

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: chantale	Female	38 yrs	5 ft 5 in	190 lb
--------------------	--------	--------	-----------	--------

Day(s): 2019 Oct 3, Oct 4, Oct 5 (All)

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 31.6

Normal is 18.5 to 25.

Weight Change: Lose 2 lb per week

Best not to exceed 2 lbs per week.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
Basic Components							
Calories	921.60	1,479.29	62	%			
Calories from Fat	239.22	414.20	58	%			
Calories from SatFat	90.18	133.14	68	%			
Protein (g)	46.29	68.95	* 67	%			
Protein (% Calories)	20.09	18.64	* 108	%			
Carbohydrates (g)	126.41	203.40	62	%			
Carbohydrates (% Calories)	54.87	55.00	100	%			
Total Sugars (g)	63.37	^					
Dietary Fiber (g)	7.32	20.71	35	%			
Soluble Fiber (g)	0.46						
InSoluble Fiber (g)	2.41						
Fat (g)	26.58	46.02	58	%			
Fat (% Calories)	25.96	28.00	93	%			
Saturated Fat (g)	10.02	14.79	~ 68	%			
Trans Fat (g)	0.49						
Mono Fat (g)	6.19	16.44	38	%			
Poly Fat (g)	4.59	14.79	31	%			
Cholesterol (mg)	269.05	300.00	~ 90	%			
Water (g)	896.15	2,700.00	33	%			
Vitamins							
Vitamin A - RAE (mcg)	326.03	700.00	47	%			
Vitamin B1 - Thiamin (mg)	0.59	1.10	54	%			
Vitamin B2 - Riboflavin (mg)	1.15	1.10	105	%			
Vitamin B3 - Niacin (mg)	8.71	14.00	62	%			
Vitamin B6 (mg)	0.96	1.30	74	%			
Vitamin B12 (mcg)	2.19	2.40	91	%			
Vitamin C (mg)	29.29	75.00	39	%			
Vitamin D - mcg (mcg)	4.03	15.00	27	%			
Vitamin E - α-Toco (mg)	2.75	15.00	18	%			
Folate (mcg)	127.23	400.00	32	%			
Minerals							

Calcium (mg)	774.43	1,000.00	77	%	
Iron (mg)	4.80	18.00	27	%	
Magnesium (mg)	173.99	320.00	54	%	
Phosphorus (mg)	953.06	700.00	136	%	
Potassium (mg)	1,332.78	4,700.00	28	%	
Sodium (mg)	1,056.95	2,300.00	~46	%	
Zinc (mg)	5.12	8.00	64	%	

Other

Omega-3 (g)	0.38	+
Omega-6 (g)	4.14	+
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.