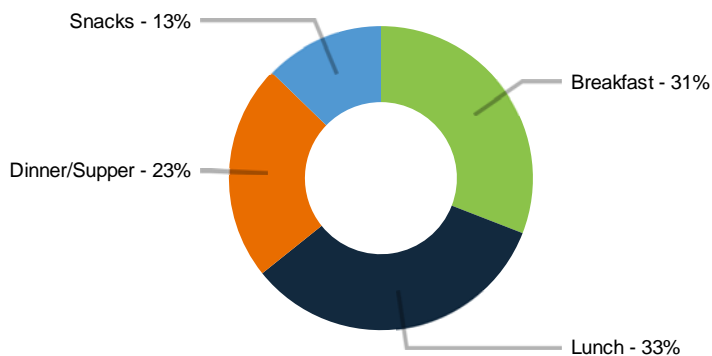


Caloric Intake By Meal



Day(s)

From: Jan 12, 2017 12:00:00 AM

To: Jan 12, 2017 11:59:59 PM

Daily Calories

Allowance	2,000
Eaten	1,742

Daily Food Group Targets

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Eaten	6.8 ounces	1.8 cups	1.8 cups	2.7 cups	6.9 ounces
Status	Achieved	Under	Achieved	Under	Achieved

Grains	
Target	6.0 ounces
Eaten	6.8 ounces
Status	Achieved
Grains Subgroups	
Whole grains	2.6 ounces
Refined grains	4.2 ounces

Fruits	
Target	2.0 cups
Eaten	1.8 cups
Status	Achieved
Fruits Subgroups	
Whole fruits	0.8 cups
Juice	1.0 cups

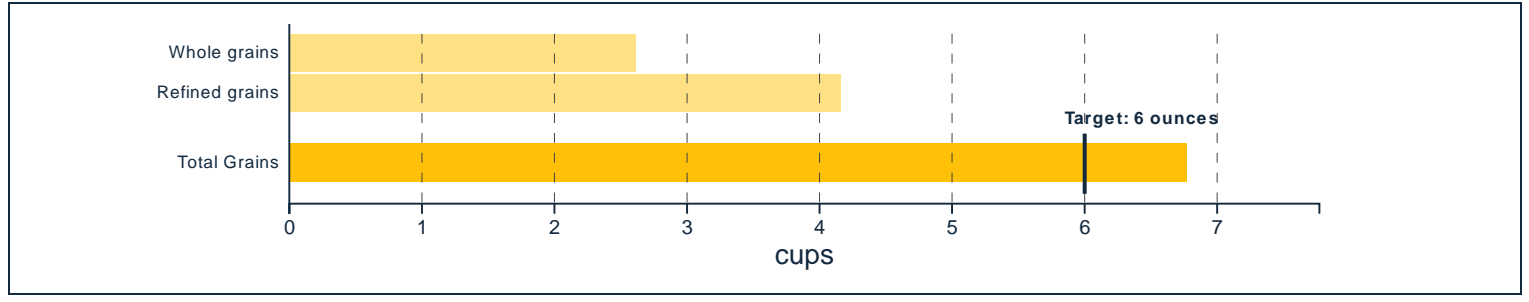
Dairy	
Target	3.0 cups
Eaten	2.7 cups
Status	Under
Dairy Subgroups	
Milk	2.0 cups
Yogurt	0.0 cups
Cheese	0.7 cups

Protein Foods	
Target	5.5 ounces
Eaten	6.9 ounces
Status	Achieved
Protein Foods Subgroups	
Meat, Poultry and Eggs	2.0 ounces
Seafood	2.8 ounces
Nuts, Seeds and Soy	2.1 ounces

