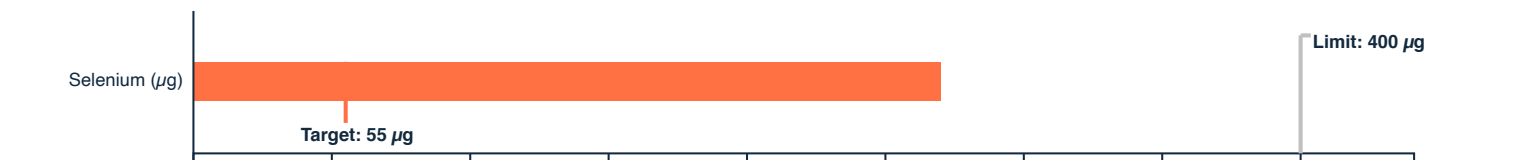
Nutrient: Riboflavin (mg)
Target: 1.3
Actual Eaten: 3.1



Nutrient: Saturated Fat (% kcal)
Target: No Daily Target
Actual Eaten: 15



Nutrient: Selenium (μ g)
Target: 55
Actual Eaten: 270



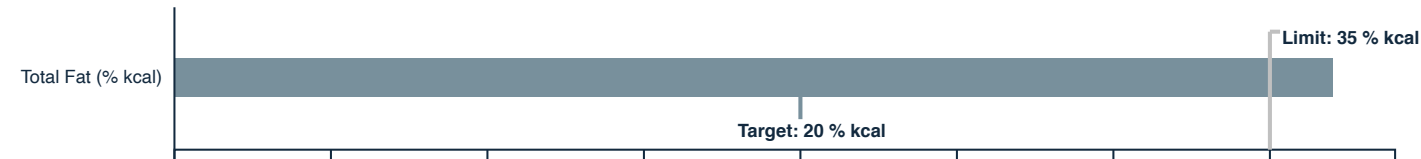
Nutrient: Sodium (mg)
Target: No Daily Target
Actual Eaten: 4792



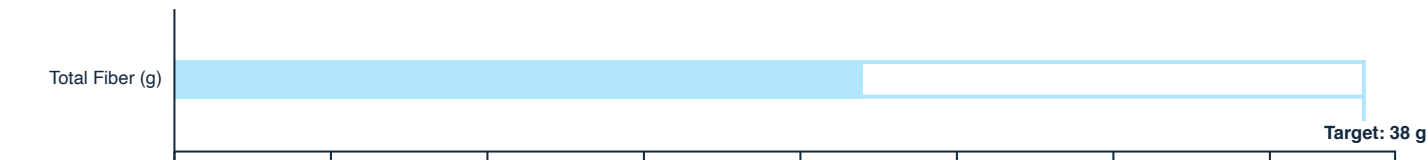
Nutrient: Thiamin (mg)
Target: 1.2
Actual Eaten: 1.9



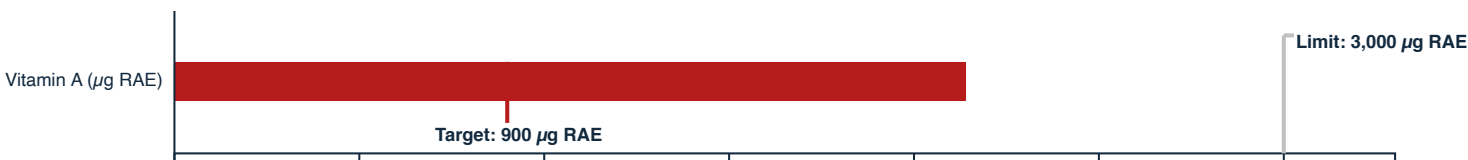
Nutrient: Total Fat (% kcal)
Target: 20
Actual Eaten: 37



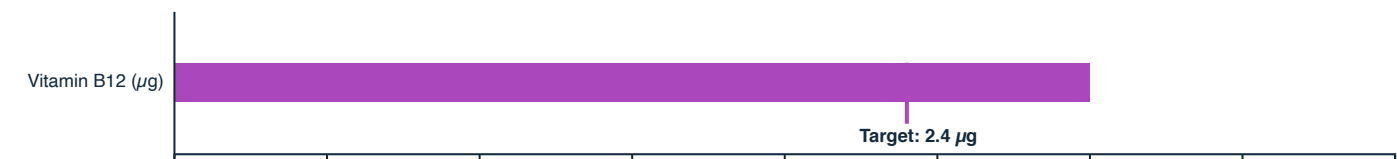
Nutrient: Total Fiber (g)
Target: 38
Actual Eaten: 22



Nutrient: Vitamin A (µg RAE)
Target: 900
Actual Eaten: 2141



Nutrient: Vitamin B12 (µg)
Target: 2.4
Actual Eaten: 3



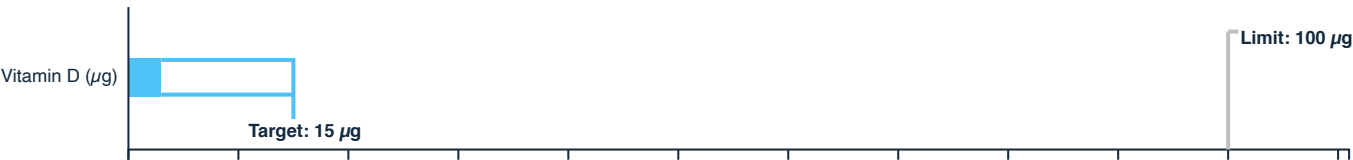
Nutrient: Vitamin B6 (mg)
Target: 1.3
Actual Eaten: 5.7



Nutrient: Vitamin C (mg)
Target: 90
Actual Eaten: 60



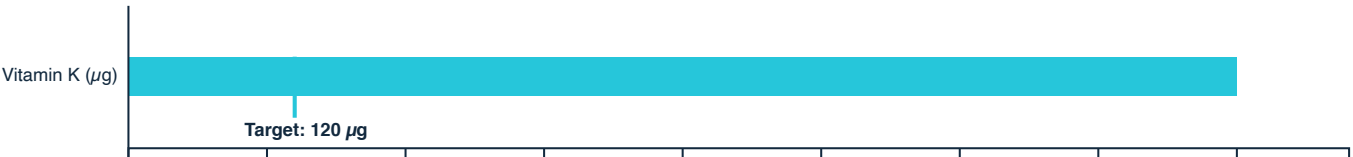
Nutrient: Vitamin D (µg)
Target: 15
Actual Eaten: 3



Nutrient: Vitamin E (mg AT)
Target: 15
Actual Eaten: 13



Nutrient: Vitamin K (µg)
Target: 120
Actual Eaten: 800



Nutrient: Zinc (mg)

Target: 11

Actual Eaten: 14



Category	Limit	Actual Eaten	Status
■ Empty Calories	Less than 380 kcal per day	463 kcal	OVER
Solid Fats	*	51 g	*
Added Sugars	Less than 65 g per day	0 Calories	OK
Alcohol	*	0 Calories	*
■ Saturated Fat	Less than 29 g per day	39 g	OVER
■ Sodium	Less than 2,300 mg per day	4,792 mg	OVER

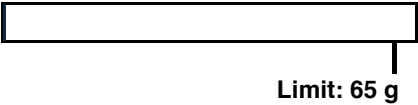
Calories

Amount Eaten: 2,362 kcal



Added Sugars

Amount Eaten: 0 g



Saturated Fat

Amount Eaten: 39 g



Sodium

Amount Eaten: 4,792 mg

