

All Daily Reports

A variety of reports and information combined into one document.

Profile Info

Personal: Fuata'i Female 26 yrs 5 ft 2 in 153 lb
 Student Info: Fuata'i Jeanine Grillo Nutrition 1
 Day(s): 2020 Aug 10, Aug 11, Aug 12, Aug 13, Aug 14, Aug 15, Aug 27
 Activity Level: Active (Strive for an Active activity level.)
 BMI: 28.0 Normal is 18.5 to 25.
 Weight Change: Lose 2 lb per week Best not to exceed 2 lbs per week.

Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as the DRI (Dietary Reference Intake).

Nutrient	DRI Goal	Notes
Basic Components		
Calories	1,492.30	
Protein (g)	55.52	10% - 35% of Calories (adults 19-70 yrs) *~
Carbohydrates (g)	205.19	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	20.89	
Fat (g)	46.43	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	14.92	Less than 10% of Calories +
Mono Fat (g)	16.58	
Poly Fat (g)	14.92	
Cholesterol (mg)	300.00	Less than 300 mg per day ^
Water (g)	2,700.00	
Vitamins		
Vitamin A - RAE (mcg)	700.00	Do not exceed 3000mg *
Vitamin B1 - Thiamin (mg)	1.10	
Vitamin B2 - Riboflavin (mg)	1.10	
Vitamin B3 - Niacin (mg)	14.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	75.00	Do not exceed 2000 mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	Do not exceed 1000mg *
Folate (mcg)	400.00	Women of child bearing age should take a supplement *
Minerals		

Calcium (mg)	1,000.00	Do not exceed 2500 mg *
Iron (mg)	18.00	Do not exceed 45 mg *
Magnesium (mg)	310.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	2,600.00	
Sodium (mg)	2,300.00	Less than 2300 mg - lower for some people +
Zinc (mg)	8.00	Do not exceed 40 mg *

Sources:

* Dietary Reference Intakes - For Adult 19-70 years, non-pregnant

+ Dietary Guidelines for Americans

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

^ Reference Daily Intake

Bar Graph Report

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

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	1,618.05	1,492.30	108 %				
Calories from Fat	488.93	417.84	117 %				
Calories from SatFat	99.89	134.31	74 %				
Protein (g)	97.19	55.52*	175 %				
Protein (% Calories)	24.03	14.88*	161 %				
Carbohydrates (g)	191.14	205.19	93 %				
Carbohydrates (% Calories)	47.25	55.00	86 %				
Total Sugars (g)	66.85 ^						
Dietary Fiber (g)	16.07	20.89	77 %				
Soluble Fiber (g)	0.00						
InSoluble Fiber (g)	0.00						
Fat (g)	54.33	46.43	117 %				
Fat (% Calories)	30.22	28.00	108 %				
Saturated Fat (g)	11.10	14.92~	74 %				
Trans Fat (g)	0.26						
Mono Fat (g)	12.27	16.58	74 %				
Poly Fat (g)	14.77	14.92	99 %				
Cholesterol (mg)	138.19	300.00~	46 %				
Water (g)	1,995.06	2,700.00	74 %				
Vitamins							
Vitamin A - RAE (mcg)	235.63	700.00	34 %				
Vitamin B1 - Thiamin (mg)	0.47	1.10	42 %				
Vitamin B2 - Riboflavin (mg)	0.41	1.10	37 %				
Vitamin B3 - Niacin (mg)	38.18	14.00	273 %				
Vitamin B6 (mg)	1.09	1.30	83 %				
Vitamin B12 (mcg)	7.16	2.40	298 %				
Vitamin C (mg)	9.28	75.00	12 %				
Vitamin D - mcg (mcg)	3.12	15.00	21 %				
Vitamin E - a-Toco (mg)	0.18	15.00	1 %				
Folate (mcg)	75.45	400.00	19 %				
Minerals							
Calcium (mg)	667.45	1,000.00	67 %				
Iron (mg)	8.64	18.00	48 %				
Magnesium (mg)	87.78	310.00	28 %				
Phosphorus (mg)	299.93	700.00	43 %				
Potassium (mg)	1,587.89	2,600.00	61 %				
Sodium (mg)	1,643.95	2,300.00~	71 %				
Zinc (mg)	3.30	8.00	41 %				
Other							
Omega-3 (g)	0.65 +						

Omega-6 (g)	0.16 +
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.

Spreadsheet Report

The Spreadsheet shows all the values for all nutrients. Nutrients are displayed horizontally, with totals at the bottom of the list.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Tue 08-11-2020	Breakfast	granola, oats honey raisin	0.5 cup	210.0	45.0	4.5	5.0
		milk, 2%, Grassmilk, with	0.5 cup	65.0	22.5	13.5	4.0
	Lunch	oatmeal, instant, apple	0.5 indiv pkt	64.0	7.3	1.4	1.5
		water, tap (USDA)	0.7 fl-oz	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (2)	8 fl-oz	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.3 cup	146.7	84.0	12.0	16.0
		rice, jasmine, cooked (Aramark	0.5 cup	127.7	0.0	0.0	2.5
		water, tap (USDA) (3)	16.9 fl-oz	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		banana, fresh, medium (Dole)	1 ea	110.0	0.0	0.0	1.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (4)	8 fl-oz	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (5)	8 fl-oz	0.0	0.0	0.0	0.0
	Day Total		--	1045.9	284.8	51.6	43.3
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	0.5 indiv pkt	64.0	7.3	1.4	1.5
		water, tap (USDA)	0.7 fl-oz	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (2)	8 fl-oz	0.0	0.0	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	1 ea	192.6	104.7	39.8	20.4
		lettuce, iceberg, fresh, leaf	2 med	2.2	0.2	0.0	0.1
		cheese product, american,	1 slice	70.0	40.5	27.0	4.0
		water, tap (USDA) (3)	16.9 fl-oz	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.3 cup	146.7	84.0	12.0	16.0
		rice, jasmine, cooked (Aramark	0.5 cup	127.7	0.0	0.0	2.5
		water, tap (USDA) (4)	16.9 fl-oz	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	1 cntr	130.0	0.0	0.0	12.0
		granola, oats honey raisin	0.5 Tbs	13.1	2.8	0.3	0.3
		drink, sparkling, lemon ginger,	1 btl	80.0	0.0	0.0	0.0
		bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (5)	8 fl-oz	0.0	0.0	0.0	0.0
	Day Total		--	1011.3	320.5	94.0	64.4
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	0.5 indiv pkt	64.0	7.3	1.4	1.5
		water, tap (USDA)	0.7 fl-oz	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (2)	8 fl-oz	0.0	0.0	0.0	0.0
	Lunch	bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Sat 08-15-2020	Lunch	water, tap (USDA) (3)	8 fl-oz	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	1 cup	440.0	252.0	36.0	48.0
		rice, jasmine, cooked (Aramark	0.5 cup	127.7	0.0	0.0	2.5
		water, tap (USDA) (4)	16.9 fl-oz	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	1 cntr	130.0	0.0	0.0	12.0
		granola, oats honey raisin	1 Tbs	26.2	5.6	0.6	0.6
		yogurt, greek, blueberry, fruit	1 cntr	130.0	0.0	0.0	12.0
		granola, oats honey raisin	0.5 cup	210.0	45.0	4.5	5.0
	Day Total			--	1313.0	390.9	55.9
Thu 08-27-2020	Breakfast	granola, oats honey raisin	0.5 cup	210.0	45.0	4.5	5.0
		milk, 2%, Grassmilk, with	0.5 cup	65.0	22.5	13.5	4.0
		oatmeal, instant, apple	0.5 indiv pkt	64.0	7.3	1.4	1.5
		water, tap (USDA)	0.7 cup	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (2)	8 fl-oz	0.0	0.0	0.0	0.0
		oatmeal, instant, apple	0.5 indiv pkt	64.0	7.3	1.4	1.5
		water, tap (USDA) (3)	0.7 cup	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
	Lunch	water, tap (USDA) (4)	8 fl-oz	0.0	0.0	0.0	0.0
		oatmeal, instant, apple	0.5 indiv pkt	64.0	7.3	1.4	1.5
		water, tap (USDA) (5)	0.7 cup	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (6)	8 fl-oz	0.0	0.0	0.0	0.0
		beef patty, pan broiled, 15% fat	1 ea	192.6	104.7	39.8	20.4
		lettuce, iceberg, fresh, leaf	2 med	2.2	0.2	0.0	0.1
		cheese product, american,	1 slice	70.0	40.5	27.0	4.0
		water, tap (USDA) (7)	16.9 fl-oz	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (8)	8 fl-oz	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.3 cup	146.7	84.0	12.0	16.0
		rice, jasmine, cooked (Aramark	0.5 cup	127.7	0.0	0.0	2.5
		tuna, chunk light, in sunflower	0.3 cup	146.7	84.0	12.0	16.0
		rice, jasmine, cooked (Aramark	0.5 cup	127.7	0.0	0.0	2.5
		water, tap (USDA) (9)	16.9 fl-oz	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	1 cup	440.0	252.0	36.0	48.0
		rice, jasmine, cooked (Aramark	0.5 cup	127.7	0.0	0.0	2.5
		water, tap (USDA) (10)	16.9 fl-oz	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		banana, fresh, medium (Dole)	0.5 oz	12.4	0.0	0.0	0.1
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (11)	8 fl-oz	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		peanut butter, creamy (Skippy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (12)	16.9 fl-oz	0.0	0.0	0.0	0.0

