

Actual Intakes -vs- Recommended Intakes

The actual intakes -vs- recommended intakes report displays the amount of nutrients consumed as they compare to your dietary intake recommendations.

Profile Info

Personal: Fady Male 20 yrs 6 ft 160 lb

Day(s): Day 1 (Breakfast, Lunch, Dinner, Snack), Day 2 (Breakfast, Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Dinner, Snack)

Activity Level: Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 21.7

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Nutrient	Actual	Rec.	Percent	
<i>Basic Components</i>				
Calories	2,895.	3,146.8	92%	
Calories from Fat	1,205.	881.13	137%	20-35% of Calories (adults 19+ yrs)*
Calories from SatFat	333.50	283.22	118%	Less than 10% of Calories+
Protein (g)	182.90	58.06	315%	10-35% of Calories (adults 19+ yrs)*~
Carbohydrates (g)	236.75	432.70	55%	45-65% of Calories (adults 19+ yrs)*
Total Sugars (g)	85.94			
Added Sugar (g)++	0.00			Less than 10% of Calories+
Dietary Fiber (g)	19.47	44.06	44%	
Soluble Fiber (g)	0.12			
InSoluble Fiber (g)	0.58			
Fat (g)	133.89	97.90	137%	20-35% of Calories (adults 19+ yrs)*
Saturated Fat (g)	37.06	31.47	118%	Less than 10% of Calories+
Trans Fat (g)	2.09			Minimize+
Mono Fat (g)	30.42	34.97	87%	
Poly Fat (g)	16.31	31.47	52%	
Cholesterol (mg)	902.77	300.00	301%	Limit+
Water (g)	424.60	3,700.0	11%	
<i>Vitamins</i>				
Vitamin A - RAE (mcg)	620.66	900.00	69%	
Beta-carotene (mcg)	235.17			
Vitamin B1 - Thiamin (mg)	0.86	1.20	71%	
Vitamin B2 - Riboflavin	1.55	1.30	120%	
Vitamin B3 - Niacin (mg)	31.83	16.00	199%	
Vitamin B6 (mg)	3.79	1.30	291%	Do not exceed 100 mg*
Vitamin B12 (mcg)	7.07	2.40	295%	Over 50 should take a supplement or eat fortified foods*
Vitamin C (mg)	68.54	90.00	76%	
Vitamin D - mcg (mcg)	3.92	15.00	26%	15 to no more than 100 mcg*
Vitamin E - a-Toco (mg)	5.81	15.00	39%	

Folate (mcg)	207.95	400.00	52%	Women of child-bearing age should take a supplement or fortified foods with 400 mcg*
<i>Minerals</i>				
Calcium (mg)	801.15	1,000.0	80%	Do not exceed 2500 mg*
Iron (mg)	14.79	8.00	185%	Do not exceed 45 mg*
Magnesium (mg)	140.25	400.00	35%	Do not exceed 350 mg by supplement*
Phosphorus (mg)	1,259.	700.00	180%	Do not exceed 4000 mg*
Potassium (mg)	1,695.	4,700.0	36%	At least 4700 mg per day*
Selenium (mcg)	141.86			
Sodium (mg)	5,042.	2,300.0	219%	Less than 2300 mg per day* - less than 1500 mg for some people+
Zinc (mg)	13.03	11.00	118%	Do not exceed 40 mg*
<i>Other</i>				
Omega-3 (g)	1.32			
Omega-6 (g)	14.68			
Alcohol (g)	0.00			Do not exceed 2 standard drinks for men and 1 standard drink for women+
Caffeine (mg)	0.00			Up to 400 mg (three to five 8-oz cups of coffee per day)+

* Dietary Reference Intakes

+ 2015 Dietary Guidelines for Americans

++The nutrient content of the items in the MDA food database depend on manufacturers' reporting accurate information. Since many do not have data yet on added sugars, this number may not be an accurate reflection of added sugar intake.

~ Protein recommendations have not been adjusted to take into account endurance/strength athletes who fall into the active and very active categories, but do take into account pregnancy and lactation.