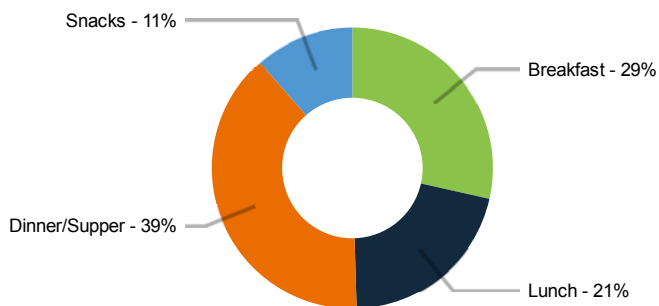


## Caloric Intake By Meal



### Day(s)

From: Dec 28, 2016 12:00:00 AM

To: Dec 28, 2016 11:59:59 PM

### Daily Calories

Allowance	2,000
Eaten	1,967

### Daily Food Group Targets

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Eaten	3.1 ounces	2.6 cups	2.3 cups	2.5 cups	10.6 ounces
Status	UNDER	ACHIEVED	ACHIEVED	UNDER	ACHIEVED

Grains	
Target	6.0 ounces
Eaten	3.1 ounces
Status	Under
Grains Subgroups	Amount Eaten
Whole grains	2.6 ounces
Refined grains	0.5 ounces

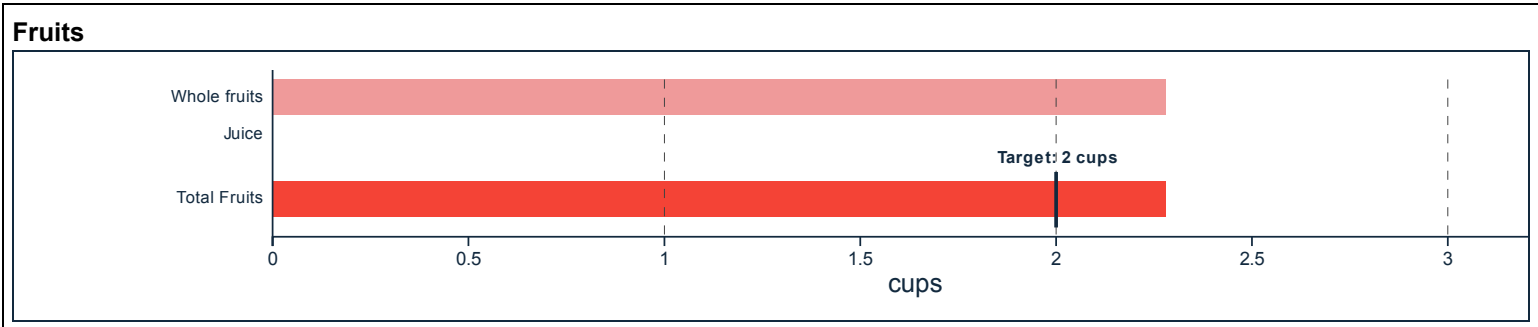
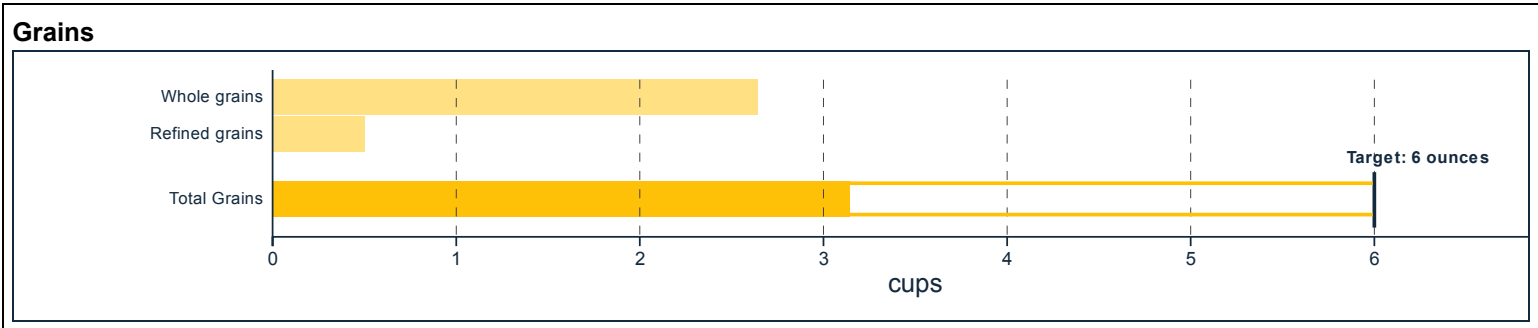
Fruits	
Target	2.0 cups
Eaten	2.3 cups
Status	Achieved
Fruits Subgroups	Amount Eaten
Whole fruits	2.3 cups
Juice	0.0 cups

