

Combination Report

A report that captures all of the daily reports into one document.

Profile Info

Personal: Ally Female 21 yrs 5 ft 3 in 135.00 lb

Day(s): 2021 Feb 3, Feb 4, Feb 5

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 23.9

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as the DRI (Dietary Reference Intake). Actual intake values are found on other reports.

Nutrient	Target	Notes
Basic Components		
Total Calories	2,158.89	
Protein (g)	48.99	10% - 35% of Calories (adults 19-70 years) *
Carbohydrates (g)	296.85	45% - 65% of Calories (adults 19-70 years) *
Added Sugar (g)	26.99	Less than 10% of Calories+
Dietary Fiber (g)	30.22	
Total Fat (g)	67.17	20% - 35% of Calories (adults 19-70 years) *
Saturated Fat (g)	21.59	Less than 10% of Calories +
Polyunsaturated Fat (g)	21.59	
Monounsaturated Fat (g)	23.99	
Cholesterol (mg)	300.00	Less than 300 mg per day ^
Water (ltr)	2.70	
Vitamins		
Vitamin A - RAE (mcg)	700.00	Do not exceed 3000mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	Do not exceed 1000mg *
Vitamin K (mcg)	90.00	
Vitamin B1 - Thiamin (mg)	1.10	
Vitamin B2 - Riboflavin (mg)	1.10	
Vitamin B3 - Niacin (mg)	14.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	75.00	
Folate (mcg DFE)	400.00	
Choline (mg)	425.00	
Minerals		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *

Copper (mg)	0.90	
Iron (mg)	18.00	Do not exceed 45 mg *
Magnesium (mg)	310.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	2,600.00	
Selenium (mcg)	55.00	
Sodium (mg)	2,300.00	Less than 2300 mg per day - lower for some people +
Zinc (mg)	8.00	Do not exceed 40 mg *
Other		
Linoleic Acid (g)	12.00	
Alpha-linolenic Acid (g)	1.10	
MyPlate Values		
MyPlate - Fruits (cup)	2.00	
MyPlate - Vegetables (cup)	3.00	
MyPlate - Grains (oz eq)	7.00	
MyPlate - Protein Foods (oz eq)	6.00	
MyPlate - Dairy (cup)	3.00	
MyPlate - Oils (tsp)	6.00	

Sources:

* Dietary Reference Intakes

+ Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Reference Daily Intake

Sample

Calorie Assessment

A close-up picture of the Calories consumed.

Calories to maintain current weight

Calories to maintain current weight	2159
Calorie adjustment for weight change of 0.00 lb (per week)	0
Goal Calories	2159

Average Daily Intake & Expenditures

Average Intake	1839
Average Expenditure	2421

Daily Calories

Daily Calories	Target	Intake	Assessment
Total Calories	2159	1839	Below Target
Protein (10-35% Calories)	216 to 755	268	In Range
Carbohydrates (45-65% Calories)	971 to 1403	963	In Range
Added Sugar (<10% Calories)	0 to 216	43	In Range
Total Fat	432 to 755	561	In Range
Saturated Fat (<10% Calories)	0 to 216	212	In Range
Alcohol	--	27	--

% Daily Calories

% Daily Calories	Target %	Intake %	Assessment
Protein	10 to 35	15	In Range
Carbohydrates	45 to 65	55	In Range
Added Sugar	0 to 10	2	In Range
Total Fat	20 to 35	31	In Range
Saturated Fat	0 to 10	12	Above Target
Polyunsaturated Fat	--	5	--
Monounsaturated Fat	--	14	--
Linoleic Acid	5 to 10	2	Below Target
Alpha-linolenic Acid	0.6 to 1.2	0	Below Target

Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Nutrient	Target	Intake	Percent	0	50	100	150
Basic Components							
Total Calories	2,158.8	1,838.77	85 %				
Protein (g)	48.99 *	68.54	140 %				
Carbohydrates (g)	296.85	251.53	85 %				
Dietary Fiber (g)	30.22	31.35	104 %				
Total Sugars (g)		116.29					
Added Sugar (g)	26.99 ~	10.64	39 %				
Total Fat (g)	67.17	63.77	95 %				
Saturated Fat (g)	21.59 ~	15.65	72 %				
Polyunsaturated Fat (g)	21.59	7.37	34 %				
Monounsaturated Fat (g)	23.99	19.27	80 %				
Cholesterol (mg)	300.00 ~	102.09	34 %				
Water (ltr)	2.70	1.10	41 %				
Vitamins							
Vitamin A - RAE (mcg)	700.00	312.22	45 %				
Vitamin D (mcg)	15.00	9.29	62 %				
Vitamin E - a-Toco (mg)	15.00	2.57	17 %				
Vitamin K (mcg)	90.00	28.08	31 %				
Vitamin B1 - Thiamin (mg)	1.10	0.41	37 %				
Vitamin B2 - Riboflavin (mg)	1.10	0.37	33 %				
Vitamin B3 - Niacin (mg)	14.00	10.09	72 %				
Vitamin B6 (mg)	1.30	0.86	66 %				
Vitamin B12 (mcg)	2.40	3.20	133 %				
Vitamin C (mg)	75.00	65.50	87 %				
Folate (mcg DFE)	400.00	89.60	22 %				
Choline (mg)	425.00	107.66	25 %				
Minerals							
Calcium (mg)	1,000.0	740.75	74 %				
Copper (mg)	0.90	0.55	61 %				
Iron (mg)	18.00	8.63	48 %				
Magnesium (mg)	310.00	147.10	47 %				
Phosphorus (mg)	700.00	439.64	63 %				
Potassium (mg)	2,600.0	1,318.28	51 %				
Selenium (mcg)	55.00	33.29	61 %				
Sodium (mg)	2,300.0 ~	2,127.08	92 %				
Zinc (mg)	8.00	2.32	29 %				
Other							
Linoleic Acid (g)	12.00	4.34	36 %				
Alpha-linolenic Acid (g)	1.10	0.29	27 %				
Omega 3 - EPA (g)		0.15					
Omega 3 - DHA (g)		0.27					

Alcohol (g)

3.88

* Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

~ This value is a recommended consumption limit, not a goal.

