

Report Parameters

Day 1 : 05/03/2019

Day 2: 05/05/2019

Day 3: 05/05/2019

3-Day Average

Intake vs. Goals

5/3/2019, 5/5/2019, 5/5/2019

	Nutrient	DRI	Intake	% of DRI	below DRI at DRI (if range) over DRI Reported Intake
Energy					
	Kilocalories	2337.0 kcal	1,596.34 kcal	68%	2337.0 kcal
	Protein	55.88 g	49.21 g	88%	55.88 g
	Carbohydrate	262.91 - 379.76 g	165.68 g	63%	262.91 g 379.76 g
	Fat, Total	51.93 - 90.88 g	88.07 g	100%	51.93 g 90.88 g
Fat (Specific)					
	Saturated Fat	< 26.0 g	21.81 g	84%	26.0 g
	Monounsaturated Fat	No suggestion	26.35 g		
	Polyunsaturated Fat	No suggestion	15.73 g		
	Trans Fatty Acid	No suggestion	1.49 g		
	Cholesterol	< No suggestion	87.36 mg		
Essential Fatty Acids					
	PFA 18:2, Linoleic	17.00 g	14.87 g	87%	17.00 g
	PFA 18:3, Linolenic	1.60 g	0.57 g	36%	1.60 g
Carbohydrates (Specific)					
	Dietary Fiber, Total	38.0 g	25.70 g	68%	38.0 g
	Sugar, Total	No suggestion	43.77 g		
Other					

❶	Nutrient	DRI	Intake	% of DRI	below DRI at DRI (if range)	over DRI (if range)
					Reported Intake	
	Water	3700.00 g	1,985.67 g	54%	3700.00 g	
	Alcohol	No suggestion	0.00 g			
Vitamins						
	Thiamin	1.20 mg	0.47 mg	39%	1.20 mg	
	Riboflavin	1.30 mg	0.49 mg	38%	1.30 mg	
	Niacin	16.00 mg	12.70 mg	79%	16.00 mg	
	Pyridoxine (Vitamin B6)	1.30 mg	1.21 mg	93%	1.30 mg	
	Cobalamin (Vitamin B12)	2.40 µg	2.90 µg	121%	2.40 µg	
	Folate (DFE)	400.00 µg	138.86 µg	35%	400.00 µg	
	Vitamin C	90.00 mg	60.06 mg	67%	90.00 mg	
	Vitamin D (ug)	15.00 µg	0.00 µg	0%	15.00 µg	
	Vitamin A (RAE) ⓘ ⓘ	900.00 µg	178.00 µg	20%	900.00 µg	
	Vitamin A (IU) ⓘ ⓘ	3000.00 IU	3,579.30 IU	119%	3000.00 IU	
	Vitamin K	120.00 µg	48.74 µg	41%	120.00 µg	
	Alpha-Tocopherol ⓘ ⓘ	15.00 mg	6.49 mg	43%	15.00 mg	
Minerals						
	Calcium	1000.00 mg	490.03 mg	49%	1000.00 mg	
	Iron	8.00 mg	6.93 mg	87%	8.00 mg	
	Magnesium	400.00 mg	285.71 mg	71%	400.00 mg	
	Potassium	4700.00 mg	1,655.05 mg	35%	4700.00 mg	
	Zinc	11.00 mg	7.11 mg	65%	11.00 mg	
	Sodium	1500.00 mg	2,031.27 mg	135%	1500.00 mg	