<b>Dairy</b>	
<b>Target</b>	3.0 cups
<b>Eaten</b>	2.5 cups
<b>Status</b>	<b>Under</b>
<b>Dairy Subgroups</b>	
<b>Milk</b>	2.5 cups
<b>Yogurt</b>	0.0 cups
<b>Cheese</b>	0.0 cups

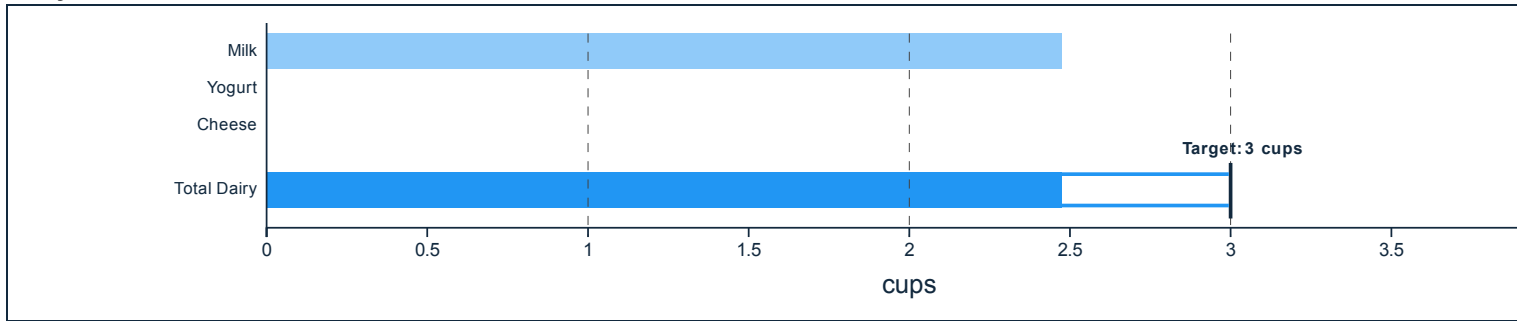
<b>Protein Foods</b>	
<b>Target</b>	5.5 ounces
<b>Eaten</b>	10.6 ounces
<b>Status</b>	<b>Achieved</b>
<b>Protein Foods Subgroups</b>	
<b>Meat, Poultry and Eggs</b>	5.7 ounces
<b>Seafood</b>	2.6 ounces
<b>Nuts, Seeds and Soy</b>	2.3 ounces

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

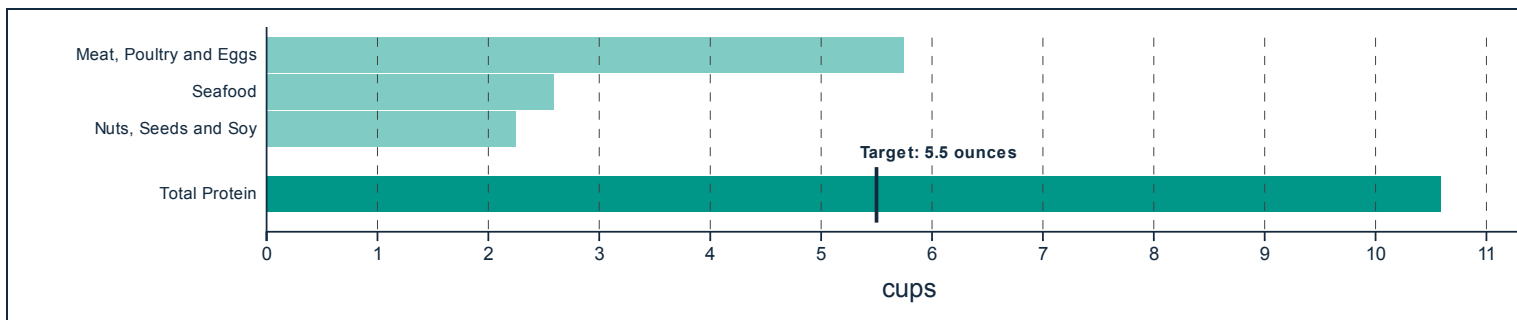
<b>Vegetables</b>	
<b>Target</b>	2.5 cups
<b>Eaten</b>	2.6 cups
<b>Status</b>	<b>Achieved</b>
<b>Vegetables Subgroups</b>	
<b>Dark Green vegetables</b>	0.7 cups
<b>Red and Orange vegetables</b>	0.3 cups
<b>Legumes (beans and peas)</b>	0.0 cups
<b>Starchy vegetables</b>	1.5 cups
<b>Other vegetables</b>	0.1 cups



