

Single Nutrient Report

The Single Nutrient Report shows a sorted list of foods based on how they contribute to the total for one nutrient.

Profile Info

Personal: Assignment 1 Male 30 yrs 5 ft 4 in 150 lb

Day(s): 2020 Oct 18 (Dinner)

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 25.7

Normal is 18.5 to 25.

Weight Change: None

Best not to exceed 2 lbs per week.

Omega-3 (Gram)

Amount	Item	Omega3 (g)	0	25	50	75	100
106. g	salmon, sockeye, canned, with bone, drained (USDA)	1.67	55 %				
10.5 ml	linseeds, Canada, ground (Flax Council of Canada)	1.33	44 %				
0.50 cup	rice, brown, dry, long grain (USDA)	0.03	1 %				
0.33 lrg	egg, raw (USDA)	0.02	1 %				
9.00 ml	cornmeal, yellow, whole grain (USDA)	0.00	0 %				
5.00 ml	juice, lime, fresh (USDA)	0.00	0 %				
2.50 ml	soy sauce, naturally brewed (Kikkoman)	0.00	0 %				
2.00 ea	coriander, fresh, sprigs (USDA)	0.00	0 %				
Total		3.05 g	100%				