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Thu 08-27-2020	Snack	water, tap (USDA) (13)	8 fl-oz	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	1 cntr	130.0	0.0	0.0	12.0
		granola, oats honey raisin	1 Tbs	26.2	5.6	0.6	0.6
		drink, sparkling, lemon ginger,	1 btl	80.0	0.0	0.0	0.0
		bread, 100% whole wheat	1 slice	90.0	9.0	0.0	4.0
		peanut butter, creamy (Skipppy)	0.5 Tbs	47.5	36.0	6.8	1.8
		water, tap (USDA) (14)	8 fl-oz	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	1 cntr	130.0	0.0	0.0	12.0
		granola, oats honey raisin	1 Tbs	26.2	5.6	0.6	0.6
		yogurt, greek, blueberry, fruit	1 cntr	130.0	0.0	0.0	12.0
		granola, oats honey raisin	1 Tbs	26.2	5.6	0.6	0.6
		Day Total	--	3102.0	959.6	197.9	191.9
		Average Day Total	--	1618.1	488.9	99.9	97.2

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Tue 08-11-2020	Breakfast	granola, oats honey raisin	38.0	13.0	5.0			5.0
		milk, 2%, Grassmilk, with	6.0	5.5	0.0	0.0	0.0	2.5
	Lunch	oatmeal, instant, apple	13.4	5.1	1.5			0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0	0.0	0.0	0.0	0.0	9.3
		rice, jasmine, cooked (Aramark	29.4		0.8			0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	18.0	3.0	2.0			1.0
		banana, fresh, medium (Dole)	29.0	15.0	3.0			0.0
		peanut butter, creamy (Skipppy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	18.0	3.0	2.0			1.0
		peanut butter, creamy (Skipppy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	156.3	46.8	15.8	0.0	0.0	31.6
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	13.4	5.1	1.5			0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	0.0	0.0	0.0	0.0	0.0	11.6
		lettuce, iceberg, fresh, leaf	0.5	0.3	0.2			0.0
		cheese product, american,	2.0	1.0	0.0	0.0	0.0	4.5
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0	0.0	0.0	0.0	0.0	9.3
		rice, jasmine, cooked (Aramark	29.4		0.8			0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	19.0	15.0	1.0			0.0
		granola, oats honey raisin	2.4	0.8	0.3			0.3

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Thu 08-13-2020	Snack	drink, sparkling, lemon ginger,	22.0	18.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	18.0	3.0	2.0			1.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
	Day Total		109.7	44.7	6.8	0.0	0.0	35.6
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	13.4	5.1	1.5			0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	bread, 100% whole wheat	18.0	3.0	2.0			1.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0	0.0	0.0	0.0	0.0	28.0
		rice, jasmine, cooked (Aramark	29.4		0.8			0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	19.0	15.0	1.0			0.0
		granola, oats honey raisin	4.7	1.6	0.6			0.6
		yogurt, greek, blueberry, fruit	19.0	15.0	1.0			0.0
		granola, oats honey raisin	38.0	13.0	5.0			5.0
	Day Total		144.6	54.2	12.9	0.0	0.0	43.4
	Thu 08-27-2020	Breakfast	granola, oats honey raisin	38.0	13.0	5.0		
milk, 2%, Grassmilk, with			6.0	5.5	0.0	0.0	0.0	2.5
oatmeal, instant, apple			13.4	5.1	1.5			0.8
water, tap (USDA)			0.0	0.0	0.0	0.0	0.0	0.0
peanut butter, creamy (Skippy)			1.5	0.8	0.5			4.0
water, tap (USDA) (2)			0.0	0.0	0.0	0.0	0.0	0.0
oatmeal, instant, apple			13.4	5.1	1.5			0.8
water, tap (USDA) (3)			0.0	0.0	0.0	0.0	0.0	0.0
peanut butter, creamy (Skippy)			1.5	0.8	0.5			4.0
water, tap (USDA) (4)			0.0	0.0	0.0	0.0	0.0	0.0
Lunch		oatmeal, instant, apple	13.4	5.1	1.5			0.8
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0	0.0	0.0
		beef patty, pan broiled, 15% fat	0.0	0.0	0.0	0.0	0.0	11.6
		lettuce, iceberg, fresh, leaf	0.5	0.3	0.2			0.0
		cheese product, american,	2.0	1.0	0.0	0.0	0.0	4.5
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	18.0	3.0	2.0			1.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
Dinner		water, tap (USDA) (8)	0.0	0.0	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	0.0	0.0	0.0	0.0	0.0	9.3
		rice, jasmine, cooked (Aramark	29.4		0.8			0.0
		tuna, chunk light, in sunflower	0.0	0.0	0.0	0.0	0.0	9.3
		rice, jasmine, cooked (Aramark	29.4		0.8			0.0