### Dairy

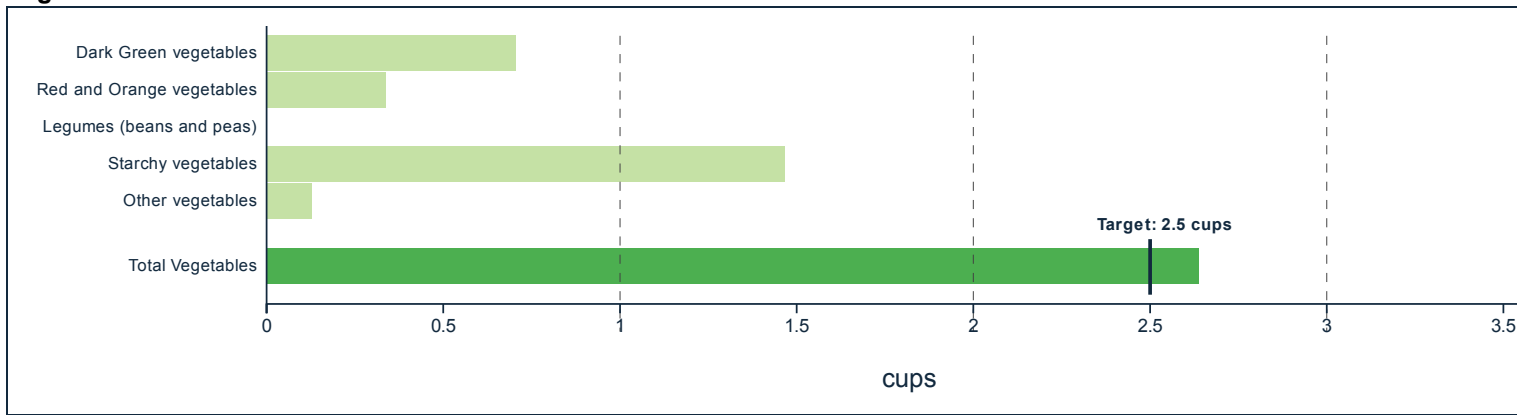


### Protein Foods



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

### Vegetables



### 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	1126	OK
Carbohydrate (g)	130	229	OK
Cholesterol (mg)	No Daily Target	263	OK
Choline (mg)	425	469	OK
Copper (µg)	900	2	UNDER
Folate (µg DFE)	400	320	UNDER
Iron (mg)	18	17	UNDER
Linoleic Acid (g)	12	18	OK
Magnesium (mg)	320	394	OK
Niacin (mg)	14	21	OK
Phosphorus (mg)	700	1710	OK
Potassium (mg)	4700	3993	UNDER
Protein (g)	46	114	OK
Riboflavin (mg)	1.1	2	OK
Saturated Fat (% kcal)	No Daily Target	10	OK
Selenium (µg)	55	146	OK
Sodium (mg)	No Daily Target	2982	OVER
Thiamin (mg)	1.1	1	OK
Total Fat (% kcal)	20	32	OK
Total Fiber (g)	25	26	OK
Vitamin A (µg RAE)	700	1170	OK
Vitamin B12 (µg)	2.4	9	OK
Vitamin B6 (mg)	1.3	2	OK
Vitamin C (mg)	75	133	OK
Vitamin D (µg)	15	8	UNDER
Vitamin E (mg AT)	15	7	UNDER
Vitamin K (µg)	90	225	OK
Zinc (mg)	8	26	OK