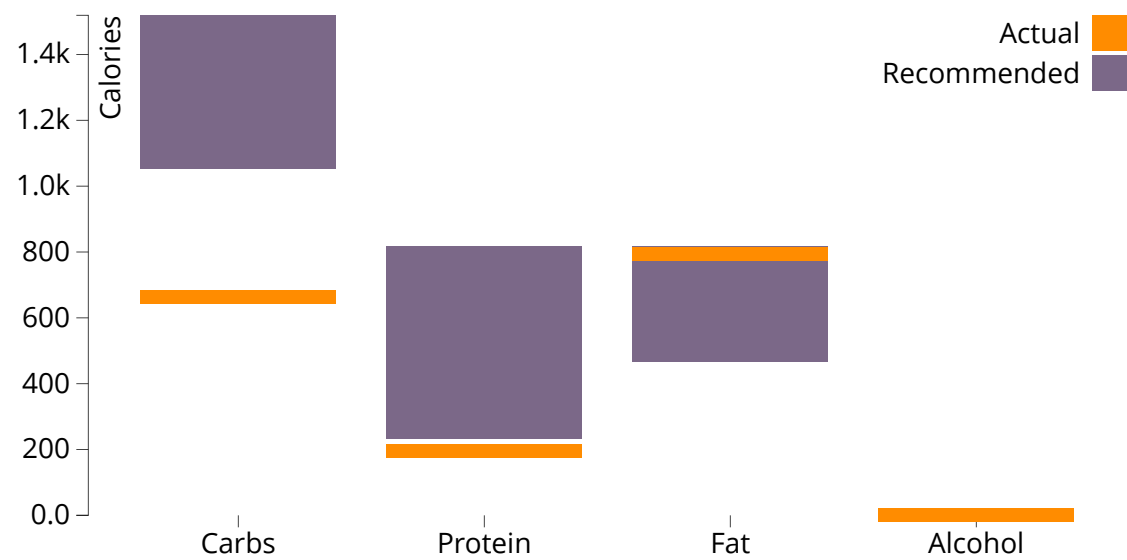
DRI Report

Profile	
Active Profile:	Primary Profile
Height:	5 ft. 11 inches
Weight:	154 lbs.
Age:	20 years
BMI:	21.5
Gender:	Male
Pregnancy:	Not Pregnant
Activity Level:	Sedentary
Smoker:	no
Strict Vegetarian/Vegan:	no
Nutrient DRI	
Energy	
Kilocalories	2337.0 kcal
Protein	55.88 g AMDR: 10%-35% of kilocalories RDA: Daily requirement based on 0.8 grams of protein per kilogram body weight
Carbohydrate	262.91 - 379.76 g AMDR: 45%-65% of kilocalories RDA: 130 g/day for adults and children
Fat, Total	51.93 - 90.88 g AMDR: 20%-35% of kilocalories
Fat (Specific)	
Saturated Fat	< 26.0 g Less than 10% of kilocalories
Monounsaturated Fat	* No recommendation
Polyunsaturated Fat	* No recommendation
Trans Fatty Acid	* No recommendation
Cholesterol	< * Less than mg recommended
Essential Fatty Acids	
PFA 18:2, Linoleic	17.00 g
PFA 18:3, Linolenic	1.60 g
Carbohydrates (Specific)	
Dietary Fiber, Total	38.0 g
Sugar, Total	* No recommendation
Other	
Water	3700.00 g
Alcohol	* No recommendation
Vitamins	
Thiamin	1.20 mg
Riboflavin	1.30 mg
Niacin	16.00 mg
Pyridoxine (Vitamin B6)	1.30 mg
Cobalamin (Vitamin B12)	2.40 µg
Folate (DFE)	400.00 µg
Vitamin C	90.00 mg
Vitamin D (ug)	15.00 µg
Vitamin A (RAE) ⓘ ⓘ	900.00 µg

Nutrient	DRI
Vitamin A (IU) ⓘ ⓘ	3000.00 IU
Vitamin K	120.00 µg
Alpha-Tocopherol ⓘ ⓘ	15.00 mg
Minerals	
Calcium	1000.00 mg
Iron	8.00 mg
Magnesium	400.00 mg
Potassium	4700.00 mg DRI Adequate Intake
Zinc	11.00 mg
Sodium	1500.00 mg DRI Adequate Intake

Macronutrient Ranges

5/3/2019, 5/5/2019, 5/5/2019



	Recommended		Actual Intake	
Total Calories	2337 kcal		1,596 kcal	
Carbs	1,052-1,519 kcal	45%-65%	663 kcal	42%
Protein	234-818 kcal	10%-35%	197 kcal	12%
Fats	467-818 kcal	20%-35%	793 kcal	50%
Alcohol	0 kcal	0%	0 kcal	0%

Fat Breakdown

5/3/2019, 5/5/2019, 5/5/2019

Source of Fat	0%	25%	50%	75%	100%
Monounsaturated Fat					15%
Polyunsaturated Fat					9%
Saturated Fat					12%

Source of Fat	0%	25%	50%	75%	100%
Trans Fatty Acid					1%
Unspecified					13%

* Transfat data is not yet reported by all sources and therefore may be under-represented.

MyPlate Analysis

5/3/2019, 5/5/2019, 5/5/2019

	Goal *		Actual	% Goal
Grains (unsafe:javascript: void(0);)	8.0 oz. eq.	tips (unsafe:javascript: void(0);)	4.3 oz. eq.	53.1 %
Vegetables (unsafe:javascript: void(0);)	3.0 cup eq.	tips (unsafe:javascript: void(0);)	1.3 cup eq.	41.7 %
Fruits (unsafe:javascript: void(0);)	2.0 cup eq.	tips (unsafe:javascript: void(0);)	2.6 cup eq.	127.5 %
Dairy (unsafe:javascript: void(0);)	3.0 cup eq.	tips (unsafe:javascript: void(0);)	2.0 cup eq.	66.7 %
Protein Foods (unsafe:javascript: void(0);)	6.5 oz. eq.	tips (unsafe:javascript: void(0);)	5.3 oz. eq.	80.8 %
Empty Calories	330.0 kcal		408.0 kcal	123.6 %



(unsafe:javascript: void(0);)

Your results are based on a 2337 calorie pattern (unsafe:javascript: void(0);).

