

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 1	Male	30 yrs	5 ft 4 in	150 lb
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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.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	586.43	2,594.49	23 %				
Calories from Fat	133.96	726.46	18 %				
Calories from SatFat	25.41	233.50	11 %				
Protein (g)	36.02	54.43*	66 %				
Protein (% Calories)	24.57	8.39*	293 %				
Carbohydrates (g)	76.46	356.74	21 %				
Carbohydrates (% Calories)	52.15	55.00	95 %				
Total Sugars (g)	0.83 ^						
Dietary Fiber (g)	5.40	36.32	15 %				
Soluble Fiber (g)	1.00						
InSoluble Fiber (g)	4.25						
Fat (g)	14.88	80.72	18 %				
Fat (% Calories)	22.84	28.00	82 %				
Saturated Fat (g)	2.82	25.94~	11 %				
Trans Fat (g)	0.05						
Mono Fat (g)	4.70	28.83	16 %				
Poly Fat (g)	4.91	25.94	19 %				
Cholesterol (mg)	145.12	300.00~	48 %				
Water (g)	104.85	3,700.00	3 %				
Vitamins							
Vitamin A - RAE (mcg)	100.38	900.00	11 %				
Vitamin B1 - Thiamin (mg)	0.59	1.20	49 %				
Vitamin B2 - Riboflavin (mg)	0.42	1.30	32 %				
Vitamin B3 - Niacin (mg)	14.51	16.00	91 %				
Vitamin B6 (mg)	0.65	1.30	50 %				
Vitamin B12 (mcg)	5.98	2.40	249 %				
Vitamin C (mg)	2.76	90.00	3 %				
Vitamin D - mcg (mcg)	22.59	15.00	151 %				
Vitamin E - a-Toco (mg)	3.06	15.00	20 %				
Folate (mcg)	44.06	400.00	11 %				
Minerals							

Calcium (mg)	280.86	1,000.00	28 %	
Iron (mg)	2.70	8.00	34 %	
Magnesium (mg)	174.08	400.00	44 %	
Phosphorus (mg)	727.98	700.00	104 %	
Potassium (mg)	676.51	3,400.00	20 %	
Sodium (mg)	621.38	2,300.00 ~	27 %	
Zinc (mg)	3.41	11.00	31 %	

Other

Omega-3 (g)	3.05 +
Omega-6 (g)	1.80 +
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.