Sample

MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see ChooseMyPlate.gov for more info).



Target vs. Intake 2200 Calorie Pattern

Food Group	Percent	Comparison	Amount (Daily) *
Grains Target			7.0 oz equivalent
Grains Intake	78 %		5.5 oz equivalent
Vegetables Target			3.0 cup equivalent
Vegetables Intake	89 %		2.7 cup equivalent
Fruits Target			2.0 cup equivalent
Fruits Intake	102 %		2.0 cup equivalent
Dairy Target			3.0 cup equivalent
Dairy Intake	29 %		0.9 cup equivalent
Protein Foods Target			6.0 oz equivalent
Protein Foods Intake	109 %		6.5 oz equivalent

Make Half Your Grains Whole

Aim for at least 3.5 oz equivalents whole grains a day

Oils & Empty Calories

Aim for 6.0 teaspoons of oils a day

Limit extra fats & sugars to 290 calories/day

Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.0 cups weekly
Dry Beans & Peas	3.0 cups weekly
Starchy Vegetables	6.0 cups weekly
Other Vegetables	7.0 cups weekly

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.

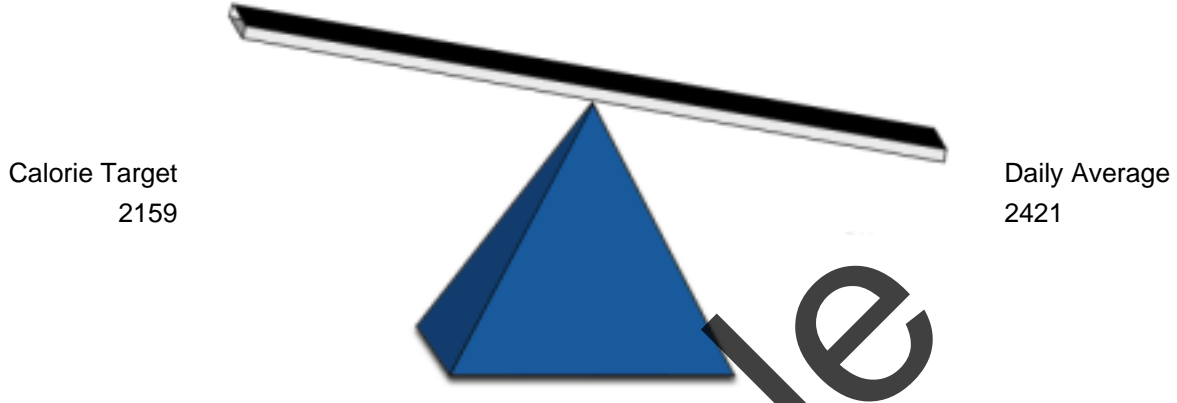
Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

Calorie Target: 2159

Summary

	Calories Expended
Calories Expended Through Sedentary Activities of Daily Living**	1951
Average Calories Expended Through Exercise	470
Daily Average***	2421



[**] The Sedentary activity level includes basic daily tasks such as getting ready for the day, housework, walking to work or class, and light yard work. These tasks are called Activities of Daily Living (ADL). If you engage in physical activity beyond that included in the activities of daily living, you may increase your activity level to Low Active, Active or Very Active. The Active activity level is recommended by the government for health.

[***] Your Daily Average put you in the Active activity level, and suggests 2419 Calories to maintain your current weight.

Daily Activity Details

Wed 02-03-2021

Duration	Mets	Exercise	Calories Expended
40 minutes	4.0	walking, to work or class	171
45 minutes	7.3	aerobic dancing, general	352
Sedentary Activities of Daily Living**			1951
Total Calories (Active)			2474

Thu 02-04-2021

Duration	Mets	Exercise	Calories Expended
30 minutes	4.0	walking, to work or class	129
50 minutes	2.5	conditioning, yoga, Hatha	134
Sedentary Activities of Daily Living**			1951
Total Calories (Low Active)			2213

Fri 02-05-2021

Duration	Mets	Exercise	Calories Expended
50 minutes	4.0	walking, to work or class	214
45 minutes	8.5	conditioning, stationary bicycle, RPM, spin bike class	410
Sedentary Activities of Daily Living**			1951
Total Calories (Active)			2575

FoodList Report

The FoodList Report shows the foods you have entered and their calories.