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Thu 08-27-2020	Dinner	water, tap (USDA) (9)	0.0	0.0	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	0.0	0.0	0.0	0.0	0.0	28.0
		rice, jasmine, cooked (Aramark	29.4		0.8			0.0
	Snack	water, tap (USDA) (10)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	18.0	3.0	2.0			1.0
		banana, fresh, medium (Dole)	3.3	1.7	0.3			0.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	18.0	3.0	2.0			1.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	19.0	15.0	1.0			0.0
		granola, oats honey raisin	4.7	1.6	0.6			0.6
		drink, sparkling, lemon ginger,	22.0	18.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	18.0	3.0	2.0			1.0
		peanut butter, creamy (Skippy)	1.5	0.8	0.5			4.0
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	19.0	15.0	1.0			0.0
		granola, oats honey raisin	4.7	1.6	0.6			0.6
		yogurt, greek, blueberry, fruit	19.0	15.0	1.0			0.0
		granola, oats honey raisin	4.7	1.6	0.6			0.6
		Day Total	354.0	121.8	28.8	0.0	0.0	106.6
		Average Day Total	191.1	66.9	16.1	0.0	0.0	54.3

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Tue 08-11-2020	Breakfast	granola, oats honey raisin	0.5	0.0	3.0	1.0	0.0	
		milk, 2%, Grassmilk, with	1.5	0.0			10.0	
	Lunch	oatmeal, instant, apple	0.2	0.0	0.3	0.2	0.0	1.2
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	19.7
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	236.6
	Dinner	tuna, chunk light, in sunflower	1.3	0.0	2.7	5.3	33.3	
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	0.0	
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	499.7
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
	Snack	banana, fresh, medium (Dole)	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	236.6
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	236.6
		Day Total	5.7	0.0	6.0	6.6	43.3	1230.3
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	0.2	0.0	0.3	0.2	0.0	1.2
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	19.7

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Thu 08-13-2020	Breakfast	peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	236.6
	Lunch	beef patty, pan broiled, 15% fat	4.4	0.5	5.0	0.4	69.7	50.3
		lettuce, iceberg, fresh, leaf	0.0	0.0	0.0	0.0	0.0	15.3
		cheese product, american,	3.0				15.0	
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	499.7
	Dinner	tuna, chunk light, in sunflower	1.3	0.0	2.7	5.3	33.3	
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	0.0	
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	499.7
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	5.0	
		granola, oats honey raisin	0.0	0.0	0.2	0.1	0.0	
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	0.0	0.0	
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	236.6
	Day Total		10.4	0.5	8.2	6.0	123.1	1559.1
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	0.2	0.0	0.3	0.2	0.0	1.2
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	19.7
		peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	236.6
	Lunch	bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	236.6
	Dinner	tuna, chunk light, in sunflower	4.0	0.0	8.0	16.0	100.0	
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	0.0	
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	499.7
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	5.0	
		granola, oats honey raisin	0.1	0.0	0.4	0.1	0.0	
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	5.0	
		granola, oats honey raisin	0.5	0.0	3.0	1.0	0.0	
	Day Total		6.2	0.0	11.7	17.4	110.0	993.7
Thu 08-27-2020	Breakfast	granola, oats honey raisin	0.5	0.0	3.0	1.0	0.0	
		milk, 2%, Grassmilk, with	1.5	0.0			10.0	
		oatmeal, instant, apple	0.2	0.0	0.3	0.2	0.0	1.2
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	157.7
		peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	236.6
		oatmeal, instant, apple	0.2	0.0	0.3	0.2	0.0	1.2
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	157.7
	Lunch	peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	236.6
		oatmeal, instant, apple	0.2	0.0	0.3	0.2	0.0	1.2
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	157.7
		peanut butter, creamy (Skipppy)	0.8	0.0			0.0	
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0	0.0	236.6

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Thu 08-27-2020	Lunch	beef patty, pan broiled, 15% fat	4.4	0.5	5.0	0.4	69.7	50.3
		lettuce, iceberg, fresh, leaf	0.0	0.0	0.0	0.0	0.0	15.3
		cheese product, american,	3.0				15.0	
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0	0.0	499.7
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
	Dinner	water, tap (USDA) (8)	0.0	0.0	0.0	0.0	0.0	236.6
		tuna, chunk light, in sunflower	1.3	0.0	2.7	5.3	33.3	
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	0.0	
		tuna, chunk light, in sunflower	1.3	0.0	2.7	5.3	33.3	
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	0.0	
		water, tap (USDA) (9)	0.0	0.0	0.0	0.0	0.0	499.7
		tuna, chunk light, in sunflower	4.0	0.0	8.0	16.0	100.0	
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	0.0	
		water, tap (USDA) (10)	0.0	0.0	0.0	0.0	0.0	499.7
	Snack	bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		banana, fresh, medium (Dole)	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0	0.0	236.6
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0	0.0	499.7
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0	0.0	236.6
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	5.0	
		granola, oats honey raisin	0.1	0.0	0.4	0.1	0.0	
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	0.0	0.0	
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy (Skippy)	0.8	0.0			0.0	
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0	0.0	236.6
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	5.0	
		granola, oats honey raisin	0.1	0.0	0.4	0.1	0.0	
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	5.0	
		granola, oats honey raisin	0.1	0.0	0.4	0.1	0.0	
	Day Total		22.0	0.5	23.3	29.1	276.4	4197.1
	Average Day Total		11.1	0.3	12.3	14.8	138.2	1995.1

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Tue 08-11-2020	Breakfast	granola, oats honey raisin	0.0	0.1				
		milk, 2%, Grassmilk, with	75.1					
	Lunch	oatmeal, instant, apple	129.0	0.1	0.2	2.1	0.2	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0			1.0		
	Dinner	water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	0.0			10.7	0.2	2.4
		rice, jasmine, cooked (Aramark	0.0			0.0		

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Tue 08-11-2020	Dinner	water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.1	0.0	1.2		
	Snack	banana, fresh, medium (Dole)	5.0				0.5	
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	209.0	0.4	0.2	18.2	0.9	2.4
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	129.0	0.1	0.2	2.1	0.2	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	2.5	0.0	0.1	4.8	0.3	2.3
		lettuce, iceberg, fresh, leaf	4.0	0.0	0.0	0.0	0.0	0.0
		cheese product, american,						
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0			10.7	0.2	2.4
		rice, jasmine, cooked (Aramark	0.0			0.0		
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0					
		granola, oats honey raisin	0.0	0.0				
		drink, sparkling, lemon ginger,	0.0					
		bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	135.5	0.2	0.4	20.8	0.7	4.7
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	129.0	0.1	0.2	2.1	0.2	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0			32.0	0.6	7.2
		rice, jasmine, cooked (Aramark	0.0			0.0		
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0					
		granola, oats honey raisin	0.0	0.0				
		yogurt, greek, blueberry, fruit	0.0					
		granola, oats honey raisin	0.0	0.1				
		Day Total	129.0	0.4	0.2	37.3	0.8	7.2
Thu 08-27-2020	Breakfast	granola, oats honey raisin	0.0	0.1				
		milk, 2%, Grassmilk, with	75.1					