Make Half Your Grains Whole! Aim for at least 4.0 oz. eq. whole grains (unsafe:javascript: void(0);).

Vary Your Veggies! Aim for this much every week (unsafe:javascript: void(0);):

- Dark Green Vegetables = 2 cups weekly
- Orange Vegetables = 6 cups weekly
- Dry Beans & Peas = 2 cups weekly
- Starchy Vegetables = 6 cups weekly
- Other Vegetables = 5 cups weekly

Oils: Aim for 7 teaspoons of oil (unsafe:javascript: void(0);) a day.

Go Lean with Protein! Aim for this much every week:

- Seafood = 10 oz weekly
- Meat, Poultry & Eggs = 31 oz weekly
- Nuts, Seeds & Soy Products = 5 oz weekly

* MyPlate contains recommendations only for calorie levels up to 3,200 per day. If Diet & Wellness Plus recommends more than 3,200 calories per day for you, talk to your instructor for guidance on how to use MyPlate.

Intake Spreadsheet

5/3/2019

Item Name	Meal	Quantity	Wt (g)	Kcal
Total			2,377.70	1,596.34

Item Name	Meal	Quantity	Wt (g)	Kcal
Banana	Breakfast	1.00 item(s)	118.00	105.02
Peanut Butter, Smooth	Breakfast	3.00 tablespoon(s)	48.00	287.04
TRADER JOES Salad, Kale Quinoa	Lunch	2.50 cup(s)	100.00	110.00
DORITOS COOL RANCH Tortilla Chips	Lunch	2.00 ounce(s)	56.70	300.00
TACO BELL Original Taco with Beef	Dinner	4.00 item(s)	312.00	714.48
Watermelon	Evening Snack	1.75 cup(s)	266.00	79.80
Water, Tap	Total Water	50.00 fluid ounce(s)	1,477.00	0.00
Total			2,377.70	1,596.34

Item Name	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Banana	1.29	26.95	0.39	0.13
Peanut Butter, Smooth	10.66	10.71	24.65	4.96
TRADER JOES Salad, Kale Quinoa	4.00	10.00	7.00	1.00
DORITOS COOL RANCH Tortilla Chips	4.00	36.00	16.00	2.00
TACO BELL Original Taco with Beef	27.64	61.93	39.62	13.68
Watermelon	1.62	20.08	0.40	0.04
Water, Tap	0.00	0.00	0.00	0.00
Total	49.21	165.67	88.07	21.81

Item Name	Mono Fat (g)	Poly Fat (g)	Trans Fat (g)	Chol (mg)
Banana	0.04	0.09	0.00	0.00
Peanut Butter, Smooth	12.45	6.02	0.04	0.00
TRADER JOES Salad, Kale Quinoa	0.00	0.00	0.00	0.00
DORITOS COOL RANCH Tortilla Chips	0.00	0.00	0.00	0.00
TACO BELL Original Taco with Beef	13.76	9.49	1.46	87.36
Watermelon	0.10	0.13	0.00	0.00
Water, Tap	0.00	0.00	0.00	0.00
Total	26.35	15.73	1.49	87.36

Item Name	Linoleic (g)	Linolenic (g)	Diet Fiber (g)	Sugar (g)
Banana	0.05	0.03	3.07	14.43
Peanut Butter, Smooth	5.89	0.01	2.40	5.04
TRADER JOES Salad, Kale Quinoa	0.00	0.00	3.00	4.00
DORITOS COOL RANCH Tortilla Chips	0.00	0.00	4.00	1.00
TACO BELL Original Taco with Beef	8.80	0.52	12.17	2.81
Watermelon	0.13	0.00	1.06	16.49
Water, Tap	0.00	0.00	0.00	0.00
Total	14.87	0.57	25.70	43.77

Item Name	H2O (g)	Alcohol (g)	Thiamin (mg)	Ribo (mg)
Banana	88.39	0.00	0.04	0.09
Peanut Butter, Smooth	0.59	0.00	0.07	0.09
TRADER JOES Salad, Kale Quinoa	0.00	0.00	0.00	0.00
DORITOS COOL RANCH Tortilla Chips	0.00	0.00	0.12	0.07
TACO BELL Original Taco with Beef	177.90	0.00	0.16	0.19
Watermelon	243.26	0.00	0.09	0.06
Water, Tap	1,475.53	0.00	0.00	0.00
Total	1,985.67	0.00	0.47	0.49