Amount	Item	Cals
Wed 02-03-2021		
1.0 med	iced coffee, with almond milk, medium (Dunkin' Donuts)	35
0.5 cup	oatmeal, instant, quick, dry (USDA: Quaker)	148
0.5 cup	blueberries, fresh (USDA)	42
1.0 ea	apple, fresh, medium, 3" (USDA: Commodity)	95
1.5 cup	soup, chunky vegetable, canned, fat free, organic (Amy's)	90
0.25 cup	trail mix, simply almonds cashews & cranberries, Trek (Trader Joe's)	150
0.75 cup	rice, brown, cooked, long grain (USDA)	186
100.0 g	salmon, pink, baked, fillet (USDA)	153
1.5 cup	broccoli florets, Steamers, frozen, select (Green Giant)	24
5.0 ea	peanut butter cups, Reese's, mini (USDA: Reese's)	180
5.0 cup	water, generic (USDA)	0
0.5 cup	grapes, concord, fresh (USDA)	31
2.0 Tbs	peanut butter, creamy, natural (Smucker's)	210
20.0 ea	crackers, multigrain, Wheat Thins (Nabisco)	186
1.0 Tbs	honey, clover (Pure Sweet Honey)	64
Day Total		1594
Thu 02-04-2021		
1.0 lrg	iced coffee, with almond milk, large (Dunkin' Donuts)	50
1.0 ea	bagel, plain (Dunkin' Donuts)	310
1.0 Tbs	cream cheese (USDA)	51
1.5 cup	salad, spring mix (Dole)	20
1.0 svg	cheese, feta, crumbled, fat free (Trader Joe's)	35
1.0 Tbs	salad dressing, green goddess (Kraft)	50
0.25 cup	pecans, chopped (USDA)	188
0.25 cup	cranberries, dried (Trader Joe's)	96
6.0 pce	sushi roll, spicy tuna (Ace, Inc.)	187
6.0 pce	sushi roll, smoked salmon (Ace, Inc.)	200
4.5 cup	water, generic (USDA)	0
1.0 ea	apple, fresh, medium, 3" (USDA: Commodity)	95
2.0 Tbs	peanut butter powder, PB2 (Bell Plantation)	50
1.0 svg	salad, seaweed (Ace, Inc.)	40
1.0 ea	avocado, fresh (USDA)	322
1.0 med	iced tea latte, chai, with almond milk, grande (Starbuck's)	180
Day Total		1873
Fri 02-05-2021		
1.0 med	iced coffee, caramel swirl, medium (Dunkin' Donuts)	170
0.75 cup	yogurt, plain, nonfat (Trader Joe's)	82
0.25 cup	blueberries, fresh (USDA)	21
0.5 cup	strawberries, fresh, sliced (USDA)	27
1.0 Tbs	honey, clover (Pure Sweet Honey)	64
1.0 ea	wrap, grilled chicken, Cool Wrap (Chik-fil-A)	350

1.0 sml	french fries, waffle (Chik-fil-A)	273
100.0 g	salmon, pink, baked, fillet (USDA)	153
1.5 cup	vegetables, mixed, frozen, broccoli carrots & water chestnuts (Birds Eye)	59
1.0 ea	biscuit dough, butter tastin', Grands!, refrigerated, homestyle (Pillsbury)	170
4.0 fl-oz	wine, rose (USDA)	101
0.5 pnt	ice cream, Phish Food (Ben & Jerry's)	580
Day Total		2049
Total		5516
Day Average		1839
Item Average		128

Sample

Spreadsheet Report

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

Day	Meal	Item	Amount	Cals	Prot (g)	Carbs (g)	Fiber (g)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,	1 med	35.0	1.0	7.0	0.0
		oatmeal, instant, quick, dry (USDA:	0.5 cup	148.4	5.5	27.3	3.8
		blueberries, fresh (USDA)	0.5 cup	42.2	0.5	10.7	1.8
		honey, clover (Pure Sweet Honey)	1 Tbs	63.8	0.1	17.0	0.0
	Lunch	soup, chunky vegetable, canned,	1.5 cup	90.0	4.5	19.5	4.5
		trail mix, simply almonds cashews	0.2 cup	150.0	5.0	13.0	2.0
	Dinner	rice, brown, cooked, long grain	0.8 cup	186.3	4.2	38.8	2.4
		salmon, pink, baked, fillet (USDA)	100 g	153.0	24.6	0.0	0.0
		broccoli florets, Steamers, frozen,	1.5 cup	24.0	2.4	4.8	2.4
	Snack	apple, fresh, medium, 3" (USDA:	1 ea	94.6	0.5	25.1	4.4
		peanut butter cups, Reese's, mini	5 ea	180.2	3.6	19.4	1.3
		water, generic (USDA)	5 cup	0.0	0.0	0.0	0.0
		grapes, concord, fresh (USDA)	0.5 cup	30.8	0.3	7.9	0.4
		peanut butter, creamy, natural	2 Tbs	210.0	7.0	6.0	2.0
		crackers, multigrain, Wheat Thins	20 ea	185.7	2.9	31.4	4.3
Day Total			--	1594.2	62.0	227.9	29.2
Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large	1 lrg	50.0	1.0	9.0	0.0
		bagel, plain (Dunkin' Donuts)	1 ea	310.0	11.0	64.0	4.0
		cream cheese (USDA)	1 Tbs	50.8	0.9	0.8	0.0
	Lunch	salad, spring mix (Dole)	1.5 cup	20.0	2.0	3.0	1.5
		cheese, feta, crumbled, fat free	1 svg	35.0	7.0	1.0	0.0
		salad dressing, green goddess	1 Tbs	50.0	0.0	2.5	0.0
		pecans, chopped (USDA)	0.2 cup	188.3	2.5	3.8	2.6
		cranberries, dried (Trader Joe's)	0.2 cup	96.0	0.0	23.0	1.0
		avocado, fresh (USDA)	1 ea	321.6	4.0	17.1	13.5
	Dinner	sushi roll, spicy tuna (Ace, Inc.)	6 pce	186.7	10.7	34.7	1.3
		sushi roll, smoked salmon (Ace,	6 pce	200.0	5.3	36.0	2.7
		salad, seaweed (Ace, Inc.)	1 svg	40.0	1.0	6.0	1.0
	Snack	water, generic (USDA)	4.5 cup	0.0	0.0	0.0	0.0
		apple, fresh, medium, 3" (USDA:	1 ea	94.6	0.5	25.1	4.4
		peanut butter powder, PB2 (Bell	2 Tbs	50.0	5.0	5.0	2.0
iced tea latte, chai, with almond		1 med	180.0	2.0	38.0	1.0	
Day Total			--	1873.0	52.9	269.0	35.0
Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium	1 med	170.0	4.0	39.0	0.0
		yogurt, plain, nonfat (Trader Joe's)	0.8 cup	82.5	7.5	11.2	0.0
		blueberries, fresh (USDA)	0.2 cup	21.1	0.3	5.4	0.9
		strawberries, fresh, sliced (USDA)	0.5 cup	26.6	0.6	6.4	1.7
		honey, clover (Pure Sweet Honey)	1 Tbs	63.8	0.1	17.0	0.0
	Lunch	wrap, grilled chicken, Cool Wrap	1 ea	350.0	37.0	29.0	15.0
		french fries, waffle (Chik-fil-A)	1 sml	272.6	3.6	33.2	4.1
	Dinner	salmon, pink, baked, fillet (USDA)	100 g	153.0	24.6	0.0	0.0