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Thu 08-27-2020	Breakfast	oatmeal, instant, apple	129.0	0.1	0.2	2.1	0.2	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
		oatmeal, instant, apple	129.0	0.1	0.2	2.1	0.2	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	oatmeal, instant, apple	129.0	0.1	0.2	2.1	0.2	0.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0	0.0	0.0
		beef patty, pan broiled, 15% fat	2.5	0.0	0.1	4.8	0.3	2.3
		lettuce, iceberg, fresh, leaf	4.0	0.0	0.0	0.0	0.0	0.0
		cheese product, american,						
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (8)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0			10.7	0.2	2.4
		rice, jasmine, cooked (Aramark	0.0			0.0		
		tuna, chunk light, in sunflower	0.0			10.7	0.2	2.4
		rice, jasmine, cooked (Aramark	0.0			0.0		
		water, tap (USDA) (9)	0.0	0.0	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	0.0			32.0	0.6	7.2
		rice, jasmine, cooked (Aramark	0.0			0.0		
		water, tap (USDA) (10)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		banana, fresh, medium (Dole)	0.6				0.1	
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0					
		granola, oats honey raisin	0.0	0.0				
		drink, sparkling, lemon ginger,	0.0					
		bread, 100% whole wheat	0.0	0.1	0.0	1.2		
		peanut butter, creamy (Skippy)	0.0			1.0		
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0					
		granola, oats honey raisin	0.0	0.0				
		yogurt, greek, blueberry, fruit	0.0					

Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Thu 08-27-2020	Snack	granola, oats honey raisin	0.0	0.0				
		Day Total	469.0	0.9	0.8	76.4	1.9	14.3
		Average Day Total	235.6	0.5	0.4	38.2	1.1	7.2
Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Tue 08-11-2020	Breakfast	granola, oats honey raisin	0.0				40.0	1.1
		milk, 2%, Grassmilk, with	0.0	1.2			150.0	0.0
	Lunch	oatmeal, instant, apple	0.2		0.1	35.9	42.5	1.5
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.6	0.0
		peanut butter, creamy (Skipppy)	0.0				0.0	0.1
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	7.1	0.0
	Dinner	tuna, chunk light, in sunflower	0.0	0.8			0.0	0.5
		rice, jasmine, cooked (Aramark	0.0				12.9	0.3
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	15.0	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1
	Snack	banana, fresh, medium (Dole)	12.0				0.0	0.4
		peanut butter, creamy (Skipppy)	0.0				0.0	0.1
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	7.1	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1
		peanut butter, creamy (Skipppy)	0.0				0.0	0.1
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	7.1	0.0
		Day Total	12.2	2.0	0.1	51.9	362.4	6.2
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	0.2		0.1	35.9	42.5	1.5
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.6	0.0
		peanut butter, creamy (Skipppy)	0.0				0.0	0.1
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	7.1	0.0
	Lunch	beef patty, pan broiled, 15% fat	0.0	0.0	0.1	6.6	16.6	2.2
		lettuce, iceberg, fresh, leaf	0.4	0.0	0.0	4.6	2.9	0.1
		cheese product, american,	0.0	1.0			200.0	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	15.0	0.0
	Dinner	tuna, chunk light, in sunflower	0.0	0.8			0.0	0.5
		rice, jasmine, cooked (Aramark	0.0				12.9	0.3
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	15.0	0.0
		yogurt, greek, blueberry, fruit	3.6				150.0	0.0
	Snack	granola, oats honey raisin	0.0				2.5	0.1
		drink, sparkling, lemon ginger,	0.0				0.0	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1
		peanut butter, creamy (Skipppy)	0.0				0.0	0.1
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	7.1	0.0
		Day Total	4.3	1.8	0.2	55.2	512.3	5.9
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	0.2		0.1	35.9	42.5	1.5
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.6	0.0
		peanut butter, creamy (Skipppy)	0.0				0.0	0.1
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	7.1	0.0
	Lunch	bread, 100% whole wheat	0.0			8.0	40.0	1.1

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Sat 08-15-2020	Lunch	peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	7.1	0.0
	Dinner	tuna, chunk light, in sunflower	0.0	2.4			0.0	1.4
		rice, jasmine, cooked (Aramark	0.0				12.9	0.3
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	15.0	0.0
	Snack	yogurt, greek, blueberry, fruit	3.6				150.0	0.0
		granola, oats honey raisin	0.0				5.0	0.1
		yogurt, greek, blueberry, fruit	3.6				150.0	0.0
		granola, oats honey raisin	0.0				40.0	1.1
	Day Total		7.4	2.4	0.1	43.9	470.3	5.8
Thu 08-27-2020	Breakfast	granola, oats honey raisin	0.0				40.0	1.1
		milk, 2%, Grassmilk, with	0.0	1.2			150.0	0.0
		oatmeal, instant, apple	0.2		0.1	35.9	42.5	1.5
		water, tap (USDA)	0.0	0.0	0.0	0.0	4.7	0.0
		peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	7.1	0.0
		oatmeal, instant, apple	0.2		0.1	35.9	42.5	1.5
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	4.7	0.0
	Lunch	peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	7.1	0.0
		oatmeal, instant, apple	0.2		0.1	35.9	42.5	1.5
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	4.7	0.0
		peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0	7.1	0.0
		beef patty, pan broiled, 15% fat	0.0	0.0	0.1	6.6	16.6	2.2
		lettuce, iceberg, fresh, leaf	0.4	0.0	0.0	4.6	2.9	0.1
		cheese product, american,	0.0	1.0			200.0	0.0
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0	15.0	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1
		peanut butter, creamy (Skippy)	0.0				0.0	0.1
	Dinner	water, tap (USDA) (8)	0.0	0.0	0.0	0.0	7.1	0.0
		tuna, chunk light, in sunflower	0.0	0.8			0.0	0.5
		rice, jasmine, cooked (Aramark	0.0				12.9	0.3
		tuna, chunk light, in sunflower	0.0	0.8			0.0	0.5
		rice, jasmine, cooked (Aramark	0.0				12.9	0.3
		water, tap (USDA) (9)	0.0	0.0	0.0	0.0	15.0	0.0
		tuna, chunk light, in sunflower	0.0	2.4			0.0	1.4
		rice, jasmine, cooked (Aramark	0.0				12.9	0.3
		water, tap (USDA) (10)	0.0	0.0	0.0	0.0	15.0	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1
	Snack	banana, fresh, medium (Dole)	1.3				0.0	0.0
		peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0	7.1	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1

Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Thu 08-27-2020	Snack	peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0	15.0	0.0
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0	7.1	0.0
		yogurt, greek, blueberry, fruit	3.6				150.0	0.0
		granola, oats honey raisin	0.0				5.0	0.1
		drink, sparkling, lemon ginger,	0.0				0.0	0.0
		bread, 100% whole wheat	0.0			8.0	40.0	1.1
		peanut butter, creamy (Skippy)	0.0				0.0	0.1
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0	7.1	0.0
		yogurt, greek, blueberry, fruit	3.6				150.0	0.0
		granola, oats honey raisin	0.0				5.0	0.1
		yogurt, greek, blueberry, fruit	3.6				150.0	0.0
		granola, oats honey raisin	0.0				5.0	0.1
		Day Total	13.2	6.2	0.4	150.9	1324.9	16.7
		Average Day Total	9.3	3.1	0.2	75.5	667.5	8.6
Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Tue 08-11-2020	Breakfast	granola, oats honey raisin	40.0	150.0	260.0	30.0		
		milk, 2%, Grassmilk, with			180.0	60.0		
	Lunch	oatmeal, instant, apple	15.2	51.5	57.2	79.5	0.3	
		water, tap (USDA)	0.2	0.0	0.0	0.8	0.0	0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (2)	2.4	0.0	0.0	9.5	0.0	0.0
	Dinner	tuna, chunk light, in sunflower			200.0	293.3		0.3
		rice, jasmine, cooked (Aramark			46.1	4.3		0.0
		water, tap (USDA) (3)	5.0	0.0	0.0	20.0	0.1	0.0
	Snack	bread, 100% whole wheat				135.0		
		banana, fresh, medium (Dole)			450.0	0.0		0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (4)	2.4	0.0	0.0	9.5	0.0	0.0
		bread, 100% whole wheat				135.0		
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (5)	2.4	0.0	0.0	9.5	0.0	0.0
		Day Total	67.5	201.4	1193.4	898.8	0.5	0.3
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	15.2	51.5	57.2	79.5	0.3	
		water, tap (USDA)	0.2	0.0	0.0	0.8	0.0	0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (2)	2.4	0.0	0.0	9.5	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	18.3	175.1	289.7	65.6	5.1	0.0
		lettuce, iceberg, fresh, leaf	1.1	3.2	22.6	1.6	0.0	0.0
		cheese product, american,				220.0		
		water, tap (USDA) (3)	5.0	0.0	0.0	20.0	0.1	0.0
	Dinner	tuna, chunk light, in sunflower			200.0	293.3		0.3
		rice, jasmine, cooked (Aramark			46.1	4.3		0.0
		water, tap (USDA) (4)	5.0	0.0	0.0	20.0	0.1	0.0

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Thu 08-13-2020	Snack	yogurt, greek, blueberry, fruit			220.0	60.0		0.0
		granola, oats honey raisin	2.5	9.4	16.2	1.9		
		drink, sparkling, lemon ginger,				30.0		0.0
		bread, 100% whole wheat				135.0		
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (5)	2.4	0.0	0.0	9.5	0.0	0.0
		Day Total	52.0	239.2	851.9	1025.8	5.7	0.3
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	15.2	51.5	57.2	79.5	0.3	
		water, tap (USDA)	0.2	0.0	0.0	0.8	0.0	0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (2)	2.4	0.0	0.0	9.5	0.0	0.0
	Lunch	bread, 100% whole wheat				135.0		
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (3)	2.4	0.0	0.0	9.5	0.0	0.0
	Dinner	tuna, chunk light, in sunflower			600.0	880.0		0.8
		rice, jasmine, cooked (Aramark			46.1	4.3		0.0
		water, tap (USDA) (4)	5.0	0.0	0.0	20.0	0.1	0.0
	Snack	yogurt, greek, blueberry, fruit			220.0	60.0		0.0
		granola, oats honey raisin	5.0	18.7	32.5	3.7		
		yogurt, greek, blueberry, fruit			220.0	60.0		0.0
		granola, oats honey raisin	40.0	150.0	260.0	30.0		
		Day Total	70.2	220.2	1435.9	1367.2	0.4	0.8
Thu 08-27-2020	Breakfast	granola, oats honey raisin	40.0	150.0	260.0	30.0		
		milk, 2%, Grassmilk, with			180.0	60.0		
		oatmeal, instant, apple	15.2	51.5	57.2	79.5	0.3	
		water, tap (USDA)	1.6	0.0	0.0	6.3	0.0	0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (2)	2.4	0.0	0.0	9.5	0.0	0.0
		oatmeal, instant, apple	15.2	51.5	57.2	79.5	0.3	
		water, tap (USDA) (3)	1.6	0.0	0.0	6.3	0.0	0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (4)	2.4	0.0	0.0	9.5	0.0	0.0
	Lunch	oatmeal, instant, apple	15.2	51.5	57.2	79.5	0.3	
		water, tap (USDA) (5)	1.6	0.0	0.0	6.3	0.0	0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (6)	2.4	0.0	0.0	9.5	0.0	0.0
		beef patty, pan broiled, 15% fat	18.3	175.1	289.7	65.6	5.1	0.0
		lettuce, iceberg, fresh, leaf	1.1	3.2	22.6	1.6	0.0	0.0
		cheese product, american,				220.0		
		water, tap (USDA) (7)	5.0	0.0	0.0	20.0	0.1	0.0
		bread, 100% whole wheat				135.0		
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (8)	2.4	0.0	0.0	9.5	0.0	0.0
	Dinner	tuna, chunk light, in sunflower			200.0	293.3		0.3

Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Thu 08-27-2020	Dinner	rice, jasmine, cooked (Aramark			46.1	4.3		0.0
		tuna, chunk light, in sunflower			200.0	293.3		0.3
		rice, jasmine, cooked (Aramark			46.1	4.3		0.0
		water, tap (USDA) (9)	5.0	0.0	0.0	20.0	0.1	0.0
		tuna, chunk light, in sunflower			600.0	880.0		0.8
		rice, jasmine, cooked (Aramark			46.1	4.3		0.0
	Snack	water, tap (USDA) (10)	5.0	0.0	0.0	20.0	0.1	0.0
		bread, 100% whole wheat				135.0		
		banana, fresh, medium (Dole)			50.6	0.0		0.0
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (11)	2.4	0.0	0.0	9.5	0.0	0.0
		bread, 100% whole wheat				135.0		
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (12)	5.0	0.0	0.0	20.0	0.1	0.0
		water, tap (USDA) (13)	2.4	0.0	0.0	9.5	0.0	0.0
		yogurt, greek, blueberry, fruit			220.0	60.0		0.0
		granola, oats honey raisin	5.0	18.7	32.5	3.7		
		drink, sparkling, lemon ginger,				30.0		0.0
		bread, 100% whole wheat				135.0		
		peanut butter, creamy (Skippy)				37.5		
		water, tap (USDA) (14)	2.4	0.0	0.0	9.5	0.0	0.0
		yogurt, greek, blueberry, fruit			220.0	60.0		0.0
		granola, oats honey raisin	5.0	18.7	32.5	3.7		
		yogurt, greek, blueberry, fruit			220.0	60.0		0.0
		granola, oats honey raisin	5.0	18.7	32.5	3.7		
		Day Total	161.4	538.9	2870.5	3284.0	6.6	1.3
		Average Day Total	87.8	299.9	1587.9	1643.9	3.3	0.6

