



# Nutrition Profile

Your specific food and nutrient needs are unique and can change based on your height, weight, and how much you exercise. To give you an idea of how you are doing, the following tables and graphs compare your intake for the day to the Dietary Guidelines for Americans and nutrient requirements from the Institute of Medicine, National Academy of Sciences. Calorie targets in this report assume you have a moderate level of activity.

Note: Calorie requirements vary widely for pregnant and lactating women based on trimester and other factors. As a result, the estimate for daily calorie goal in this report may not reflect your actual calorie needs. However, if you indicated you are pregnant or breastfeeding in ASA24, the nutrient targets in this report will be adjusted to reflect your additional needs.

## Food, Drinks, and Supplements Consumed on Aug 20, 2020

### Breakfast | 7 AM

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**Cheerios**, 1 cup; with **1% milk**, 1/2 cup (4 ounces); and **Banana**, More than 1 slice (8)

**Omelet**, 1/2 omelet

**Orange juice**, 5.7 fl oz (no ice)

**Coffee**, 8.4 fl oz; with **Coffee creamer**, 1 container or packet; and **Sugar (white, granulated)**, 3 teaspoons

### Snack | 10 AM

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**Water**, 15.21 fl oz

**M&Ms Chocolate candies**, 1 package

### Brunch | 11 AM

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**Sample Recipe**, 1 serving; with **Cheese sauce**, 3 tablespoons

### Lunch | 12 PM

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**Pizza**, 1/2 pizza

**Garden salad**, 1 cup

**Coke**, 12 fl oz (no ice)

**Ice cream**, 2 scoops

### Snack | 3 PM

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**Beer**, 7.2 fl oz

**Potato chips**, 3 cups

### Supper | 6 PM

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**Chicken and rice**, 1 cup

**Green beans**, 1/2 cup

**Corn (yellow)**, More than 1 ear (2); with **Blue Bonnet margarine**, 2 teaspoons

**Other food**, 1/2 cup

**Tea, hot or iced**, 6.85 fl oz (no ice)

### Snack | 8 PM

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**Life Savers**, More than 1 piece (6)

**Chocolate chip cookie**, 1 cookie

### Just a drink | 10 PM

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**Protein Powder shake (made from powder)**

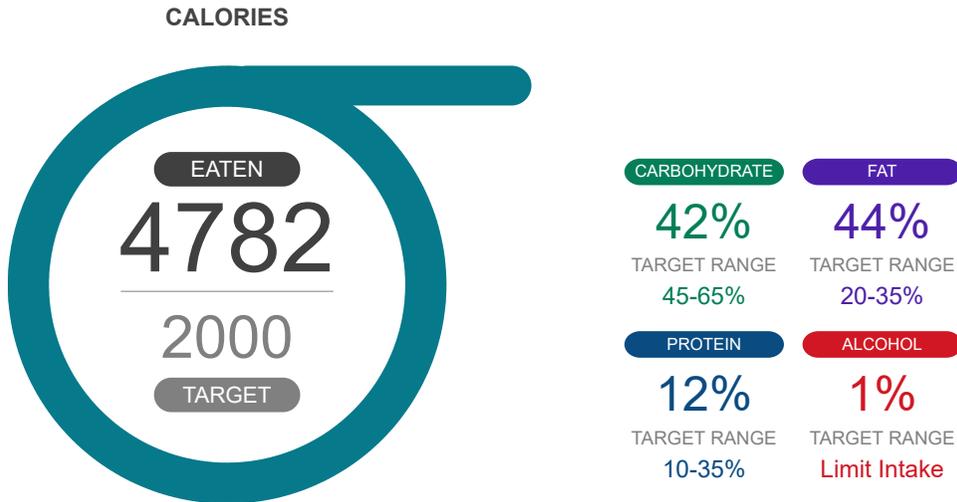
### Just a supplement | 11 PM

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**Calcium**, Dose(s) (1)

**Water**, 6 fl oz

## Total Calorie Consumption



**Calories**

Most foods and many beverages contain calories. A person's calorie needs each day depends on factors such as age, gender, height, weight, and level of physical activity. In addition, a need to lose, maintain, or gain weight affects how many calories should be consumed. The target range for percent of calories from carbohydrates, protein, and fat listed here represent the range that is associated with providing adequate intakes of essential nutrients and a reduced risk of chronic disease.

**Alcohol**

Alcoholic beverage intake is not recommended in the Dietary Guidelines for Americans. If alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are also many circumstances in which individuals should not drink, such as during pregnancy.

**Sources**

2015 -2020 Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/> (<https://health.gov/dietaryguidelines/2015/guidelines/>)) and Dietary Reference Intakes (<http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx> (<http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx>)).