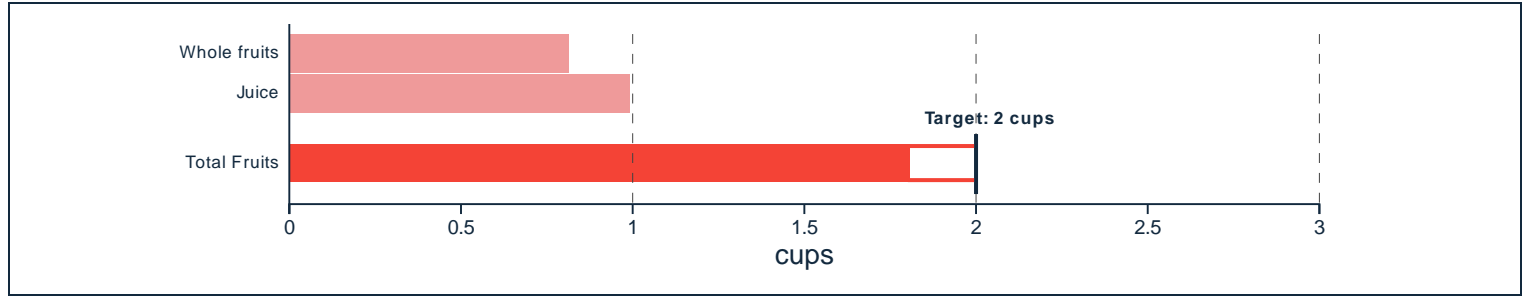
*The Protein Foods Group consists of meat, poultry, seafood, eggs, nuts and seeds, soy products (other than soymilk), and legumes.

Vegetables	
Target	2.5 cups
Eaten	1.8 cups
Status	Under
Vegetables Subgroups	
Dark Green vegetables	0.0 cups
Red and Orange vegetables	0.2 cups
Legumes (beans and peas)	0.0 cups
Starchy vegetables	0.1 cups
Other vegetables	1.5 cups