**Nutrient:** Calcium (mg)

**Target:** 1000

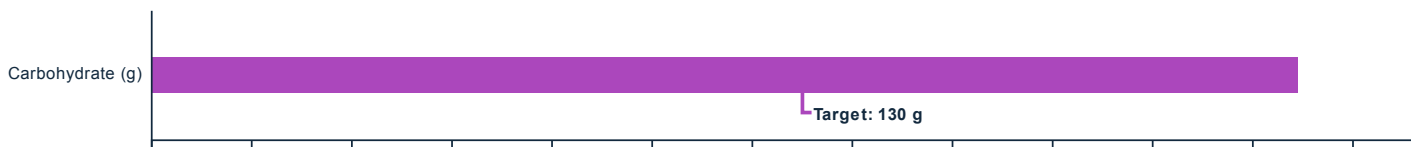
**Actual Eaten:** 1126



**Nutrient:** Carbohydrate (g)

**Target:** 130

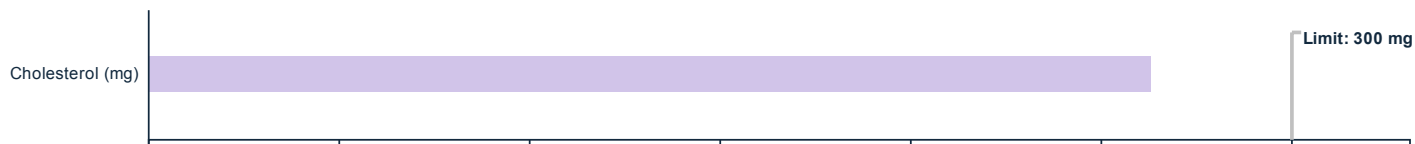
**Actual Eaten:** 229



**Nutrient:** Cholesterol (mg)

**Target:** No Daily Target

**Actual Eaten:** 263



**Nutrient:** Choline (mg)

**Target:** 425

**Actual Eaten:** 469



**Nutrient:** Copper ( $\mu$ g)

**Target:** 900

**Actual Eaten:** 2



**Nutrient:** Folate ( $\mu$ g DFE)

**Target:** 400

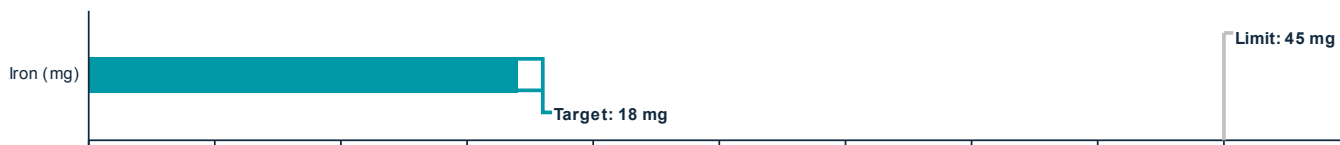
**Actual Eaten:** 320



**Nutrient:** Iron (mg)

**Target:** 18

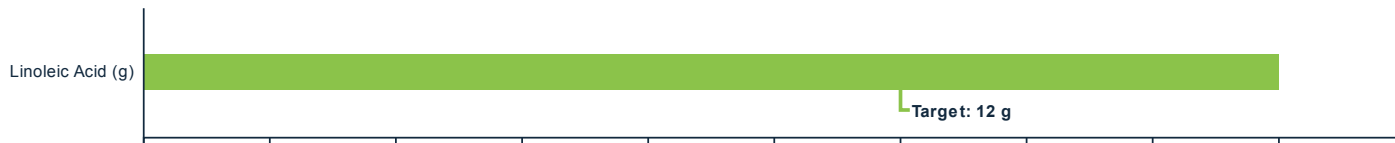
**Actual Eaten:** 17



**Nutrient:** Linoleic Acid (g)

**Target:** 12

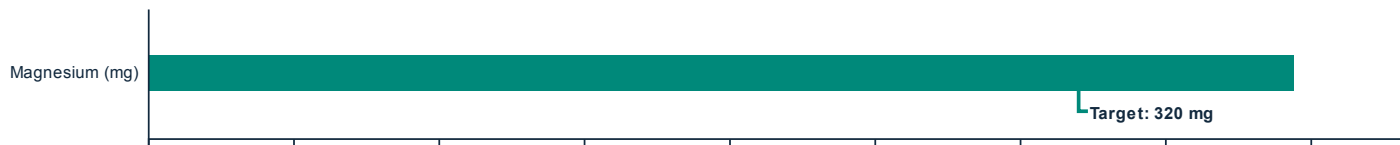
**Actual Eaten:** 18



**Nutrient:** Magnesium (mg)

**Target:** 320

**Actual Eaten:** 394



**Nutrient:** Niacin (mg)

**Target:** 14

**Actual Eaten:** 21



**Nutrient:** Phosphorus (mg)

**Target:** 700

**Actual Eaten:** 1710