Day	Meal	Item	Amount	Cals	Prot (g)	Carbs (g)	Fiber (g)
Fri 02-05-2021	Dinner	vegetables, mixed, frozen, broccoli	1.5 cup	59.0	1.7	9.9	3.2
		biscuit dough, butter tastin',	1 ea	170.0	3.0	26.0	1.0
		wine, rose (USDA)	4 fl-oz	100.6	0.4	4.6	0.0
	Snack	ice cream, Phish Food (Ben &	0.5 pnt	580.0	8.0	76.0	4.0
		Day Total	--	2049.2	90.7	257.7	29.9
	Average Day Total	--	1838.8	68.5	251.5	31.3	

Day	Meal	Item	Sugar (g)	SugAdd (g)	Fat (g)	Fat-S (g)	Fat-P (g)	Fat-M (g)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,	4.0		0.5	0.0		
		oatmeal, instant, quick, dry (USDA:	0.6		2.7	0.4	0.9	0.8
		blueberries, fresh (USDA)	7.4	0.0	0.2	0.0	0.1	0.0
		honey, clover (Pure Sweet Honey)	16.0	16.0	0.0	0.0	0.0	0.0
	Lunch	soup, chunky vegetable, canned,	7.5	0.0	0.0	0.0	0.0	0.0
		trail mix, simply almonds cashews	6.0		9.0	1.0	2.0	6.0
	Dinner	rice, brown, cooked, long grain	0.4	0.0	1.5	0.4	0.5	0.5
		salmon, pink, baked, fillet (USDA)	0.0	0.0	5.3	1.0	1.0	1.6
		broccoli florets, Steamers, frozen,	2.4	0.0	0.0	0.0	0.0	0.0
	Snack	apple, fresh, medium, 3" (USDA:	18.9	0.0	0.3	0.1	0.1	0.0
		peanut butter cups, Reese's, mini	16.5		10.7	3.8	1.9	4.6
		water, generic (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		grapes, concord, fresh (USDA)	7.5	0.0	0.2	0.1	0.0	0.0
		peanut butter, creamy, natural	1.0		16.0	2.5	4.5	9.0
crackers, multigrain, Wheat Thins		4.3		5.7	0.0		1.4	
	Day Total	92.3	16.0	52.1	9.2	11.1	24.0	

Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large	6.0		1.0	0.0		
		bagel, plain (Dunkin' Donuts)	7.0		1.0	0.0		
		cream cheese (USDA)	0.5	0.0	5.0	2.9	0.2	1.3
	Lunch	salad, spring mix (Dole)	1.5	0.0	0.0	0.0	0.0	0.0
		cheese, feta, crumbled, fat free	0.0	0.0	0.0	0.0		
		salad dressing, green goddess	1.0		4.0	0.8		
		pecans, chopped (USDA)	1.1	0.0	19.6	1.7	5.9	11.1
		cranberries, dried (Trader Joe's)	22.0		0.3	0.1		
	Dinner	avocado, fresh (USDA)	1.3	0.0	29.5	4.3	3.7	19.7
		sushi roll, spicy tuna (Ace, Inc.)	2.7		0.7	0.0		
		sushi roll, smoked salmon (Ace,	4.0		2.7	0.0		
	Snack	salad, seaweed (Ace, Inc.)	2.0		2.0	0.0		
		water, generic (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		apple, fresh, medium, 3" (USDA:	18.9	0.0	0.3	0.1	0.1	0.0
peanut butter powder, PB2 (Bell		1.0		1.5	0.0			
iced tea latte, chai, with almond		35.0		3.5	0.0			
	Day Total	104.0	0.0	71.0	9.8	9.8	32.1	

Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium	37.0		0.0	0.0	0.0	0.0
		yogurt, plain, nonfat (Trader Joe's)	11.2	0.0	0.0	0.0	0.0	0.0
		blueberries, fresh (USDA)	3.7	0.0	0.1	0.0	0.1	0.0
		strawberries, fresh, sliced (USDA)	4.1	0.0	0.2	0.0	0.1	0.0

Day	Meal	Item	Sugar (g)	SugAdd (g)	Fat (g)	Fat-S (g)	Fat-P (g)	Fat-M (g)
Fri 02-05-2021	Breakfast	honey, clover (Pure Sweet Honey)	16.0	16.0	0.0	0.0	0.0	0.0
		Lunch	wrap, grilled chicken, Cool Wrap	3.0		14.0	5.0	
			french fries, waffle (Chik-fil-A)	0.0	0.0	14.2	1.5	
	Dinner	salmon, pink, baked, fillet (USDA)	0.0	0.0	5.3	1.0	1.0	1.6
		vegetables, mixed, frozen, broccoli	4.9	0.0	0.3	0.0		
		biscuit dough, butter tastin',	4.0		6.0	2.5	0.0	0.0
		wine, rose (USDA)	4.6		0.0	0.0	0.0	0.0
	Snack	ice cream, Phish Food (Ben &	64.0		28.0	18.0		
		Day Total	152.5	16.0	68.2	28.0	1.2	1.7
		Average Day Total	116.3	10.6	63.8	15.6	7.4	19.3