Item Name	Niacin (mg)	Vit B6 (mg)	Vit B12 (µg)	Fol (DFE) (µg)
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Item Name	Niacin (mg)	Vit B6 (mg)	Vit B12 (µg)	Fol (DFE) (µg)
Banana	0.78	0.43	0.00	23.60
Peanut Butter, Smooth	6.29	0.21	0.00	41.76
TRADER JOES Salad, Kale Quinoa	0.00	0.00	0.00	0.00
DORITOS COOL RANCH Tortilla Chips	0.00	0.16	0.00	0.00
TACO BELL Original Taco with Beef	5.15	0.28	2.90	65.52
Watermelon	0.47	0.12	0.00	7.98
Water, Tap	0.00	0.00	0.00	0.00
Total	12.70	1.21	2.90	138.86

Item Name	Vit C (mg)	Vit D (ug) (µg)	Vit A (RAE) (µg) ⓘ ⓘ	Vit A (IU) (IU) ⓘ ⓘ
Banana	10.27	0.00	3.54	75.52
Peanut Butter, Smooth	0.00	0.00	0.00	0.00
TRADER JOES Salad, Kale Quinoa	27.00	0.00	87.50	1,750.00
DORITOS COOL RANCH Tortilla Chips	0.00	0.00	0.00	0.00
TACO BELL Original Taco with Beef	1.25	0.00	12.48	240.24
Watermelon	21.55	0.00	74.48	1,513.54
Water, Tap	0.00	0.00	0.00	0.00
Total	60.06	0.00	178.00	3,579.30

Item Name	Vit K (µg)	Alpha-T (mg) ⓘ ⓘ	Calcium (mg)	Iron (mg)
Banana	0.59	0.12	5.90	0.31
Peanut Butter, Smooth	0.14	4.37	23.52	0.84
TRADER JOES Salad, Kale Quinoa	0.00	0.00	80.00	1.44
DORITOS COOL RANCH Tortilla Chips	0.00	0.00	40.00	0.00
TACO BELL Original Taco with Beef	47.74	1.87	277.68	3.71
Watermelon	0.27	0.13	18.62	0.64
Water, Tap	0.00	0.00	44.31	0.00
Total	48.74	6.49	490.03	6.93

Item Name	Magn (mg)	Potas (mg)	Zinc (mg)	Sodium (mg)
Banana	31.86	422.44	0.18	1.18
Peanut Butter, Smooth	80.64	267.84	1.20	204.48
TRADER JOES Salad, Kale Quinoa	0.00	0.00	0.00	180.00
DORITOS COOL RANCH Tortilla Chips	32.00	0.00	0.00	360.00
TACO BELL Original Taco with Beef	99.84	652.08	5.46	1,238.64
Watermelon	26.60	297.92	0.27	2.66
Water, Tap	14.77	14.77	0.00	44.31
Total	285.71	1,655.05	7.11	2,031.27

5/5/2019

Item Name	Meal	Quantity	Wt (g)	Kcal
Total			0.00	0.00
Item Name	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Total	0.00	0.00	0.00	0.00
Item Name	Mono Fat (g)	Poly Fat (g)	Trans Fat (g)	Chol (mg)
Total	0.00	0.00	0.00	0.00
Item Name	Linoleic (g)	Linolenic (g)	Diet Fiber (g)	Sugar (g)
Total	0.00	0.00	0.00	0.00
Item Name	H2O (g)	Alcohol (g)	Thiamin (mg)	Ribo (mg)

Item Name	H2O (g)	Alcohol (g)	Thiamin (mg)	Ribo (mg)
Total	0.00	0.00	0.00	0.00
Item Name	Niacin (mg)	Vit B6 (mg)	Vit B12 (µg)	Fol (DFE) (µg)
Total	0.00	0.00	0.00	0.00
Item Name	Vit C (mg)	Vit D (ug) (µg)	Vit A (RAE) (µg) ⓘ ()	Vit A (IU) (IU) ⓘ ()
Total	0.00	0.00	0.00	0.00
Item Name	Vit K (µg)	Alpha-T (mg) ⓘ ()	Calcium (mg)	Iron (mg)
Total	0.00	0.00	0.00	0.00
Item Name	Magn (mg)	Potas (mg)	Zinc (mg)	Sodium (mg)
Total	0.00	0.00	0.00	0.00

Energy Balance

5/3/2019, 5/5/2019, 5/5/2019

Date	kcal Consumed	kcal Burned Through Tracked Activity	Number of Hours of Tracked Activity	Number of Hours with No Activity Logged	kcal Burned at BMR Rate	Total kcal Burned	Net kcal
5/3/2019	1,596	0	0	24	1,844	1,844	-248
5/5/2019	0	0	0	24	1,844	1,844	-1,844
Total:	1,596	0	0	48	3,688	3,688	-2,092
Average:	798	0	0	24	1,844	1,844	-1,046