

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: Rosalin Alzaga Female 39 yrs 5 cm 185 kg			
Day(s): Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7 (All)			
Activity Level: Sedentary		Strive for an Active activity level.	
Weight Change: Lose 2 lb per week		Best not to exceed 2 lbs per week.	
BMI: 74000.0		Normal is 18.5 to 25. Clinically Obese is 30 or higher.	
Nutrient	Actual	Rec.	Percent
Basic Components			
Calories	1,173.	1,278.0	97%
Calories from Fat	309.00	358.0	86%
Calories from SatFat	54.20	115.0	47%
Protein (g)	63.70	32.0-112	100%
Carbohydrates (g)	164.00	144-208	100%
Total Sugars (g)	67.60		
Added Sugar (g)++	0.86	0-32.0	%
Dietary Fiber (g)	30.90	17.9	173%
Soluble Fiber (g)	0.76		
InSoluble Fiber (g)	2.51		
Fat (g)	34.30	28.4-49.7	100%
Saturated Fat (g)	6.02	0-14.2	100%
Trans Fat (g)	0.03		Minimize+
Mono Fat (g)	15.80	14.2	111%
Poly Fat (g)	6.34	12.8	50%
Cholesterol (mg)	194.00	300.0	65% Limit+
Water (g)	1,682.	2,700.0	62%
Vitamins			
Vitamin A - RAE (mcg)	716.00	700.0	102%
Beta-carotene (mcg)	2,998.		
Vitamin B1 - Thiamin (mg)	0.65	1.1	60%
Vitamin B2 - Riboflavin	1.18	1.1	107%
Vitamin B3 - Niacin (mg)	19.50	14.0	139%
Vitamin B6 (mg)	1.78	1.3	137% Do not exceed 100 mg*
Vitamin B12 (mcg)	1.91	2.4	79% Over 50 should take a supplement or eat fortified foods*
Vitamin C (mg)	251.00	75.0	334%
Vitamin D - mcg (mcg)	2.62	15.0	17% 15 to no more than 100 mcg*
Vitamin E - a-Toco (mg)	8.30	15.0	55%
Folate (mcg)	543.00	400.0	136% Women of child-bearing age should take a supplement or fortified foods with 400 mcg*
Minerals			
Calcium (mg)	521.00	1,000.0	52% Do not exceed 2500 mg*
Iron (mg)	11.00	18.0	61% Do not exceed 45 mg*
Magnesium (mg)	347.00	320.0	108% Do not exceed 350 mg by supplement*
Phosphorus (mg)	746.00	700.0	107% Do not exceed 4000 mg*
Potassium (mg)	2,915.	2,600.0	112% At least 3400 mg per day*
Selenium (mcg)	58.30		
Sodium (mg)	856.00	2,300.0	37% Less than 2300 mg per day* - less than 1500

				mg for some people+
Zinc (mg)	5.78	8.0	72 %	Do not exceed 40 mg*
Other				
Omega-3 (g)	0.50			
Omega-6 (g)	5.56			
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.