Day	Meal	Item	Chol (mg)	Water (ltr)	A-RAE(mcg)	D (mcg)	E-Toco (mg)	K (mcg)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,	0.0					
		oatmeal, instant, quick, dry (USDA:	0.0	0.0	0.0	0.0	0.2	0.8
		blueberries, fresh (USDA)	0.0	0.1	2.0	0.0	0.4	14.3
			honey, clover (Pure Sweet Honey)	0.0	0.0	0.0	0.0	
	Lunch	soup, chunky vegetable, canned,	0.0		37.5			
		trail mix, simply almonds cashews	0.0		0.0			
	Dinner	rice, brown, cooked, long grain	0.0	0.1	0.0	0.0	0.3	0.3
		salmon, pink, baked, fillet (USDA)	55.0	0.1	42.0	13.0	0.5	0.5
		broccoli florets, Steamers, frozen,	0.0		6.0			
	Snack	apple, fresh, medium, 3" (USDA:	0.0	0.2	4.9	0.0	0.3	4.0
		peanut butter cups, Reese's, mini	2.1	0.0	6.0	0.0	0.1	0.7
		water, generic (USDA)	0.0	1.2	0.0	0.0	0.0	0.0
		grapes, concord, fresh (USDA)	0.0	0.0	2.3	0.0	0.1	6.7
		peanut butter, creamy, natural	0.0		0.0			
		crackers, multigrain, Wheat Thins	0.0		0.0			
	Day Total	57.1	1.6	100.7	13.0	1.8	27.3	
Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large	0.0					
		bagel, plain (Dunkin' Donuts)	0.0		0.0			
		cream cheese (USDA)	14.6	0.0	44.7	0.0	0.1	0.3
	Lunch	salad, spring mix (Dole)	0.0		200.0			
		cheese, feta, crumbled, fat free	3.0					
		salad dressing, green goddess	2.5		0.0			
		pecans, chopped (USDA)	0.0	0.0	0.8	0.0	0.4	1.0
		cranberries, dried (Trader Joe's)	0.0		7.5			
		avocado, fresh (USDA)	0.0	0.1	14.7	0.0	4.2	42.2
	Dinner	sushi roll, spicy tuna (Ace, Inc.)	20.0					
		sushi roll, smoked salmon (Ace,	4.0					
		salad, seaweed (Ace, Inc.)	0.0		0.0			
	Snack	water, generic (USDA)	0.0	1.1	0.0	0.0	0.0	0.0
		apple, fresh, medium, 3" (USDA:	0.0	0.2	4.9	0.0	0.3	4.0
		peanut butter powder, PB2 (Bell	0.0		2.5			
iced tea latte, chai, with almond		0.0						
	Day Total	44.2	1.4	275.0	0.0	5.0	47.5	

Day	Meal	Item	Chol (mg)	Water (ltr)	A-RAE(mcg)	D (mcg)	E-Toco (mg)	K (mcg)
Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium	0.0		0.0			
		yogurt, plain, nonfat (Trader Joe's)	0.0		0.0	1.9		
		blueberries, fresh (USDA)	0.0	0.0	1.0	0.0	0.2	7.1
		strawberries, fresh, sliced (USDA)	0.0	0.1	0.5	0.0	0.2	1.8
		honey, clover (Pure Sweet Honey)	0.0	0.0	0.0	0.0	0.0	
	Lunch	wrap, grilled chicken, Cool Wrap	60.0					
		french fries, waffle (Chik-fil-A)	0.0					
	Dinner	salmon, pink, baked, fillet (USDA)	55.0	0.1	42.0	13.0	0.5	0.5
		vegetables, mixed, frozen, broccoli	0.0		517.5			
		biscuit dough, butter tustin',	0.0		0.0			
		wine, rose (USDA)	0.0	0.1	0.0	0.0	0.0	0.0
	Snack	ice cream, Phish Food (Ben &	90.0					
	Day Total		205.0	0.3	561.0	14.9	0.9	9.5
	Average Day Total		102.1	1.1	312.2	9.3	2.6	28.1

Day	Meal	Item	B1 (mg)	B2 (mg)	B5 (mg)	B6 (mg)	B12 (mcg)	C (mg)	
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,						0.0	
		oatmeal, instant, quick, dry (USDA:	0.2	0.0	0.3	0.0	0.0	0.0	
		blueberries, fresh (USDA)	0.0	0.0	0.3	0.0	0.0	7.2	
		honey, clover (Pure Sweet Honey)	0.0	0.1	0.1	0.0	0.0	0.1	
	Lunch	soup, chunky vegetable, canned,							7.2
		trail mix, simply almonds cashews							1.2
	Dinner	rice, brown, cooked, long grain	0.3	0.1	3.9	0.2	0.0	0.0	
		salmon, pink, baked, fillet (USDA)	0.1	0.1	9.6	0.7	4.7	0.0	
		broccoli florets, Steamers, frozen,	0.0	0.0	0.0			43.2	
	Snack	apple, fresh, medium, 3" (USDA:	0.0	0.0	0.2	0.1	0.0	8.4	
		peanut butter cups, Reese's, mini	0.1	0.0	1.6	0.0	0.1	0.1	
		water, generic (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		grapes, concord, fresh (USDA)	0.0	0.0	0.1	0.1	0.0	1.8	
		peanut butter, creamy, natural						0.0	
crackers, multigrain, Wheat Thins							0.0		
Day Total		0.7	0.5	16.0	1.1	4.8	69.2		

Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large						0.0
		bagel, plain (Dunkin' Donuts)						0.0
		cream cheese (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	salad, spring mix (Dole)						4.8
		cheese, feta, crumbled, fat free						0.0
		salad dressing, green goddess						0.0
		pecans, chopped (USDA)	0.2	0.0	0.3	0.1	0.0	0.3
		cranberries, dried (Trader Joe's)						10.8
		avocado, fresh (USDA)	0.1	0.3	3.5	0.5	0.0	20.1
	Dinner	sushi roll, spicy tuna (Ace, Inc.)						0.0
		sushi roll, smoked salmon (Ace,						0.0
		salad, seaweed (Ace, Inc.)						4.8
	Snack	water, generic (USDA)	0.0	0.0	0.0	0.0	0.0	0.0