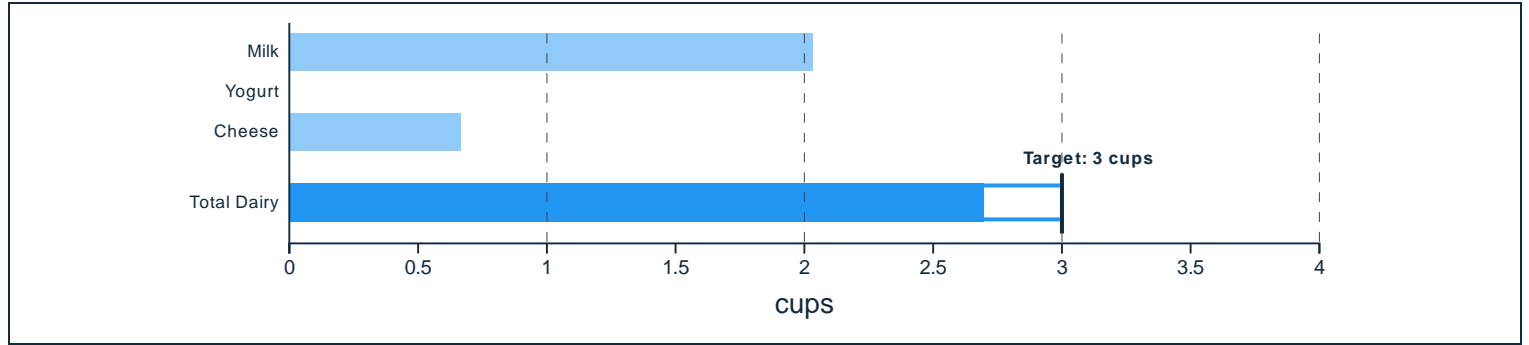
Grains



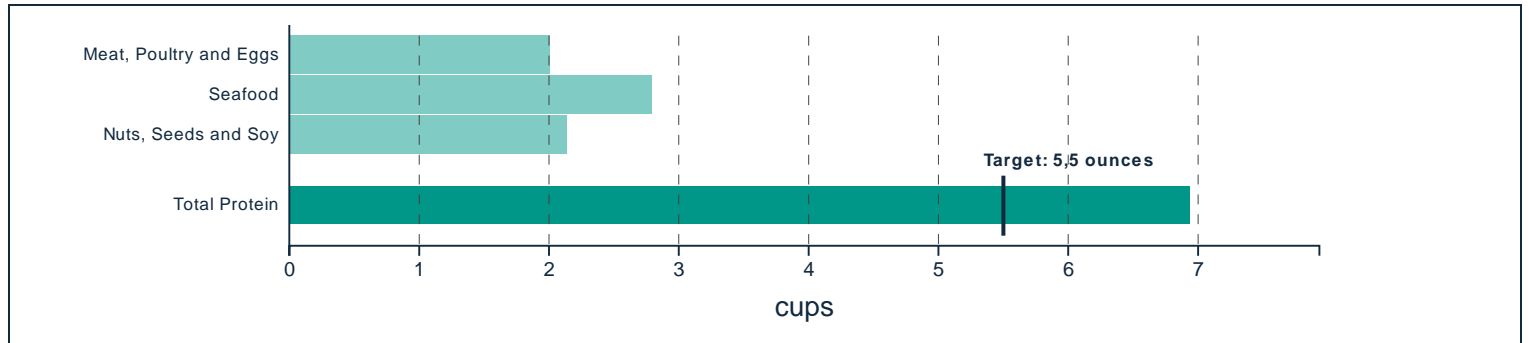
Fruits



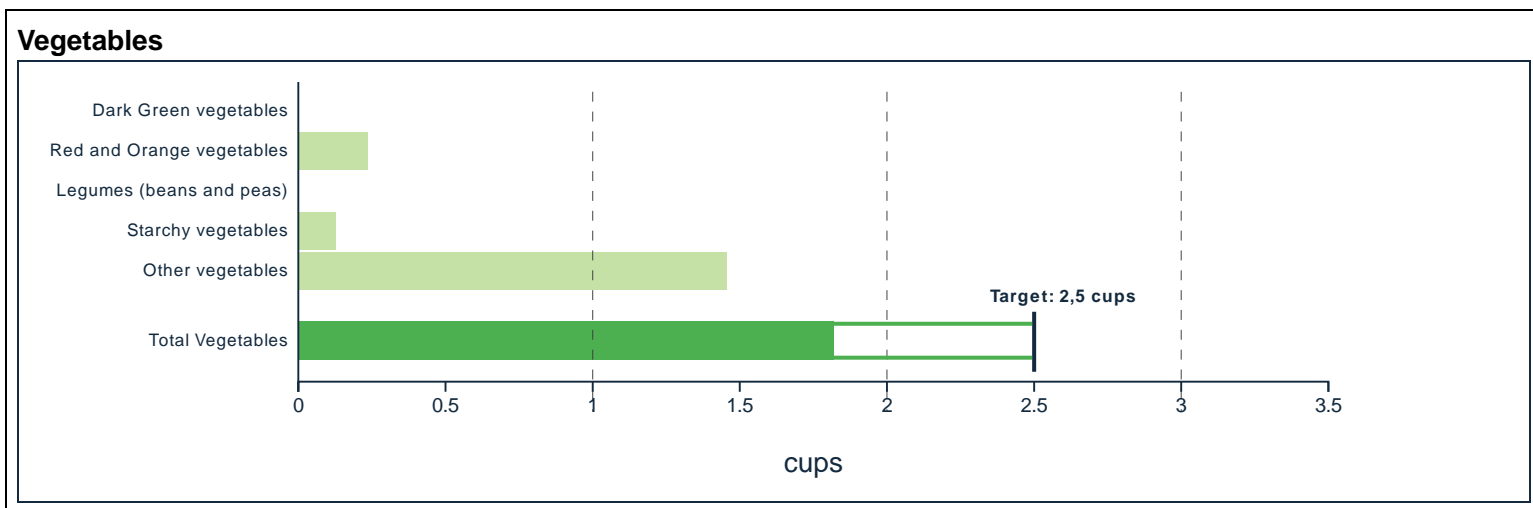
Dairy



Protein Foods



*The Protein Foods Group consists of meat, poultry, seafood, eggs, nuts and seeds, soy products (other than soymilk), and legumes.