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Tue 08-11-2020	Breakfast	granola, oats honey raisin		0.0	0.0	0.0	0.0	2.3
		milk, 2%, Grassmilk, with		0.0	0.0	0.0	0.5	0.0
	Lunch	oatmeal, instant, apple		0.0	0.0	0.0	0.0	0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		0.0	0.0			
		rice, jasmine, cooked (Aramark	0.0		0.0	0.0	0.0	1.8
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		banana, fresh, medium (Dole)	0.0	0.0	0.0	0.9	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Tue 08-11-2020	Snack	water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.0	0.0	0.0	0.9	0.5	7.0
Thu 08-13-2020	Breakfast	oatmeal, instant, apple		0.0	0.0	0.0	0.0	0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	0.3	0.0	0.0	0.0	0.0	0.0
		lettuce, iceberg, fresh, leaf	0.0	0.0	0.0	0.0	0.0	0.0
		cheese product, american,		0.0	0.0	0.0	0.7	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		0.0	0.0			
		rice, jasmine, cooked (Aramark	0.0		0.0	0.0	0.0	1.8
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	0.5	0.0
		granola, oats honey raisin		0.0	0.0	0.0	0.0	0.1
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		Day Total	0.3	0.0	0.0	0.0	1.2	3.8
Sat 08-15-2020	Breakfast	oatmeal, instant, apple		0.0	0.0	0.0	0.0	0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		0.0	0.0			
		rice, jasmine, cooked (Aramark	0.0		0.0	0.0	0.0	1.8
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	0.5	0.0
		granola, oats honey raisin		0.0	0.0	0.0	0.0	0.3
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	0.5	0.0
		granola, oats honey raisin		0.0	0.0	0.0	0.0	2.3
		Day Total	0.0	0.0	0.0	0.0	1.0	6.2
Thu 08-27-2020	Breakfast	granola, oats honey raisin		0.0	0.0	0.0	0.0	2.3
		milk, 2%, Grassmilk, with		0.0	0.0	0.0	0.5	0.0
		oatmeal, instant, apple		0.0	0.0	0.0	0.0	0.8
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
		oatmeal, instant, apple		0.0	0.0	0.0	0.0	0.8
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eg)
Thu 08-27-2020	Breakfast	water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	oatmeal, instant, apple		0.0	0.0	0.0	0.0	0.8
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0	0.0	0.0
		beef patty, pan broiled, 15% fat	0.3	0.0	0.0	0.0	0.0	0.0
		lettuce, iceberg, fresh, leaf	0.0	0.0	0.0	0.0	0.0	0.0
		cheese product, american,		0.0	0.0	0.0	0.7	0.0
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (8)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		0.0	0.0			
		rice, jasmine, cooked (Aramark	0.0		0.0	0.0	0.0	1.8
		tuna, chunk light, in sunflower		0.0	0.0			
		rice, jasmine, cooked (Aramark	0.0		0.0	0.0	0.0	1.8
		water, tap (USDA) (9)	0.0	0.0	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower		0.0	0.0			
		rice, jasmine, cooked (Aramark	0.0		0.0	0.0	0.0	1.8
		water, tap (USDA) (10)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		banana, fresh, medium (Dole)	0.0	0.0	0.0	0.1	0.0	0.0
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	0.5	0.0
		granola, oats honey raisin		0.0	0.0	0.0	0.0	0.3
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat		0.0	0.0	0.0	0.0	1.1
		peanut butter, creamy (Skippy)		0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	0.5	0.0
		granola, oats honey raisin		0.0	0.0	0.0	0.0	0.3
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0	0.5	0.0
		granola, oats honey raisin		0.0	0.0	0.0	0.0	0.3
	Day Total		0.3	0.0	0.0	0.1	2.7	15.1
	Average Day Total		0.2	0.0	0.0	0.3	1.4	8.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Tue 08-11-2020	Breakfast	granola, oats honey raisin	0.0	0.0	0.0	0.0	2.5	0.0
		milk, 2%, Grassmilk, with	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	oatmeal, instant, apple	0.0	0.0	0.0	0.0	0.9	0.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Tue 08-11-2020	Lunch	water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		2.6	0.0	0.0	0.0	0.0
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	2.0	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		banana, fresh, medium (Dole)	0.0	0.0	1.9	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
	Day Total		0.0	4.3	1.9	0.0	7.8	0.0
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	0.0	0.0	0.0	0.0	0.9	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	0.0	2.9	0.0	0.0	0.0	0.0
		lettuce, iceberg, fresh, leaf	0.1	0.0	0.0	0.0	0.0	0.1
		cheese product, american,	0.0	0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		2.6	0.0	0.0	0.0	0.0
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	2.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	1.3	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0	0.2	0.0
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	1.5	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
	Day Total		0.1	6.7	0.0	2.7	4.2	0.1
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	0.0	0.0	0.0	0.0	0.9	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		7.9	0.0	0.0	0.0	0.0
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	2.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	1.3	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0	0.3	0.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Sat 08-15-2020	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	1.3	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0	2.5	0.0
	Day Total		0.0	9.0	0.0	2.5	6.9	0.0
Thu 08-27-2020	Breakfast	granola, oats honey raisin	0.0	0.0	0.0	0.0	2.5	0.0
		milk, 2%, Grassmilk, with	0.0	0.0	0.0	0.0	0.0	0.0
		oatmeal, instant, apple	0.0	0.0	0.0	0.0	0.9	0.0
		water, tap (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0	0.0	0.0
		oatmeal, instant, apple	0.0	0.0	0.0	0.0	0.9	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	oatmeal, instant, apple	0.0	0.0	0.0	0.0	0.9	0.0
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0	0.0	0.0
		beef patty, pan broiled, 15% fat	0.0	2.9	0.0	0.0	0.0	0.0
		lettuce, iceberg, fresh, leaf	0.1	0.0	0.0	0.0	0.0	0.1
		cheese product, american,	0.0	0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (8)	0.0	0.0	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower		2.6	0.0	0.0	0.0	0.0
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	2.0	0.0
		tuna, chunk light, in sunflower		2.6	0.0	0.0	0.0	0.0
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	2.0	0.0
		water, tap (USDA) (9)	0.0	0.0	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower		7.9	0.0	0.0	0.0	0.0
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0	2.0	0.0
		water, tap (USDA) (10)	0.0	0.0	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		banana, fresh, medium (Dole)	0.0	0.0	0.2	0.0	0.0	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0
		peanut butter, creamy (Skippy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0	0.0	0.0
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	1.3	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0	0.3	0.0
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	1.5	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0	1.2	0.0

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Thu 08-27-2020	Snack	peanut butter, creamy (Skipppy)	0.0	0.6	0.0	0.0	0.0	0.0
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	1.3	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0	0.3	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	1.3	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0	0.3	0.0
		Day Total	0.1	20.1	0.2	5.3	16.8	0.1
		Average Day Total	0.1	10.0	0.5	2.6	8.9	0.0

Day	Meal	Item	XxFat	XxAIc	XxNoFtMlk	XxLnMeat
Tue 08-11-2020	Breakfast	granola, oats honey raisin	0.5	0.0	0.0	0.0
		milk, 2%, Grassmilk, with	0.3	0.0	0.5	0.0
	Lunch	oatmeal, instant, apple	0.0			
		water, tap (USDA)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	1.0	0.0	0.0	2.3
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	0.0	0.0	0.0	0.0
		banana, fresh, medium (Dole)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0
		Day Total	3.8	0.0	0.5	3.0
Thu 08-13-2020	Breakfast	oatmeal, instant, apple	0.0			
		water, tap (USDA)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0
	Lunch	beef patty, pan broiled, 15% fat	1.2	0.0	0.0	2.9
		lettuce, iceberg, fresh, leaf	0.0	0.0	0.0	0.0
		cheese product, american,	0.7	0.0	0.0	0.6
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	1.0	0.0	0.0	2.3
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0
		granola, oats honey raisin	0.0	0.0	0.0	0.0
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0
		Day Total	4.2	0.0	0.0	6.3