Day	Meal	Item	B1 (mg)	B2 (mg)	B3 (mg)	B6 (mg)	B12 (mcg)	C (mg)
Thu 02-04-2021	Snack	apple, fresh, medium, 3" (USDA:	0.0	0.0	0.2	0.1	0.0	8.4
		peanut butter powder, PB2 (Bell						0.0
		iced tea latte, chai, with almond						0.0
		Day Total	0.3	0.4	4.0	0.7	0.0	49.2
Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium						0.0
		yogurt, plain, nonfat (Trader Joe's)						0.0
		blueberries, fresh (USDA)	0.0	0.0	0.2	0.0	0.0	3.6
		strawberries, fresh, sliced (USDA)	0.0	0.0	0.3	0.0	0.0	48.8
		honey, clover (Pure Sweet Honey)	0.0	0.1	0.1	0.0	0.0	0.1
	Lunch	wrap, grilled chicken, Cool Wrap						21.0
		french fries, waffle (Chik-fil-A)						2.8
	Dinner	salmon, pink, baked, fillet (USDA)	0.1	0.1	9.6	0.7	4.7	0.0
		vegetables, mixed, frozen, broccoli						1.8
		biscuit dough, butter tustin',	0.0	0.0	0.0			0.0
		wine, rose (USDA)	0.0	0.0	0.1	0.0	0.0	0.0
	Snack	ice cream, Phish Food (Ben &						0.0
		Day Total	0.2	0.2	10.2	0.8	4.7	78.1
		Average Day Total	0.4	0.4	10.1	0.9	3.2	65.5

Day	Meal	Item	Fol (mcg DFE)	Cholin (mg)	Calc (mg)	Copp (mg)	Iron (mg)	Magn (mg)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,			60.0		0.0	
		oatmeal, instant, quick, dry (USDA:	12.8		18.8	0.1	1.9	108.0
		blueberries, fresh (USDA)	4.4	4.4	4.4	0.0	0.2	4.4
		honey, clover (Pure Sweet Honey)	2.1		1.0	0.0	0.1	0.4
	Lunch	soup, chunky vegetable, canned,			90.0		1.6	
		trail mix, simply almonds cashews			40.0		1.1	
	Dinner	rice, brown, cooked, long grain	13.6	13.9	4.5	0.2	0.8	59.1
		salmon, pink, baked, fillet (USDA)	5.0	113.4	8.0	0.1	0.5	32.0
		broccoli florets, Steamers, frozen,	0.0		24.0		0.0	
	Snack	apple, fresh, medium, 3" (USDA:	5.5	6.2	10.9	0.0	0.2	9.1
		peanut butter cups, Reese's, mini	17.5	12.4	27.3	0.1	0.4	21.7
		water, generic (USDA)	0.0	0.0	118.5	0.1	0.0	23.7
		grapes, concord, fresh (USDA)	1.8	2.6	6.4	0.0	0.1	2.3
		peanut butter, creamy, natural			0.0		0.4	
crackers, multigrain, Wheat Thins				0.0		1.5		
	Day Total	62.8	152.9	414.0	0.7	8.8	260.7	
Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large			100.0		0.0	
		bagel, plain (Dunkin' Donuts)			20.0		3.6	
		cream cheese (USDA)	1.3	3.9	14.1	0.0	0.0	1.3
	Lunch	salad, spring mix (Dole)			40.0		0.7	
		cheese, feta, crumbled, fat free			100.0		0.0	
		salad dressing, green goddess			0.0		0.0	
		pecans, chopped (USDA)	6.0	11.0	19.1	0.3	0.7	33.0
		cranberries, dried (Trader Joe's)			0.0		0.0	
		avocado, fresh (USDA)	162.8	28.5	24.1	0.4	1.1	58.3

Day	Meal	Item	Fol (mcg DFE)	Cholin (mg)	Calc (mg)	Copp (mg)	Iron (mg)	Magn (mg)
Thu 02-04-2021	Dinner	sushi roll, spicy tuna (Ace, Inc.)			0.0		0.5	
		sushi roll, smoked salmon (Ace,			0.0		0.5	
		salad, seaweed (Ace, Inc.)			20.0		0.4	
	Snack	water, generic (USDA)	0.0	0.0	106.7	0.1	0.0	21.3
		apple, fresh, medium, 3" (USDA:	5.5	6.2	10.9	0.0	0.2	9.1
		peanut butter powder, PB2 (Bell			10.0		0.0	
		iced tea latte, chai, with almond			250.0		0.4	
Day Total			175.6	49.7	714.8	0.8	8.0	123.0
Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium			150.0		0.4	
		yogurt, plain, nonfat (Trader Joe's)			300.0		0.0	
		blueberries, fresh (USDA)	2.2	2.2	2.2	0.0	0.1	2.2
		strawberries, fresh, sliced (USDA)	19.9	4.7	13.3	0.0	0.3	10.8
		honey, clover (Pure Sweet Honey)	2.1		1.0	0.0	0.1	0.4
	Lunch	wrap, grilled chicken, Cool Wrap			350.0		2.7	
		french fries, waffle (Chik-fil-A)			11.9		0.9	
	Dinner	salmon, pink, baked, fillet (USDA)	5.0	113.4	8.0	0.1	0.5	32.0
		vegetables, mixed, frozen, broccoli			45.0		0.0	
		biscuit dough, butter tasin',	0.0		0.0		1.1	
	Snack	wine, rose (USDA)	1.2	0.0	12.1	0.0	0.2	12.1
		ice cream, Phish Food (Ben &			200.0		2.9	
		Day Total		30.5	120.4	1093.5	0.2	9.1
Average Day Total		89.6	107.7	740.8	0.6	8.6	147.1	