To achieve a healthy eating pattern, the Dietary Guidelines for Americans encourage you to:

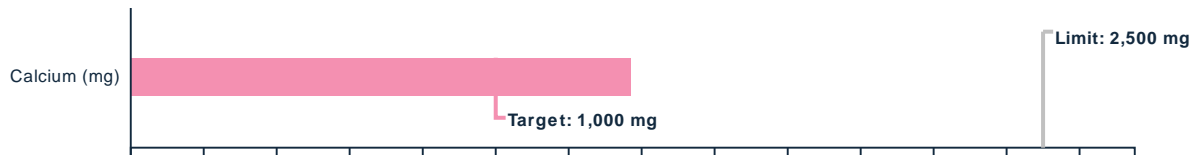
- Make half your grains whole grains. Limit products made with refined grains, especially those high in fat, sugars, and/or sodium, such as cookies, cakes, and some snack foods.
- Eat a variety of fruits, emphasizing whole fruits. When consuming juice, choose 100% juices without added sugars.
- Eat a variety of colors and types of vegetables, including dark green, red and orange, and legumes (beans and peas).
- Choose fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- Eat a variety of protein foods, with an emphasis on seafood and plant proteins, such as legumes (beans and peas), nuts, seeds, and soy products.

Nutrients	Target	Actual Eaten	Status
Calcium (mg)	1000	1369	OK
Carbohydrate (g)	130	201	OK
Cholesterol (mg)	No Daily Target	504	OVER
Choline (mg)	425	544	OK
Copper (µg)	900	2	Under
Folate (µg DFE)	400	390	Under
Iron (mg)	18	12	Under
Linoleic Acid (g)	12	19	OK
Magnesium (mg)	320	335	OK
Niacin (mg)	14	17	OK
Phosphorus (mg)	700	1639	OK
Potassium (mg)	4700	3035	Under
Protein (g)	46	87	OK
Riboflavin (mg)	1.1	3	OK
Saturated Fat (% kcal)	No Daily Target	10	OK
Selenium (µg)	55	131	OK
Sodium (mg)	No Daily Target	3058	OVER
Thiamin (mg)	1.1	1	OK
Total Fat (% kcal)	20	36	OVER
Total Fiber (g)	25	21	Under
Vitamin A (µg RAE)	700	695	Under
Vitamin B12 (µg)	2.4	5	OK
Vitamin B6 (mg)	1.3	2	OK
Vitamin C (mg)	75	53	Under
Vitamin D (µg)	15	9	Under
Vitamin E (mg AT)	15	11	Under
Vitamin K (µg)	90	72	Under
Zinc (mg)	8	10	OK

Nutrient: Calcium (mg)

Target: 1000

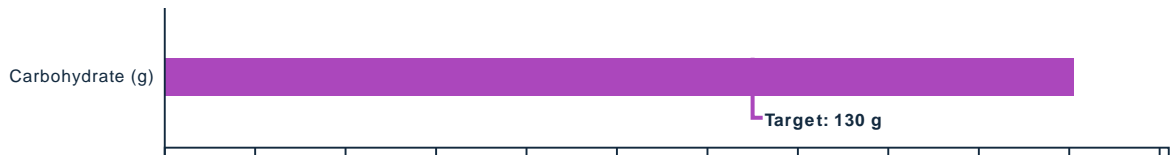
Actual Eaten: 1369



Nutrient: Carbohydrate (g)

Target: 130

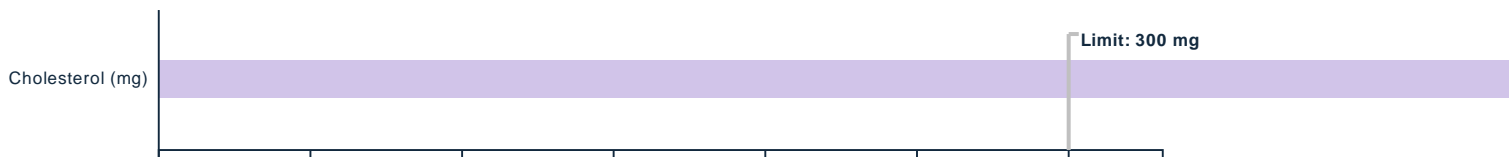
Actual Eaten: 201



Nutrient: Cholesterol (mg)

Target: No Daily Target

Actual Eaten: 504



Nutrient: Choline (mg)

Target: 425

Actual Eaten: 544



Nutrient: Copper (µg)

Target: 900

Actual Eaten: 2



Nutrient: Folate (µg DFE)

