

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).

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

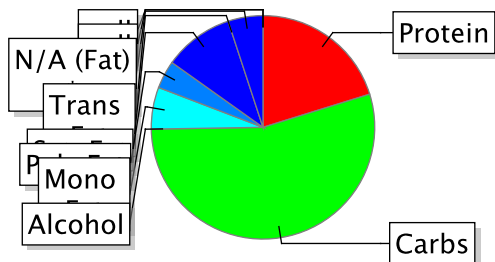
Normal is 18.5 to 25.

Weight Change: Lose 2 lb per week

Best not to exceed 2 lbs per week.

Source of Calories	Calori	Gram	Percent
Protein	183	46.3	20 %
Carbohydrates	501	126.4	54 %
Alcohol	0	0.0	0 %
Fat (Total)	237	26.6	26 %
Saturated Fat	90	10.0	10%
Trans Fat	4	0.5	0%
Mono Fat	56	6.2	6%
Poly Fat	41	4.6	4%

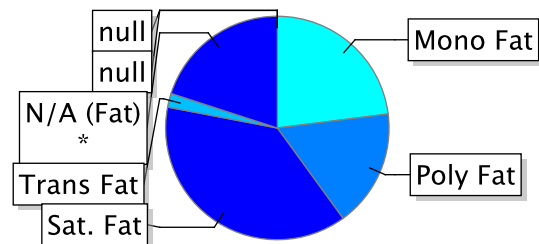
Total 922



*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	10.0	38 %
Mono Fat	6.2	23 %
Poly Fat	4.6	17 %
Trans Fat	0.5	2 %

Total (g) 26.6



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Exchanges

Starch	3.13	Fruit	0.60
Other Carbs	3.10	Vegetables	0.86
Lean Meat	2.73	Fat	4.10
Alcohol	0.00	NonFatMilk	0.66

Ratios

P:S (Poly Fat / Saturated Fat)	0.46 : 1
Potassium : Sodium	1.26 : 1
Calcium : Phosphorus	0.81 : 1
CSI (Cholesterol / Saturated Fat)	23.57

