

Food Groups and Calories Report 01/13/16 - 01/15/16

Your plan is based on a default **2000 Calorie** allowance.

Food Groups	Target	Average Eaten	Status
Grains	6 ounce(s)	4 ounce(s)	Under
Whole Grains	≥ 3 ounce(s)	1½ ounce(s)	Under
Refined Grains	≤ 3 ounce(s)	3 ounce(s)	OK
Vegetables	2½ cup(s)	1¾ cup(s)	Under
Dark Green	1½ cup(s)/week	1¾ cup(s)	OK
Red & Orange	5½ cup(s)/week	¼ cup(s)	Under
Beans & Peas	1½ cup(s)/week	0 cup(s)	Under
Starchy	5 cup(s)/week	0 cup(s)	Under
Other	4 cup(s)/week	3 cup(s)	Under
Fruits	2 cup(s)	1½ cup(s)	Under
Whole Fruit	No Specific Target	¼ cup(s)	No Specific Target
Fruit Juice	No Specific Target	1 cup(s)	No Specific Target
Dairy	3 cup(s)	¾ cup(s)	Under
Milk & Yogurt	No Specific Target	0 cup(s)	No Specific Target
Cheese	No Specific Target	¾ cup(s)	No Specific Target
Protein Foods	5½ ounce(s)	8½ ounce(s)	Over
Seafood	8 ounce(s)/week	9½ ounce(s)	Over
Meat, Poultry & Eggs	No Specific Target	4½ ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	1 ounce(s)	No Specific Target
Oils	6 teaspoon	1 teaspoon	Under
Limits	Limit	Average Eaten	Status
Total Calories	2000 Calories	1276 Calories	Under
Added Sugars	< 200 Calories	29 Calories	OK
Saturated Fat	< 200 Calories	153 Calories	OK

Note: If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.

Meals from 01/13/16 - 01/15/16

Meals

Your plan is based on a default **2,000 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Snacks
01/13/16	<ul style="list-style-type: none"> ■ 1 medium Muffin, chocolate chip ■ 8 fluid ounce(s) Orange juice, carton, can, or bottle 	<ul style="list-style-type: none"> ■ 2 cup Salad, Asian chicken, crispy noodles, lettuce, tangerine, almonds, no dressing ■ 1 bottle (12 fl oz) Water, bottled, unsweetened 	<ul style="list-style-type: none"> ■ 3 lasagna noodle Pasta, (macaroni, rotini, ziti, shells, lasagna noodles), cooked (with salt, no fat added) ■ 1 bottle (12 fl oz) Water, bottled, unsweetened 	<ul style="list-style-type: none"> ■ 1 medium (2-5/8" across) Orange, raw
01/14/16	<ul style="list-style-type: none"> ■ 8 fluid ounce(s) Orange juice, carton, can, or bottle ■ 4 tablespoon Trail mix, nut mix with dried fruit and seeds 	<ul style="list-style-type: none"> ■ 2 cup Chicken or turkey salad, with fat free mayonnaise-type dressing ■ 1 bottle (8 fl oz) Water, bottled, unsweetened 	<ul style="list-style-type: none"> ■ 1 cup Cabbage, Chinese (Bok Choy), cooked (with salt, no fat added) ■ 1 cup Rice, white, regular, cooked (no salt or fat added) ■ 1 medium fillet Salmon, baked or broiled, without fat 	<ul style="list-style-type: none"> ■ 1 cup Beef and rice noodle soup, Oriental style (Vietnamese Pho Bo)
01/15/16	<ul style="list-style-type: none"> ■ 2 large egg(s) Omelet (milk added), plain, no fat added ■ 8 fluid ounce(s) Orange juice, carton, can, or bottle 	<ul style="list-style-type: none"> ■ 1 regular (4 oz) Bagel, 100% whole wheat ■ 1 slice (4" across x 1/8" thick) Salami, beef ■ 1 bottle (12 fl oz) Water, bottled, unsweetened 	<ul style="list-style-type: none"> ■ 1 cup, crumbled Goat cheese ■ 2 cup Salad, garden, lettuce, tomato, carrots, no dressing ■ 1 cup, slices Squash, summer (yellow or zucchini), fresh, cooked (no salt or fat added) ■ 1 bottle (16.9 fl oz or 500 ml) Water, bottled, unsweetened 	<ul style="list-style-type: none"> ■ 1 medium (2-5/8" across) Cookie, butter or sugar cookie

Nutrients Report 01/13/16 - 01/15/16

Your plan is based on a default **2000 Calorie** allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	1276 Calories	Under
Protein (g)***	46 g	88 g	OK
Protein (% Calories)***	10 - 35% Calories	28% Calories	OK
Carbohydrate (g)***	130 g	133 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	42% Calories	Under
Dietary Fiber	25 g	12 g	Under
Total Sugars	No Daily Target or Limit	44 g	No Daily Target or Limit
Added Sugars	< 50 g	7 g	OK
Total Fat	20 - 35% Calories	31% Calories	OK
Saturated Fat	< 10% Calories	12% Calories	Over
Polyunsaturated Fat	No Daily Target or Limit	6% Calories	No Daily Target or Limit
Monounsaturated Fat	No Daily Target or Limit	10% Calories	No Daily Target or Limit
Linoleic Acid (g)***	12 g	6 g	Under
Linoleic Acid (% Calories)***	5 - 10% Calories	4% Calories	Under
α-Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0.4% Calories	Under
α-Linolenic Acid (g)***	1.1 g	0.5 g	Under
Omega 3 - EPA	No Daily Target or Limit	493 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	720 mg	No Daily Target or Limit
Cholesterol	< 300 mg	352 mg	Over
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	584 mg	Under
Potassium	4700 mg	2165 mg	Under
Sodium**	< 2300 mg	1941 mg	OK
Copper	900 µg	1288 µg	OK
Iron	18 mg	10 mg	Under
Magnesium	310 mg	256 mg	Under
Phosphorus	700 mg	1173 mg	OK
Selenium	55 µg	140 µg	OK
Zinc	8 mg	8 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	700 µg RAE	501 µg RAE	Under