Target: 400

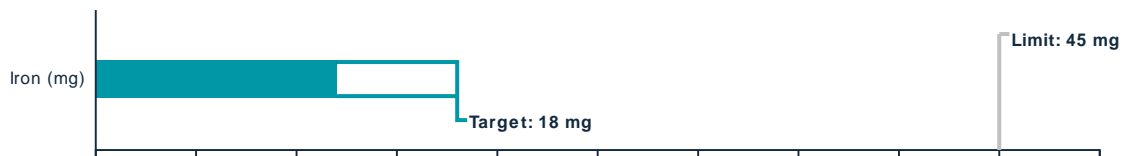
Actual Eaten: 390



Nutrient: Iron (mg)

Target: 18

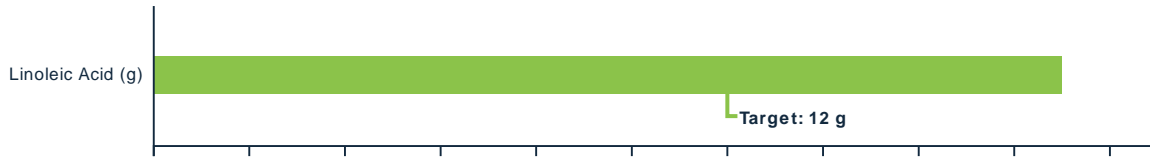
Actual Eaten: 12



Nutrient: Linoleic Acid (g)

Target: 12

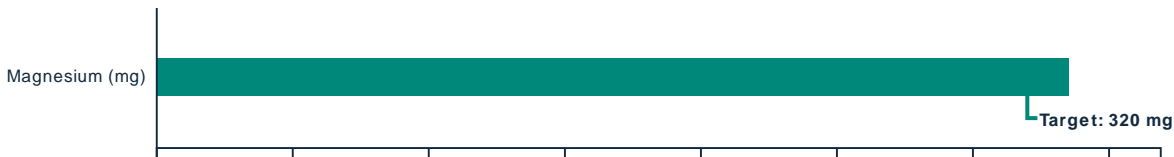
Actual Eaten: 19



Nutrient: Magnesium (mg)

Target: 320

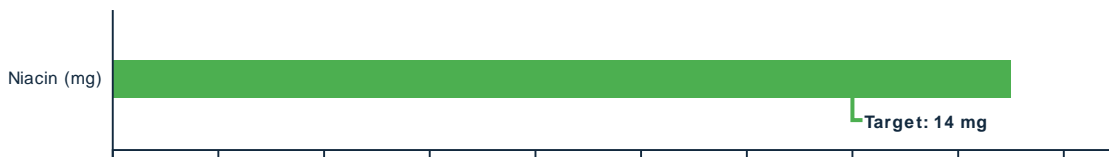
Actual Eaten: 335



Nutrient: Niacin (mg)

Target: 14

Actual Eaten: 17



Nutrient: Phosphorus (mg)

Target: 700

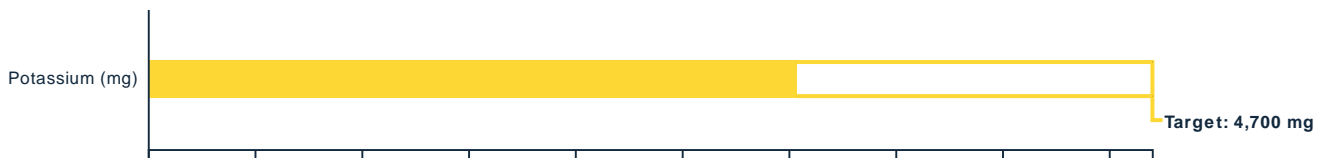
Actual Eaten: 1639



Nutrient: Potassium (mg)

Target: 4700

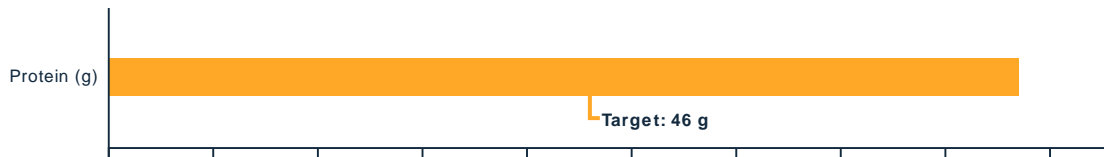
Actual Eaten: 3035



Nutrient: Protein (g)