**Nutrient:** Potassium (mg)

**Target:** 4700

**Actual Eaten:** 3993



**Nutrient:** Protein (g)

**Target:** 46

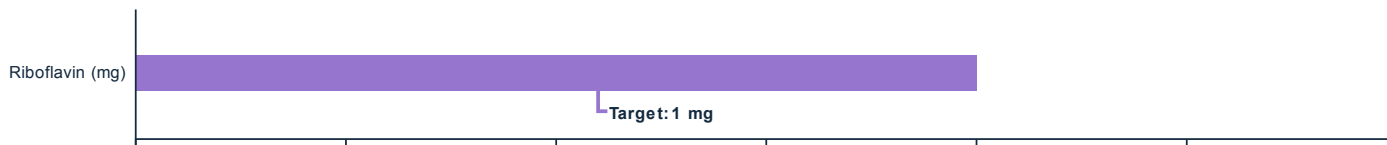
**Actual Eaten:** 114



**Nutrient:** Riboflavin (mg)

**Target:** 1.1

**Actual Eaten:** 2



**Nutrient:** Saturated Fat (% kcal)

**Target:** No Daily Target

**Actual Eaten:** 10



**Nutrient:** Selenium ( $\mu$ g)

**Target:** 55

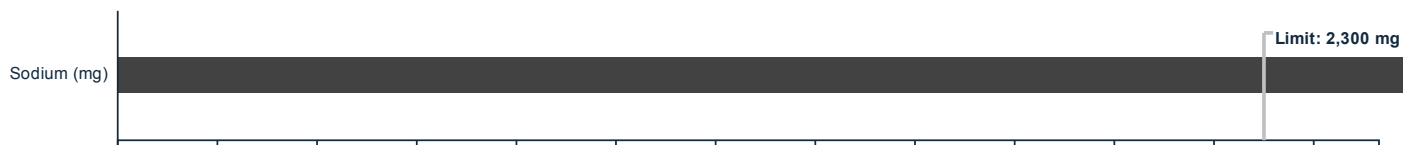
**Actual Eaten:** 146



**Nutrient:** Sodium (mg)

**Target:** No Daily Target

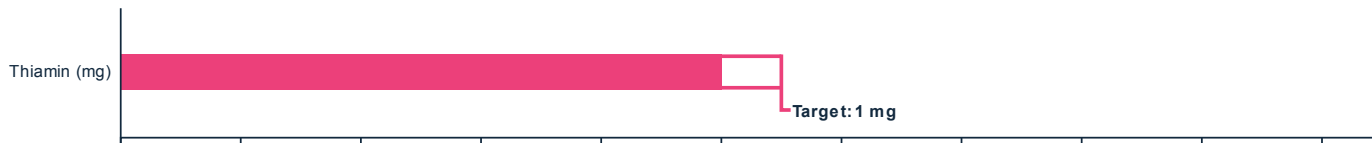
**Actual Eaten:** 2982



**Nutrient:** Thiamin (mg)

**Target:** 1.1

**Actual Eaten:** 1



**Nutrient:** Total Fat (% kcal)

**Target:** 20

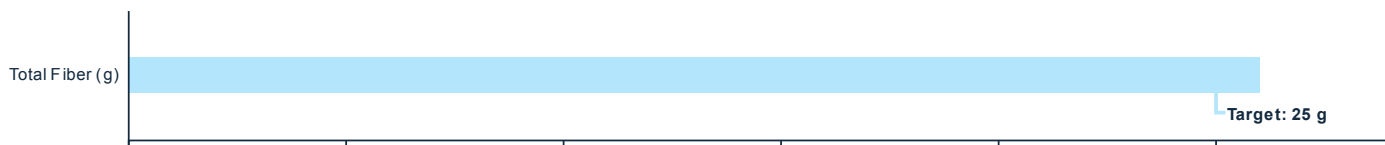
**Actual Eaten:** 32



**Nutrient:** Total Fiber (g)

**Target:** 25

**Actual Eaten:** 26



**Nutrient:** Vitamin A ( $\mu\text{g}$  RAE)

**Target:** 700

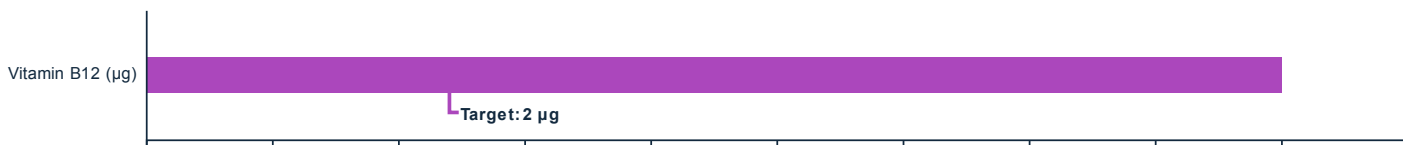