Day	Meal	Item	XxFat	XxAlc	XxNoFtMilk	XxLnMeat
Sat 08-15-2020	Breakfast	oatmeal, instant, apple	0.0			
		water, tap (USDA)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0
	Lunch	bread, 100% whole wheat	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	2.9	0.0	0.0	6.8
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0
	Snack	yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0
		granola, oats honey raisin	0.1	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0
		granola, oats honey raisin	0.5	0.0	0.0	0.0
	Day Total		4.8	0.0	0.0	7.3
Thu 08-27-2020	Breakfast	granola, oats honey raisin	0.5	0.0	0.0	0.0
		milk, 2%, Grassmilk, with	0.3	0.0	0.5	0.0
		oatmeal, instant, apple	0.0			
		water, tap (USDA)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (2)	0.0	0.0	0.0	0.0
		oatmeal, instant, apple	0.0			
		water, tap (USDA) (3)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (4)	0.0	0.0	0.0	0.0
	Lunch	oatmeal, instant, apple	0.0			
		water, tap (USDA) (5)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (6)	0.0	0.0	0.0	0.0
		beef patty, pan broiled, 15% fat	1.2	0.0	0.0	2.9
		lettuce, iceberg, fresh, leaf	0.0	0.0	0.0	0.0
		cheese product, american,	0.7	0.0	0.0	0.6
		water, tap (USDA) (7)	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (8)	0.0	0.0	0.0	0.0
	Dinner	tuna, chunk light, in sunflower	1.0	0.0	0.0	2.3
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	1.0	0.0	0.0	2.3
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0
		water, tap (USDA) (9)	0.0	0.0	0.0	0.0
		tuna, chunk light, in sunflower	2.9	0.0	0.0	6.8
		rice, jasmine, cooked (Aramark	0.0	0.0	0.0	0.0
		water, tap (USDA) (10)	0.0	0.0	0.0	0.0
	Snack	bread, 100% whole wheat	0.0	0.0	0.0	0.0

Day	Meal	Item	XxFat	XxAlc	XxNoFtMlk	XxLnMeat
Thu 08-27-2020	Snack	banana, fresh, medium (Dole)	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (11)	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (12)	0.0	0.0	0.0	0.0
		water, tap (USDA) (13)	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0
		granola, oats honey raisin	0.1	0.0	0.0	0.0
		drink, sparkling, lemon ginger,	0.0	0.0	0.0	0.0
		bread, 100% whole wheat	0.0	0.0	0.0	0.0
		peanut butter, creamy (Skipppy)	0.7	0.0	0.0	0.2
		water, tap (USDA) (14)	0.0	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0
		granola, oats honey raisin	0.1	0.0	0.0	0.0
		yogurt, greek, blueberry, fruit	0.0	0.0	0.0	0.0
		granola, oats honey raisin	0.1	0.0	0.0	0.0
		Day Total	12.5	0.0	0.5	16.6
		Average Day Total	6.4	0.0	0.2	8.3

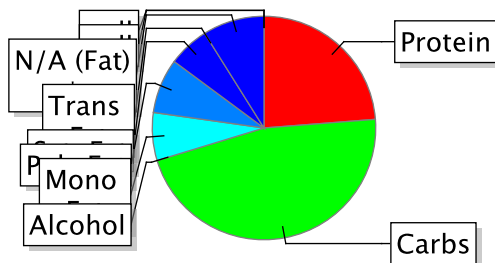
^ Total Sugars includes those naturally occurring in food and added sugars.

Macronutrient Distribution

The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats).

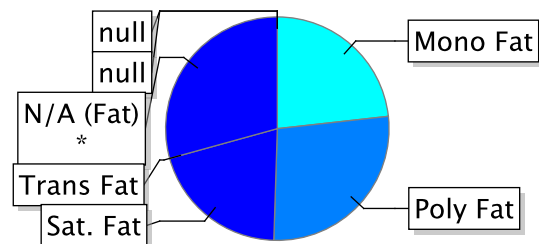
Source of Calories	Calori	Gram	Percent
Protein	383	97.2	24 %
Carbohydrates	753	191.1	47 %
Alcohol	0	0.0	0 %
Fat (Total)	482	54.3	30 %
Saturated Fat	100	11.1	6%
Trans Fat	2	0.3	0%
Mono Fat	110	12.3	7%
Poly Fat	133	14.8	8%

Total 1618



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Source of Fat (approx.)	Fat (g)	Percent
Saturated Fat	11.1	20 %
Mono Fat	12.3	23 %
Poly Fat	14.8	27 %
Trans Fat	0.3	0 %
Total (g)	54.3	



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Exchanges			
Starch	8.94	Fruit	0.54
Other Carbs	2.63	Vegetables	0.05
Lean Meat	8.32	Fat	6.35
Alcohol	0.00	NonFatMilk	0.25

Ratios	
P:S (Poly Fat / Saturated Fat)	1.33 : 1
Potassium : Sodium	0.97 : 1
Calcium : Phosphorus	2.23 : 1
CSI (Cholesterol / Saturated Fat)	18.12

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight

Calories to maintain current weight	2492
Calorie adjustment for weight change of 2 lb (per week)	-1000
Goal Calories	1492

Average Daily Intake & Expenditures

Average Intake	1618
Average Expenditure	4536

Calories For The Day	Goal	Intake	Assessment
Total Calories	1492	1618	Above Goal
Protein (10-35% Calories)	149 to 522	383	In Range
Carbohydrates (45-65% Calories)	671 to 970	753	In Range
Added Sugar (<10% Calories)	0 to 149		
Fat (20-35% Calories)	298 to 522	482	In Range

Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

Profile Calorie Goal: 1492

Daily Activity Details

Mon 08-10-2020

Duration	Mets	Exercise	Calories
2 hours	5.3	hiking or walking, normal pace through fields	772
3 hours	8.0	sports, tennis, singles	1749
Total Calories (Active)			2521

Wed 08-12-2020

Duration	Mets	Exercise	Calories
2 hours	5.3	hiking or walking, normal pace through fields	772
3 hours	8.0	sports, tennis, singles	1749
Total Calories (Active)			2521

Fri 08-14-2020

Duration	Mets	Exercise	Calories
2 hours	5.3	hiking or walking, normal pace through fields	772
3 hours	8.0	sports, tennis, singles	1749
Total Calories (Active)			2521

Sat 08-15-2020

Duration	Mets	Exercise	Calories
2 hours	5.3	hiking or walking, normal pace through fields	772
3 hours	8.0	sports, tennis, singles	1749
Total Calories (Active)			2521

Thu 08-27-2020

Duration	Mets	Exercise	Calories
2 hours	5.3	hiking or walking, normal pace through fields	772
3 hours	8.0	sports, tennis, singles	1749
Total Calories (Active)			2521

Summary

Daily Average 2521 Calories

Your Daily Average put you in the Active activity level, and suggests 2492 Calories to maintain your current weight.

Nutrition Facts

Formats the analysis as a Nutrition Facts label.