Target: 46

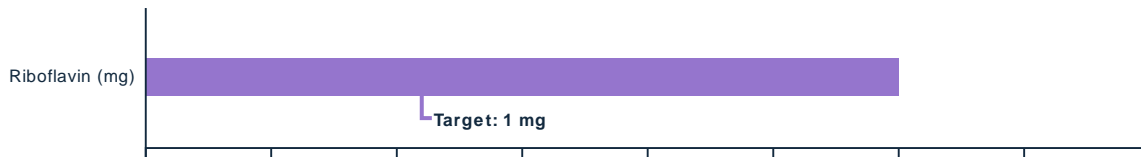
Actual Eaten: 87



Nutrient: Riboflavin (mg)

Target: 1.1

Actual Eaten: 3



Nutrient: Saturated Fat (% kcal)

Target: No Daily Target

Actual Eaten: 10



Nutrient: Selenium (µg)

Target: 55

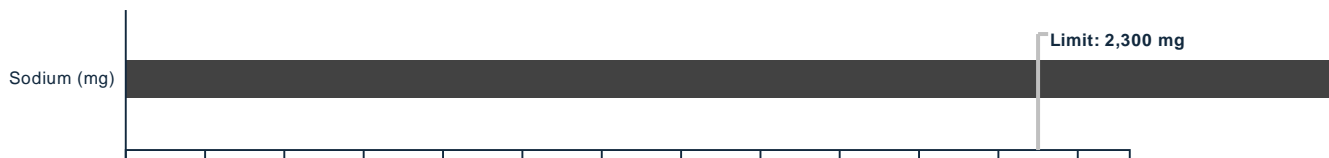
Actual Eaten: 131



Nutrient: Sodium (mg)

Target: No Daily Target

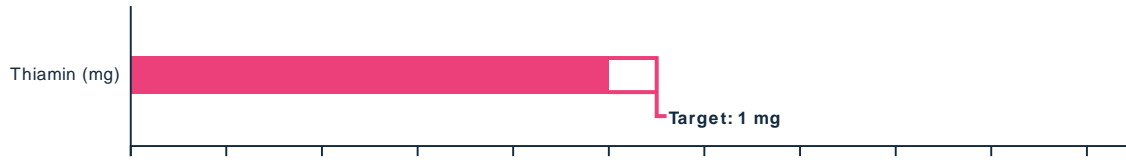
Actual Eaten: 3058



Nutrient: Thiamin (mg)

Target: 1.1

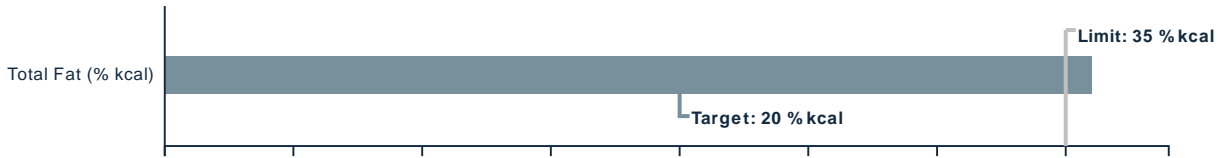
Actual Eaten: 1



Nutrient: Total Fat (% kcal)

Target: 20

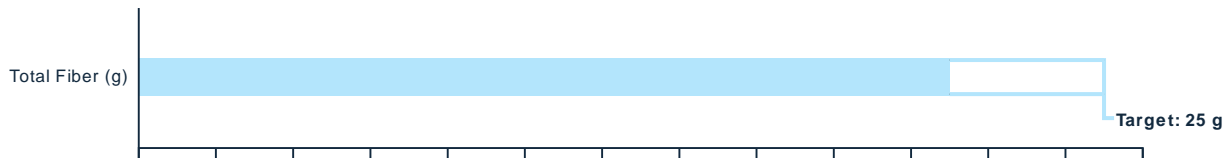
Actual Eaten: 36



Nutrient: Total Fiber (g)

Target: 25

Actual Eaten: 21



Nutrient: Vitamin A (µg RAE)

