

Detailed Report

A detailed report containing a variety of reports and information combined into one document.

Profile Info

Personal: Jane Doe Female 67 yrs 5 ft 4 in 131.00 lb

User Info:

Day(s): Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7

Activity Level: Active

Strive for an Active activity level.

BMI: 22.5

Normal is 18.5 to 25. Clinically Obese is 35 or higher.

Weight Change: None

Best not to exceed 2 lbs per week.

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).

Nutrient	Value	Notes
<i>Basic Components</i>		
Calories	2,103.12	
Protein (g)	47.54	10% - 35% of Calories *
Carbohydrates (g)	289.18	45% - 65% of Calories *
Dietary Fiber (g)	29.44	
Fat (g)	65.43	20% - 35% of Calories *
Saturated Fat (g)	21.03	Less than 10% of Calories +
Cholesterol (mg)	300.00	Less than 300 mg per day +
<i>Vitamins</i>		
Vitamin A - RAE (mcg)	700.00	
Vitamin C (mg)	75.00	
<i>Minerals</i>		
Calcium (mg)	1,200.00	
Iron (mg)	8.00	
Sodium (mg)	1,300.00	Less than 2300 mg per day. Lower is recommended for some groups +

Sources:

* DRIs

+ 2005 Dietary Guidelines for Americans

Bar Graph Report

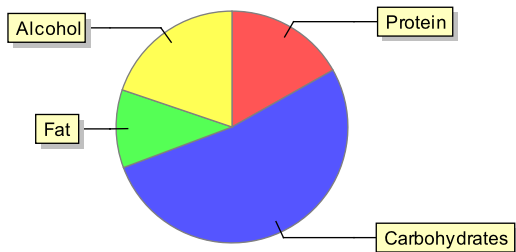
The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Nutrient	Value	Goal	Percent	0	50	100	150
<i>Basic Components</i>							
Calories	2,366.16	2,103.12	113 %	<div style="width: 113%;"></div>			
Protein (g)	98.60	47.54	207 %	<div style="width: 207%;"></div>			
Carbohydrates (g)	312.87	289.18	108 %	<div style="width: 108%;"></div>			
Sugar (g)	151.35						
Dietary Fiber (g)	22.69	29.44	77 %	<div style="width: 77%;"></div>			
Fat (g)	29.44	65.43	45 %	<div style="width: 45%;"></div>			
Saturated Fat (g)	11.12	21.03	53 %	<div style="width: 53%;"></div>			
Cholesterol (mg)	85.88	300.00	29 %	<div style="width: 29%;"></div>			
<i>Vitamins</i>							
Vitamin A - RAE (mcg)	305.52	700.00	44 %	<div style="width: 44%;"></div>			
Vitamin C (mg)	135.16	75.00	180 %	<div style="width: 180%;"></div>			
<i>Minerals</i>							
Calcium (mg)	1,909.33	1,200.00	159 %	<div style="width: 159%;"></div>			
Iron (mg)	18.18	8.00	227 %	<div style="width: 227%;"></div>			
Sodium (mg)	1,710.77	1,300.00	132 %	<div style="width: 132%;"></div>			

Calories & Exchanges

The Calories & Exchanges report is useful for quickly seeing the calorie breakdowns and exchange values. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol.

Source of Calories		Exchanges			
Protein	17 %	Starch	5.40	Fruit	3.60
Carbohydrates	53 %	Other Carbs	6.86	Vegetables	1.00
Fat	11 %	Very Lean Meat	2.78	Milk	1.48
Alcohol	20 %	Meat	0.94		



MyPyramid

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



Intake vs. Recommendation

2200 Calorie Pattern

Group	Percent	Comparison	Amount (Daily)
Grains Intake	78 %		5.5 oz equivalent
Grains Recommendation			7.0 oz equivalent
Vegetables Intake	25 %		0.7 cup equivalent
Vegetables Recommendation			3.0 cup equivalent
Fruits Intake	81 %		1.6 cup equivalent
Fruits Recommendation			2.0 cup equivalent
Milk Intake	150 %		4.5 cup equivalent
Milk Recommendation			3.0 cup equivalent
Meat & Beans Intake	30 %		1.8 oz equivalent
Meat & Beans Recommendation			6.0 oz equivalent

Make Half Your Grains Whole

Aim for at least 3.5 whole grains a 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

Oils & Discretionary Calories

Aim for 6.0 teaspoons of oils a day

Limit your extra fats & sugars to 290 Calories a day