Day	Meal	Item	Phos (mg)	Potas (mg)	Selen (mcg)	Sod (mg)	Zinc (mg)	18:2 (g)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,				50.0		
		oatmeal, instant, quick, dry (USDA:	183.2	143.2	11.6	1.2	1.3	0.9
		blueberries, fresh (USDA)	8.9	57.0	0.1	0.7	0.1	0.1
	Lunch	honey, clover (Pure Sweet Honey)	1.1	10.5	0.0	0.6	0.0	0.0
		soup, chunky vegetable, canned,				1020.0		0.0
		trail mix, simply almonds cashews				15.0		
	Dinner	rice, brown, cooked, long grain	156.0	130.3	8.8	6.1	1.1	0.5
		salmon, pink, baked, fillet (USDA)	313.0	439.0	37.6	90.0	0.5	0.1
		broccoli florets, Steamers, frozen,		276.0		24.0		0.0
	Snack	apple, fresh, medium, 3" (USDA:	20.0	194.7	0.0	1.8	0.1	0.1
		peanut butter cups, Reese's, mini	56.4	120.0	0.5	125.0	0.4	1.9
		water, generic (USDA)	0.0	0.0	0.0	23.7	0.0	0.0
		grapes, concord, fresh (USDA)	4.6	87.9	0.0	0.9	0.0	0.0
peanut butter, creamy, natural					105.0			
crackers, multigrain, Wheat Thins			114.3		274.3			
Day Total		743.1	1572.9	58.6	1738.3	3.5	3.6	
Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large				75.0		
		bagel, plain (Dunkin' Donuts)				620.0		
		cream cheese (USDA)	15.5	19.1	1.2	45.5	0.1	0.2
	Lunch	salad, spring mix (Dole)		0.0		95.0		0.0
	cheese, feta, crumbled, fat free				260.0			

Day	Meal	Item	Phos (mg)	Potas (mg)	Selen (mcg)	Sod (mg)	Zinc (mg)	18:2 (g)	
Thu 02-04-2021	Lunch	salad dressing, green goddess				135.0			
		pecans, chopped (USDA)	75.5	111.7	1.0	0.0	1.2	5.6	
		cranberries, dried (Trader Joe's)				8.0			
		avocado, fresh (USDA)	104.5	974.9	0.8	14.1	1.3	3.4	
	Dinner	sushi roll, spicy tuna (Ace, Inc.)				320.0			
		sushi roll, smoked salmon (Ace,				346.7			
		salad, seaweed (Ace, Inc.)				340.0			
	Snack	water, generic (USDA)	0.0	0.0	0.0	21.3	0.0	0.0	
		apple, fresh, medium, 3" (USDA:	20.0	194.7	0.0	1.8	0.1	0.1	
		peanut butter powder, PB2 (Bell				94.0			
iced tea latte, chai, with almond					105.0				
		Day Total	215.5	1300.5	3.1	2481.4	2.7	9.2	
Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium				75.0		0.0	
		yogurt, plain, nonfat (Trader Joe's)		405.0		120.0		0.0	
		blueberries, fresh (USDA)	4.4	28.5	0.0	0.4	0.1	0.0	
		strawberries, fresh, sliced (USDA)	19.9	127.0	0.3	0.8	0.1	0.1	
		honey, clover (Pure Sweet Honey)	1.1	10.5	0.0	0.6	0.0	0.0	
	Lunch	wrap, grilled chicken, Cool Wrap				960.0			
		french fries, waffle (Chik-fil-A)				219.3			
	Dinner	salmon, pink, baked, fillet (USDA)	313.0	439.0	37.6	90.0	0.5	0.1	
		vegetables, mixed, frozen, broccoli				59.4			
		biscuit dough, butter tustin',				470.0			
		wine, rose (USDA)	21.8	71.5	0.2	6.1	0.1	0.0	
	Snack	ice cream, Phish Food (Ben &				160.0			
			Day Total	360.2	1081.5	38.2	2161.5	0.8	0.2
			Average Day Total	439.6	1318.3	33.3	2127.1	2.3	4.3
	Day	Meal	Item	18:3 (g)	EPA (g)	DHA (g)	Alc (g)	MPGrain (oz eq)	MPVeg (cup)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,				0.0			
		oatmeal, instant, quick, dry (USDA:	0.0	0.0	0.0	0.0	1.6	0.0	
		blueberries, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		honey, clover (Pure Sweet Honey)	0.0	0.0	0.0	0.0	0.0	0.0	
	Lunch	soup, chunky vegetable, canned,	0.0	0.0	0.0	0.0	0.0	1.5	
		trail mix, simply almonds cashews				0.0	0.0	0.0	
	Dinner	rice, brown, cooked, long grain	0.0	0.0	0.0	0.0	1.6	0.0	
		salmon, pink, baked, fillet (USDA)	0.1	0.2	0.4	0.0	0.0	0.0	
		broccoli florets, Steamers, frozen,	0.0	0.0	0.0	0.0	0.0	1.5	
	Snack	apple, fresh, medium, 3" (USDA:	0.0	0.0	0.0	0.0	0.0	0.0	
		peanut butter cups, Reese's, mini	0.0	0.0	0.0	0.0	0.0	0.0	
		water, generic (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		grapes, concord, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0	
		peanut butter, creamy, natural				0.0	0.0	0.0	
	crackers, multigrain, Wheat Thins				0.0	1.9	0.0		
		Day Total	0.2	0.2	0.4	0.0	5.1	3.0	

