

Spreadsheet Report

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

Profile Info

Personal: Assignment 1 Male 30 yrs 5 ft 4 in 150 lb

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.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	5 ml	1.3	0.0	0.0	0.0
		soy sauce, naturally brewed	2.5 ml	1.7	0.0	0.0	0.3
		cornmeal, yellow, whole grain	9 ml	16.8	1.5	0.2	0.4
		linseeds, Canada, ground (Flax	10.5 ml	25.6	21.0	1.9	1.1
		coriander, fresh, sprigs (USDA)	2 ea	1.0	0.2	0.0	0.1
		egg, raw (USDA)	0.3 lrg	23.6	14.1	4.6	2.1
		rice, brown, dry, long grain	0.5 cup	339.5	26.6	4.9	7.0
		salmon, sockeye, canned, with	106 g	177.0	70.5	13.7	25.0
		Day Total	--	586.4	134.0	25.4	36.0
Average Day Total		--	586.4	134.0	25.4	36.0	

Day	Meal	Item	Carbs (g)	Sugr^ (g)	Fiber (g)	Fib-S (g)	Fib-I (g)	Fat (g)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.4	0.1	0.0			0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	3.6	0.0	0.3	0.2	0.1	0.2
		linseeds, Canada, ground (Flax	1.6		1.6	0.5	1.1	2.3
		coriander, fresh, sprigs (USDA)	0.2	0.0	0.1			0.0
		egg, raw (USDA)	0.1	0.1	0.0	0.0	0.0	1.6
		rice, brown, dry, long grain	70.5	0.6	3.3	0.3	3.0	3.0
		salmon, sockeye, canned, with	0.0	0.0	0.0	0.0	0.0	7.8
		Day Total	76.5	0.8	5.4	1.0	4.3	14.9
	Average Day Total	76.5	0.8	5.4	1.0	4.3	14.9	

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	4.6
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	
		cornmeal, yellow, whole grain	0.0		0.0	0.1	0.0	0.5
		linseeds, Canada, ground (Flax	0.2	0.0	0.4	1.7		
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	4.1
		egg, raw (USDA)	0.5	0.0	0.6	0.3	61.4	12.6
		rice, brown, dry, long grain	0.5	0.0	1.0	0.9	0.0	10.9
		salmon, sockeye, canned, with	1.5	0.0	2.6	1.9	83.7	72.2
		Day Total	2.8	0.0	4.7	4.9	145.1	104.9

Day	Meal	Item	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	Water (g)
Average Day Total			2.8	0.0	4.7	4.9	145.1	104.9
Day	Meal	Item	A-RAE(mcg)	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0					
		cornmeal, yellow, whole grain	0.5	0.0	0.0	0.2	0.0	0.0
		linseeds, Canada, ground (Flax	0.0	0.0	0.0	0.2	0.0	
		coriander, fresh, sprigs (USDA)	15.0	0.0	0.0	0.0	0.0	0.0
		egg, raw (USDA)	26.5	0.0	0.1	0.0	0.0	0.1
		rice, brown, dry, long grain	0.0	0.5	0.1	6.0	0.4	0.0
		salmon, sockeye, canned, with	58.3	0.0	0.2	8.1	0.1	5.8
		Day Total	100.4	0.6	0.4	14.5	0.7	6.0
Average Day Total			100.4	0.6	0.4	14.5	0.7	6.0
Day	Meal	Item	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)	Calc (mg)	Iron (mg)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	1.5	0.0	0.0	0.5	0.7	0.0
		soy sauce, naturally brewed	0.0				0.0	0.0
		cornmeal, yellow, whole grain	0.0	0.0	0.0	1.2	0.3	0.2
		linseeds, Canada, ground (Flax	0.0			6.4	13.4	0.3
		coriander, fresh, sprigs (USDA)	1.2	0.0	0.1	2.8	3.0	0.1
		egg, raw (USDA)	0.0	0.3	0.2	7.8	9.2	0.3
		rice, brown, dry, long grain	0.0	0.0	0.6	21.3	8.3	1.2
		salmon, sockeye, canned, with	0.0	22.3	2.2	4.2	245.9	0.7
		Day Total	2.8	22.6	3.1	44.1	280.9	2.7
Average Day Total			2.8	22.6	3.1	44.1	280.9	2.7
Day	Meal	Item	Magn (mg)	Phos (mg)	Potas (mg)	Sod (mg)	Zinc (mg)	Omega3 (g)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.4	0.7	6.0	0.1	0.0	0.0
		soy sauce, naturally brewed				155.5		0.0
		cornmeal, yellow, whole grain	5.9	11.2	13.3	1.6	0.1	0.0
		linseeds, Canada, ground (Flax	24.5	35.3	47.2	1.5	0.2	1.3
		coriander, fresh, sprigs (USDA)	1.2	2.1	23.2	2.0	0.0	0.0
		egg, raw (USDA)	2.0	32.7	22.8	23.4	0.2	0.0
		rice, brown, dry, long grain	107.3	287.7	231.2	4.6	2.0	0.0
		salmon, sockeye, canned, with	32.9	358.3	332.8	432.5	0.9	1.7
		Day Total	174.1	728.0	676.5	621.4	3.4	3.1
Average Day Total			174.1	728.0	676.5	621.4	3.4	3.1
Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eq)
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	0.1	0.0	0.0	0.0	0.0	0.2
		linseeds, Canada, ground (Flax	0.4	0.0	0.0	0.0	0.0	0.0
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		egg, raw (USDA)	0.3	0.0	0.0	0.0	0.0	0.0
		rice, brown, dry, long grain	0.9	0.0	0.0	0.0	0.0	3.3

Day	Meal	Item	Omega6 (g)	Alc (g)	Caff (mg)	MyFrt (cup)	MyDry (cup)	MyGrn (oz eg)
Sun 10-18-2020	Dinner	salmon, sockeye, canned, with	0.2	0.0	0.0	0.0	0.0	0.0
		Day Total	1.8	0.0	0.0	0.0	0.0	3.4
		Average Day Total	1.8	0.0	0.0	0.0	0.0	3.4

Day	Meal	Item	MyVeg (cup)	MyProt (oz eg)	XxFruit	XxOCarb	XxStarch	XxVeg
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	0.0	0.0	0.0	0.0	0.2	0.0
		linseeds, Canada, ground (Flax	0.0	0.4	0.0	0.0	0.0	0.0
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		egg, raw (USDA)	0.0	0.3	0.0	0.0	0.0	0.0
		rice, brown, dry, long grain	0.0	0.0	0.0	0.0	4.7	0.0
		salmon, sockeye, canned, with	0.0	3.7	0.0	0.0	0.0	0.0
		Day Total	0.0	4.5	0.0	0.0	4.9	0.0
		Average Day Total	0.0	4.5	0.0	0.0	4.9	0.0

Day	Meal	Item	XxFat	XxAlc	XxNoFtMlk	XxLnMeat
Sun 10-18-2020	Dinner	juice, lime, fresh (USDA)	0.0	0.0	0.0	0.0
		soy sauce, naturally brewed	0.0	0.0	0.0	0.0
		cornmeal, yellow, whole grain	0.0			
		linseeds, Canada, ground (Flax	0.5	0.0	0.0	0.0
		coriander, fresh, sprigs (USDA)	0.0	0.0	0.0	0.0
		egg, raw (USDA)	0.2	0.0	0.0	0.3
		rice, brown, dry, long grain	0.0			
		salmon, sockeye, canned, with	0.1	0.0	0.0	3.6
		Day Total	0.8	0.0	0.0	3.9
		Average Day Total	0.8	0.0	0.0	3.9

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