Nutrition Facts	
Serving Size (3090 g)	
Amount per serving	
Calories	1618
% Daily Value *	
Total Fat 54g	117%
Saturated Fat 11g	74%
Trans Fat 0g	
Cholesterol 138mg	46%
Sodium 1644mg	71%
Total Carbohydrates 191g	93%
Dietary Fiber 16g	77%
Total Sugars 67g	
Protein 97g	175%
Vitamin D 3mcg	21%
Calcium 667mg	67%
Iron 9mg	48%
Potassium 1588mg	61%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.	

MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see ChooseMyPlate.gov for more info).



Intake vs. Recommendation

1400 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	161 %		8.0 oz equivalent	
Grains Recommendation			5.0 oz equivalent	
Vegetables Intake	5 %		0.1 cup equivalent	
Vegetables Recommendation			1.5 cup equivalent	
Fruits Intake	17 %		0.3 cup equivalent	
Fruits Recommendation			1.5 cup equivalent	
Dairy Intake	68 %		1.4 cup equivalent	
Dairy Recommendation			2.0 cup equivalent	
Protein Foods Intake	251 %		10. oz equivalent	
Protein Foods Recommendation			4.0 oz equivalent	

Make Half Your Grains Whole

Aim for at least 2.5 oz equivalents whole grains a day

Oils & Empty Calories

Aim for 4.0 teaspoons of oils a day

Limit your extra fats & sugars to 171 Calories a

Vary Your Vegetables

Dark Green Vegetables	1.5 cups weekly
Orange Vegetables	1.0 cups weekly
Dry Beans & Peas	1.0 cups weekly
Starchy Vegetables	2.5 cups weekly
Other Vegetables	4.5 cups weekly

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.

Food List Report

The Food List report displays a simple list of foods that you have entered, along with their calorie values.

Amount	Item	Cals
Tue 08-11-2020		
0.5 cup	granola, oats honey raisin almond, Real Medleys (Quaker)	210
0.5 cup	milk, 2%, Grassmilk, with vitamins A & D, non homogenized, cream on top, organic (Organic Valley)	65
1.0 slice	bread, 100% whole wheat (Oroweat)	90
1.0 ea	banana, fresh, medium (Dole)	110
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
0.5 indiv	oatmeal, instant, apple cinnamon, dry (USDA: Quaker)	64
0.67 fl-oz	water, tap (USDA)	0
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
0.33 cup	tuna, chunk light, in sunflower oil, 6.4 oz pouch (Starkist)	147
0.5 cup	rice, jasmine, cooked (Aramark Campus)	128
16.9 fl-oz	water, tap (USDA)	0
Day Total		1046
Thu 08-13-2020		
0.5 indiv	oatmeal, instant, apple cinnamon, dry (USDA: Quaker)	64
0.67 fl-oz	water, tap (USDA)	0
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 cntr	yogurt, greek, blueberry, fruit on the bottom, nonfat (Chobani)	130
0.5 Tbs	granola, oats honey raisin almond, Real Medleys (Quaker)	13
1.0 btl	drink, sparkling, lemon ginger, probiotic, organic (KeVita)	80
1.0 ea	beef patty, pan broiled, 15% fat (USDA)	193
2.0 med	lettuce, iceberg, fresh, leaf (USDA)	2
1.0 slice	cheese product, american, pasteurized processed, sliced (Singles)	70
16.9 fl-oz	water, tap (USDA)	0
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
0.33 cup	tuna, chunk light, in sunflower oil, 6.4 oz pouch (Starkist)	147
0.5 cup	rice, jasmine, cooked (Aramark Campus)	128
16.9 fl-oz	water, tap (USDA)	0
Day Total		1011
Sat 08-15-2020		
0.5 indiv	oatmeal, instant, apple cinnamon, dry (USDA: Quaker)	64
0.67 fl-oz	water, tap (USDA)	0
0.5 Tbs	peanut butter, creamy (Skippy)	48

8.0 fl-oz	water, tap (USDA)	0
1.0 cntr	yogurt, greek, blueberry, fruit on the bottom, nonfat (Chobani)	130
1.0 Tbs	granola, oats honey raisin almond, Real Medleys (Quaker)	26
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 cntr	yogurt, greek, blueberry, fruit on the bottom, nonfat (Chobani)	130
0.5 cup	granola, oats honey raisin almond, Real Medleys (Quaker)	210
1.0 cup	tuna, chunk light, in sunflower oil, 6.4 oz pouch (StarKist)	440
0.5 cup	rice, jasmine, cooked (Aramark Campus)	128
16.9 fl-oz	water, tap (USDA)	0
Day Total		1313

Thu 08-27-2020

0.5 cup	granola, oats honey raisin almond, Real Medleys (Quaker)	210
0.5 cup	milk, 2%, Grassmilk, with vitamins A & D, non homogenized, cream on top, organic (Organic Valley)	65
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 oz	banana, fresh, medium (Dole)	12
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
0.5 indv	oatmeal, instant, apple cinnamon, dry (USDA: Quaker)	64
0.67 cup	water, tap (USDA)	0
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 Tbs	peanut butter, creamy (Skippy)	48
16.9 fl-oz	water, tap (USDA)	0
0.33 cup	tuna, chunk light, in sunflower oil, 6.4 oz pouch (StarKist)	147
0.5 cup	rice, jasmine, cooked (Aramark Campus)	128
8.0 fl-oz	water, tap (USDA)	0
0.5 indv	oatmeal, instant, apple cinnamon, dry (USDA: Quaker)	64
0.67 cup	water, tap (USDA)	0
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 cntr	yogurt, greek, blueberry, fruit on the bottom, nonfat (Chobani)	130
1.0 Tbs	granola, oats honey raisin almond, Real Medleys (Quaker)	26
1.0 btl	drink, sparkling, lemon ginger, probiotic, organic (KeVita)	80
1.0 ea	beef patty, pan broiled, 15% fat (USDA)	193
2.0 med	lettuce, iceberg, fresh, leaf (USDA)	2
1.0 slice	cheese product, american, pasteurized processed, sliced (Singles)	70
16.9 fl-oz	water, tap (USDA)	0
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
0.33 cup	tuna, chunk light, in sunflower oil, 6.4 oz pouch (StarKist)	147
0.5 cup	rice, jasmine, cooked (Aramark Campus)	128

16.9 fl-oz	water, tap (USDA)	0
0.5 indiv	oatmeal, instant, apple cinnamon, dry (USDA: Quaker)	64
0.67 cup	water, tap (USDA)	0
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 cntr	yogurt, greek, blueberry, fruit on the bottom, nonfat (Chobani)	130
1.0 Tbs	granola, oats honey raisin almond, Real Medleys (Quaker)	26
1.0 slice	bread, 100% whole wheat (Oroweat)	90
0.5 Tbs	peanut butter, creamy (Skippy)	48
8.0 fl-oz	water, tap (USDA)	0
1.0 cntr	yogurt, greek, blueberry, fruit on the bottom, nonfat (Chobani)	130
1.0 Tbs	granola, oats honey raisin almond, Real Medleys (Quaker)	26
1.0 cup	tuna, chunk light, in sunflower oil, 6.4 oz pouch (Starkist)	440
0.5 cup	rice, jasmine, cooked (Aramark Campus)	128
16.9 fl-oz	water, tap (USDA)	0
Day Total		3102
Total		6472
Day Average		1618
Item Average		69