

Bar Graph Report

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

Profile Info

Personal: Assignment 2 Female 55 yrs 5 ft 3 in 140 lb

Student Info: Ralda Mansouri Catherine Calogeropoulos BIO 203 /4

Day(s): 2020 Jun 5 (Lunch, Dinner, Snack)

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 24.8

Normal is 18.5 to 25.

Weight Change: None

Best not to exceed 2 lbs per week.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	1,284.07	1,940.82	66 %				
Calories from Fat	673.65	543.43	124 %				
Calories from SatFat	109.02	174.67	62 %				
Protein (g)	51.43	50.80*	101 %				
Protein (% Calories)	16.02	10.47*	153 %				
Carbohydrates (g)	111.35	266.86	42 %				
Carbohydrates (% Calories)	34.69	55.00	63 %				
Total Sugars (g)	35.36 ^						
Dietary Fiber (g)	17.22	27.17	63 %				
Soluble Fiber (g)	2.13						
InSoluble Fiber (g)	6.83						
Fat (g)	74.85	60.38	124 %				
Fat (% Calories)	52.46	28.00	187 %				
Saturated Fat (g)	12.11	19.41~	62 %				
Trans Fat (g)	0.03						
Mono Fat (g)	42.50	21.56	197 %				
Poly Fat (g)	11.30	19.41	58 %				
Cholesterol (mg)	103.73	300.00~	35 %				
Water (g)	400.81	2,700.00	15 %				
Vitamins							
Vitamin A - RAE (mcg)	186.07	700.00	27 %				
Vitamin B1 - Thiamin (mg)	0.45	1.10	41 %				
Vitamin B2 - Riboflavin (mg)	1.18	1.10	107 %				
Vitamin B3 - Niacin (mg)	7.99	14.00	57 %				
Vitamin B6 (mg)	0.57	1.50	38 %				
Vitamin B12 (mcg)	3.44	2.40	143 %				
Vitamin C (mg)	33.14	75.00	44 %				
Vitamin D - mcg (mcg)	7.68	15.00	51 %				
Vitamin E - a-Toco (mg)	15.78	15.00	105 %				
Folate (mcg)	112.61	400.00	28 %				

Minerals				
Calcium (mg)	762.72	1,200.00	64 %	
Iron (mg)	5.92	8.00	74 %	
Magnesium (mg)	242.20	320.00	76 %	
Phosphorus (mg)	887.16	700.00	127 %	
Potassium (mg)	1,881.49	2,600.00	72 %	
Sodium (mg)	581.23	2,300.00~	25 %	
Zinc (mg)	5.09	8.00	64 %	
Other				
Omega-3 (g)	2.26	+		
Omega-6 (g)	9.01	+		
Alcohol (g)	0.00			
Caffeine (mg)	0.00			

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

^ Total Sugars includes those naturally occurring in food and added sugars.

~ This value is a recommended consumption limit, not a goal.

+ There is no established recommendation for Omega-3 and Omega-6.