Target: 700

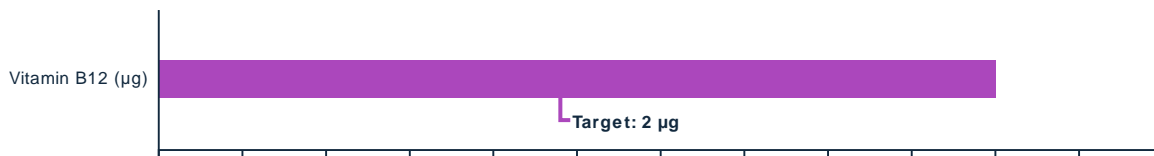
Actual Eaten: 695



Nutrient: Vitamin B12 (µg)

Target: 2.4

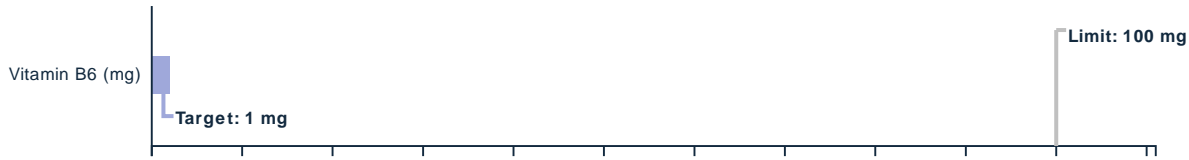
Actual Eaten: 5



Nutrient: Vitamin B6 (mg)

Target: 1.3

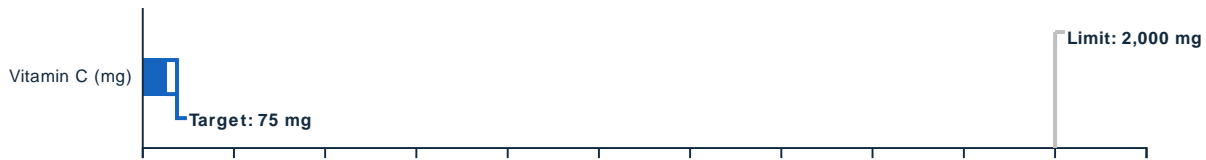
Actual Eaten: 2



Nutrient: Vitamin C (mg)

Target: 75

Actual Eaten: 53



Nutrient: Vitamin D (µg)

Target: 15

Actual Eaten: 9



Nutrient: Vitamin E (mg AT)

Target: 15

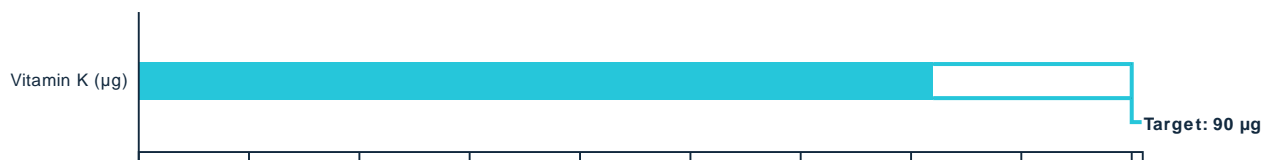
Actual Eaten: 11



Nutrient: Vitamin K (µg)

Target: 90

Actual Eaten: 72



Nutrient: Zinc (mg)

Target: 8

Actual Eaten: 10



Category	Limit	Actual Eaten	Status
■ Empty Calories	Less than 270 kcal per day	203 kcal	OK
Solid Fats	*	16 g	*
Added Sugars	Less than 50 g per day	15 Calories	OK
Alcohol	*	0 Calories	*
■ Saturated Fat	Less than 22 g per day	19 g	OK
■ Sodium	Less than 2,300 mg per day	3,058 mg	OVER

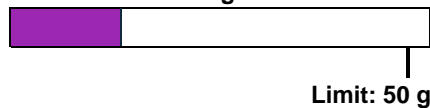
Calories

Amount Eaten: 1,742 kcal



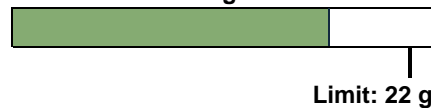
Added Sugars

Amount Eaten: 15 g



Saturated Fat

Amount Eaten: 19 g



Sodium

Amount Eaten: 3,058 mg