Day	Meal	Item	18:3 (g)	EPA (g)	DHA (g)	Alc (g)	MPGrain (oz eq)	MPVeg (cup)
Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large				0.0		
		bagel, plain (Dunkin' Donuts)				0.0	3.8	0.0
		cream cheese (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	salad, spring mix (Dole)	0.0	0.0	0.0	0.0	0.0	0.8
		cheese, feta, crumbled, fat free				0.0	0.0	0.0
		salad dressing, green goddess				0.0		
		pecans, chopped (USDA)	0.3	0.0	0.0	0.0	0.0	0.0
		cranberries, dried (Trader Joe's)				0.0	0.0	0.0
	Dinner	avocado, fresh (USDA)	0.3	0.0	0.0	0.0	0.0	1.4
		sushi roll, spicy tuna (Ace, Inc.)				0.0	2.1	0.0
		sushi roll, smoked salmon (Ace, Inc.)				0.0	2.2	0.0
	Snack	salad, seaweed (Ace, Inc.)					0.0	0.4
		water, generic (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		apple, fresh, medium, 3" (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		peanut butter powder, PB2 (Bell)				0.0	0.0	0.0
			iced tea latte, chai, with almond				0.0	0.0
		Day Total	0.6	0.0	0.0	0.0	8.1	2.5
Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium	0.0	0.0	0.0	0.0		
		yogurt, plain, nonfat (Trader Joe's)	0.0	0.0	0.0	0.0	0.0	0.0
		blueberries, fresh (USDA)	0.0	0.0	0.0	0.0	0.0	0.0
		strawberries, fresh, sliced (USDA)	0.1	0.0	0.0	0.0	0.0	0.0
		honey, clover (Pure Sweet Honey)	0.0	0.0	0.0	0.0	0.0	0.0
	Lunch	wrap, grilled chicken, Cool Wrap				0.0	1.7	0.0
		french fries, waffle (Chik-fil-A)				0.0	0.0	1.0
	Dinner	salmon, pink, baked, fillet (USDA)	0.1	0.2	0.4	0.0	0.0	0.0
		vegetables, mixed, frozen, broccoli				0.0	0.0	1.5
		biscuit dough, butter tasting				0.0	1.6	0.0
	Snack	wine, rose (USDA)	0.0	0.0	0.0	11.6		
		ice cream, Phish Food (Ben & Jerry's)				0.0	0.0	0.0
		Day Total	0.1	0.2	0.4	11.6	3.3	2.5
		Average Day Total	0.3	0.1	0.3	3.9	5.5	2.7

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPProt (oz eq)
Wed 02-03-2021	Breakfast	iced coffee, with almond milk,			
		oatmeal, instant, quick, dry (USDA)	0.0	0.0	0.0
		blueberries, fresh (USDA)	0.5	0.0	0.0
	Lunch	honey, clover (Pure Sweet Honey)	0.0	0.0	0.0
		soup, chunky vegetable, canned,	0.0	0.0	0.0
	Dinner	trail mix, simply almonds cashews	0.5	0.0	1.4
		rice, brown, cooked, long grain	0.0	0.0	0.0
		salmon, pink, baked, fillet (USDA)	0.0	0.0	3.5
	Snack	broccoli florets, Steamers, frozen,	0.0	0.0	0.0
		apple, fresh, medium, 3" (USDA)	1.6	0.0	0.0
		peanut butter cups, Reese's, mini	0.0	0.0	0.0
		water, generic (USDA)	0.0	0.0	0.0

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPProt (oz eq)	
Wed 02-03-2021	Snack	grapes, concord, fresh (USDA)	0.5	0.0	0.0	
		peanut butter, creamy, natural	0.0	0.0	2.3	
		crackers, multigrain, Wheat Thins	0.0	0.0	0.0	
	Day Total		3.2	0.0	7.2	
Thu 02-04-2021	Breakfast	iced coffee, with almond milk, large				
		bagel, plain (Dunkin' Donuts)	0.0	0.0	0.0	
		cream cheese (USDA)	0.0	0.0	0.0	
	Lunch	salad, spring mix (Dole)	0.0	0.0	0.0	
		cheese, feta, crumbled, fat free	0.0	0.3	0.0	
		salad dressing, green goddess				
		pecans, chopped (USDA)	0.0	0.0	1.9	
		cranberries, dried (Trader Joe's)	0.5	0.0	0.0	
	Dinner	avocado, fresh (USDA)	0.0	0.0	0.0	
		sushi roll, spicy tuna (Ace, Inc.)	0.0	0.0	0.7	
		sushi roll, smoked salmon (Ace,	0.0	0.0	0.0	
		salad, seaweed (Ace, Inc.)	0.0	0.0	0.0	
		Snack	water, generic (USDA)	0.0	0.0	0.0
	Snack	apple, fresh, medium, 3" (USDA:	1.6	0.0	0.0	
		peanut butter powder, PB2 (Bell	0.0	0.0	1.6	
		iced tea latte, chai, with almond	0.0	0.0	0.0	
		Day Total		2.1	0.4	4.2
		Fri 02-05-2021	Breakfast	iced coffee, caramel swirl, medium		
	yogurt, plain, nonfat (Trader Joe's)			0.0	1.0	0.0
	blueberries, fresh (USDA)			0.3	0.0	0.0
strawberries, fresh, sliced (USDA)	0.5			0.0	0.0	
honey, clover (Pure Sweet Honey)	0.0			0.0	0.0	
Lunch	wrap, grilled chicken, Cool Wrap		0.0	1.2	4.6	
	french fries, waffle (Chik-fil-A)		0.0	0.0	0.0	
Dinner	salmon, pink, baked, fillet (USDA)		0.0	0.0	3.5	
	vegetables, mixed, frozen, broccoli		0.0	0.0	0.0	
	biscuit dough, butter tasin',		0.0	0.0	0.0	
Snack	wine, rose (USDA)					
	ice cream, Phish Food (Ben &		0.0	0.0	0.0	
Day Total			0.8	2.2	8.2	
Average Day Total			2.0	0.9	6.5	