**Actual Eaten:** 1170



**Nutrient:** Vitamin B12 ( $\mu\text{g}$ )

**Target:** 2.4

**Actual Eaten:** 9



**Nutrient:** Vitamin B6 (mg)

**Target:** 1.3

**Actual Eaten:** 2





**Nutrient:** Vitamin C (mg)

**Target:** 75

**Actual Eaten:** 133



**Nutrient:** Vitamin D ( $\mu\text{g}$ )

**Target:** 15

**Actual Eaten:** 8



**Nutrient:** Vitamin E (mg AT)

**Target:** 15

**Actual Eaten:** 7



**Nutrient:** Vitamin K ( $\mu\text{g}$ )

**Target:** 90

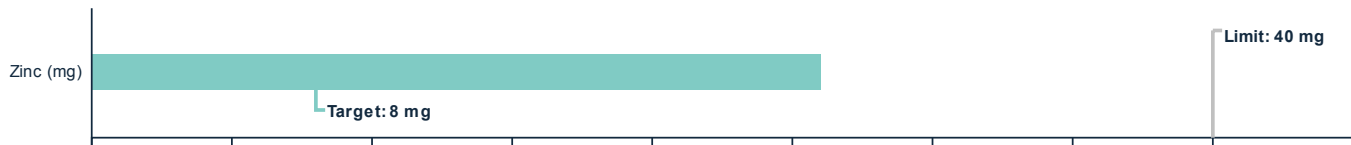
**Actual Eaten:** 225



**Nutrient:** Zinc (mg)

**Target:** 8

**Actual Eaten:** 26



Category	Limit	Actual Eaten	Status
■ Empty Calories	Less than 270 kcal per day	279 kcal	OK
■ Solid Fats	*	18 g	*
■ Added Sugars	Less than 50 g per day	29 Calories	OK
■ Alcohol	*	0 Calories	*
■ Saturated Fat	Less than 22 g per day	21 g	OK
■ Sodium	Less than 2,300 mg per day	2,982 mg	OVER

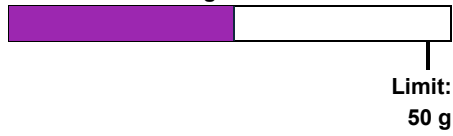
**Calories**

Amount Eaten: 1,967 kcal



**Added Sugars**

Amount Eaten: 29 g



**Saturated Fat**

Amount Eaten: 21 g



**Sodium**

Amount Eaten: 2,982 mg