Daily Food Group Recommendations

c = cups oz = ounces

GRAINS

ACHIEVED



SUBGROUPS EATEN

- Whole grains (e.g. whole wheat bread)  
0.8 oz
- Refined grains (e.g. white bread)  
8.3 oz

FRUITS

UNDER



SUBGROUPS EATEN

- Fruits  
0.3 c
- Juices  
0.7 c

DAIRY

ACHIEVED



SUBGROUPS EATEN

- Milk and Soy Milk  
1.7 c
- Yogurt  
0.0 c
- Cheese  
2.5 c

VEGETABLES

ACHIEVED



SUBGROUPS EATEN

- Dark Green vegetables  
0.4 c
- Red and Orange vegetables  
0.6 c
- Legumes (e.g. beans and peas)  
0.0 c
- Starchy vegetables (e.g. potatoes, corn)  
2.9 c
- Other vegetables (e.g. celery and onions)  
0.9 c

PROTEIN FOODS

ACHIEVED



SUBGROUPS EATEN

- Meat, Poultry and Eggs  
4.8 oz
- Seafood  
0.0 oz
- Nuts, Seeds, Soy and Legumes  
1.9 oz

Portion sizes for foods within a food group varies. To learn more about portion sizes, visit <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/infographic/1-1/> (<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/infographic/1-1/>).

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.

g = grams mg = milligrams

## Nutrients and Foods to Limit

### Added Sugars



### Saturated Fat



### Alcohol



### Sodium



Many of the foods and beverages we eat contain sodium, saturated fats, and added sugars (sweeteners added to foods/beverages during processing or by consumers). Making careful choices keeps amounts of these components within their limits while meeting nutrient needs to achieve a healthy eating pattern.

Source: <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups>  
 (<https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups>)

One alcoholic drink-equivalent is defined as containing 14 grams (0.6 fl oz) of pure alcohol. The following are reference beverages that are one alcoholic drink equivalent: 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol). For more information, see <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-9/> (<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-9/>)

## Nutrient Intake From Food and Drinks

g = grams mg = milligrams mcg = micrograms

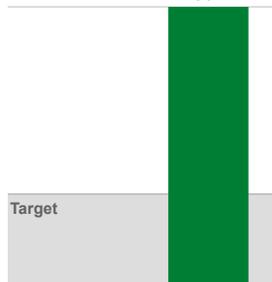
The human body needs the right "mix" of nutrients for good health. This includes eating the right amount of carbohydrate, protein, and fat (these are macronutrients), and vitamins and minerals (these are micronutrients). Micronutrients help your body use macronutrients and support many body processes.

To learn more about the functions of various vitamins and minerals in your body, and examples of foods containing these nutrients, go to <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/vitamins.cfm> (<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/vitamins.cfm>)

## SELECTED MACRONUTRIENTS AND FIBER

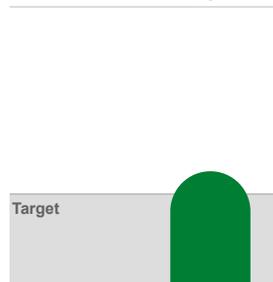
### Carbohydrate (g)

EATEN	520
TARGET	130



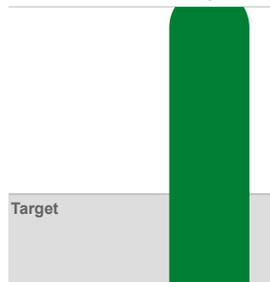
### Total Fiber (g)

EATEN	31
TARGET	25



### Protein (g)

EATEN	148
TARGET	46

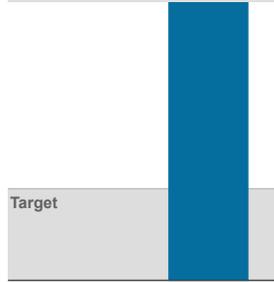


## VITAMINS

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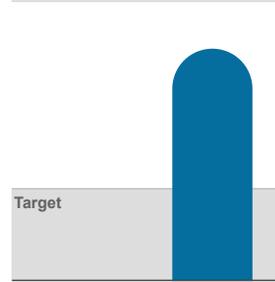
### Folate (mcg DFE)<sup>1</sup>

EATEN	1390
TARGET	400



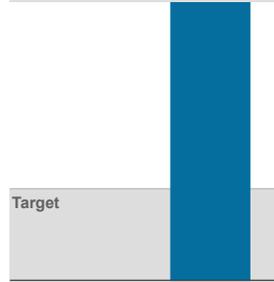
### Niacin (mg)

EATEN	35
TARGET	14



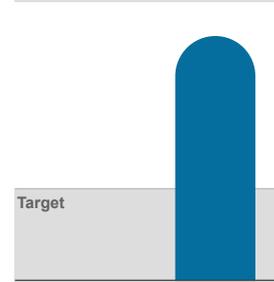
### Riboflavin (mg)

EATEN	4.3
TARGET	1.1



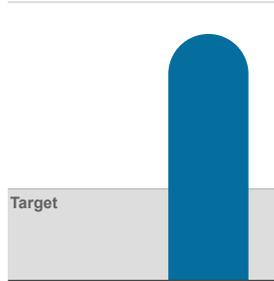
### Thiamin (mg)

EATEN	2.9
TARGET	1.1



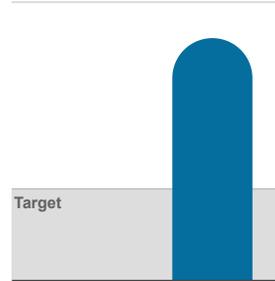
### Vitamin A (mcg RAE)<sup>2</sup>

EATEN	1862
TARGET	700



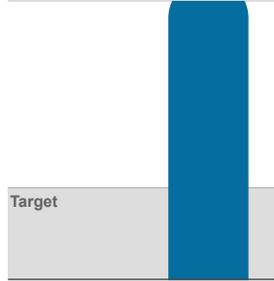
### Vitamin B6 (mg)

EATEN	3.4
TARGET	1.3



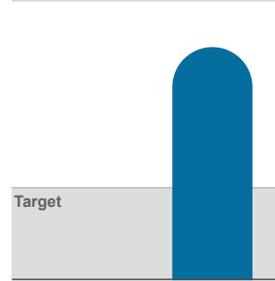
**Vitamin B12 (mcg)**

EATEN	7.8
TARGET	2.4



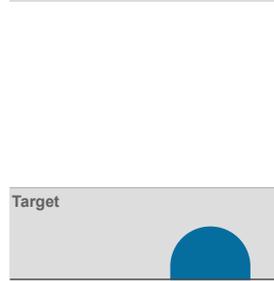
**Vitamin C (mg)**

EATEN	188
TARGET	75



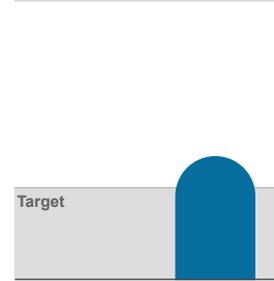
**Vitamin D (IU)<sup>3</sup>**

EATEN	346
TARGET	600



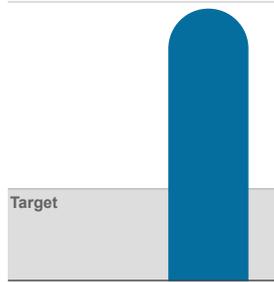
**Vitamin E (mg AT)<sup>4</sup>**

EATEN	20
TARGET	15



**Vitamin K (mcg)**

EATEN	264
TARGET	90



# MINERALS

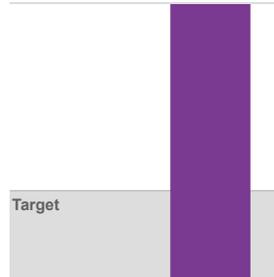
## Calcium (mg)

EATEN	2079
TARGET	1000



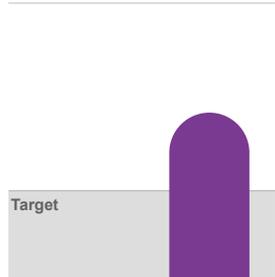
## Copper (mg)

EATEN	3.5
TARGET	0.9



## Iron (mg)

EATEN	33
TARGET	18



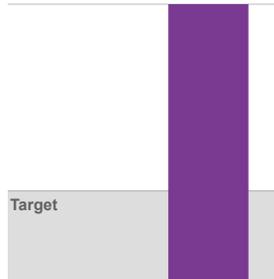
## Magnesium (mg)

EATEN	555
TARGET	320



## Phosphorus (mg)

EATEN	3037
TARGET	700



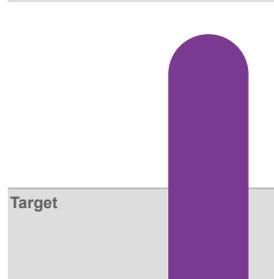
## Potassium (mg)

EATEN	5399
TARGET	2600



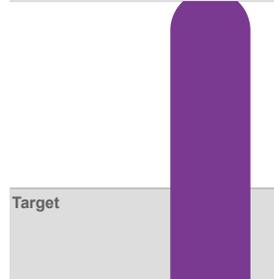
## Selenium (mcg)

EATEN	146
TARGET	55



## Zinc (mg)

EATEN	25
TARGET	8



<sup>1</sup>DFE - Dietary Folate Equivalents  
<sup>2</sup>RAE - Retinol Activity Equivalents  
<sup>3</sup>IU - International Units  
<sup>4</sup>AT - alpha-tocopherol