Vitamin B6	1.3 mg	1.4 mg	OK
Vitamin B12	2.4 µg	4.0 µg	OK
Vitamin C	75 mg	136 mg	OK
Vitamin D	15 µg	10 µg	Under
Vitamin E	15 mg AT	5 mg AT	Under
Vitamin K	90 µg	104 µg	OK
Folate	400 µg DFE	374 µg DFE	Under
Thiamin	1.1 mg	1.1 mg	OK
Riboflavin	1.1 mg	1.4 mg	OK
Niacin	14 mg	24 mg	OK
Choline	425 mg	351 mg	Under

Information about dietary supplements.

*** Nutrients that appear twice (*protein, carbohydrate, linoleic acid*, and *α-linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.

Physical Activity Report for Week of 01/10/16 - 01/16/16

Weekly Aerobic Activity			Muscle Strengthening Activity				
Date	Duration		Activity	Intensity	Estimated Calories Burned ¹	Activity Counts Toward Weekly Aerobic Goal	Muscle Strengthening
	Minutes	MIE ² Minutes					
Sunday 01/10/16	0	0	None				
Monday 01/11/16	0	0	None				
Tuesday 01/12/16	0	0	None				

Wednesday 01/13/16	15	0	Sleeping	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Talking or talking on the phone, sitting	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Typing, computer or typewriter	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Washing car	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Washing dishes	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

15	0	Watching TV (television), sitting quietly	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	15	Walking, 2.5 mph (24 min/mile)	Moderate	-		
15	30	Spinning	Vigorous	-		
15	30	Walking, uphill, with 0-9 lb load	Vigorous	-		
30	0	Studying, sitting (e.g. reading, writing)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
30	0	Talking or talking on the phone, standing	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

30	0	Watching TV (television), lying quietly	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
30	30	Walking, 2.5 mph (24 min/mile)	Moderate	-		
30	30	Walking, to work or class	Moderate	-		
30	60	Jogging, general	Vigorous	-		
45	0	Studying, sitting (e.g. reading, writing)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
45	0	Writing or typing, sitting (desk work)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

	60	0	Studying, sitting (e.g. reading, writing)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	330	0	Sleeping	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
Thursday 01/14/16	15	0	Sleeping	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Talking or talking on the phone, sitting	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

15	0	Talking or talking on the phone, standing	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Typing, computer or typewriter	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Walking, 2 mph (30 min/mile)	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Washing car	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Washing dishes	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

15	0	Watching TV (television), sitting quietly	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	15	Walking, 2.5 mph (24 min/mile)	Moderate	-		
15	15	Walking, uphill (1-5% grade), 2.9-3.5 mph	Moderate	-		
15	30	Bicycling, 14-15.9 mph, high effort	Vigorous	-		
15	30	Spinning	Vigorous	-		
30	0	Studying, sitting (e.g. reading, writing)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
30	0	Talking or talking on the phone, standing	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

30	0	Typing, computer or typewriter	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
30	0	Watching TV (television), lying quietly	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
30	30	Walking, 2.5 mph (24 min/mile)	Moderate	-		
30	30	Walking, to work or class	Moderate	-		
30	60	Jogging, general	Vigorous	-		
45	0	Studying, sitting (e.g. reading, writing)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
45	45	Walking, to work or class	Moderate	-		

	330	0	Sleeping	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
Friday 01/15/16	15	0	Sleeping	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Talking or talking on the phone, sitting	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	15	0	Talking or talking on the phone, standing	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

15	0	Typing, computer or typewriter	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Walking, 2 mph (30 min/mile)	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Washing car	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Washing dishes	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	0	Watching TV (television), lying quietly	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

	15	0	Watching TV (television), sitting quietly	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
15	15	15	Walking, 2.5 mph (24 min/mile)	Moderate	-		
15	15	15	Walking, to work or class	Moderate	-		
15	30	30	Spinning	Vigorous	-		
15	30	30	Walking, uphill, no load	Vigorous	-		
15	30	30	Walking, uphill, with 0-9 lb load	Vigorous	-		
30	30	30	Walking, 2.5 mph (24 min/mile)	Moderate	-		
30	30	30	Walking, to work or class	Moderate	-		
30	60	60	Jogging, general	Vigorous	-		
45		0	Studying, sitting (e.g. reading, writing)	Light	-	 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	

	45	45	Walking, to work or class	Moderate	-	✓	
	60	0	Studying, sitting (e.g. reading, writing)	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
	330	0	Sleeping	Light	-	🟡 Light intensity activity does not count toward MIE** minutes. Although, any activity is always better than none!	
Saturday	0	0	None				
01/16/16							

Total Weekly MIE² Minutes: 735

1 Calories burned are estimates only for an average person performing the activity.

2 **Moderate Intensity Equivalent (MIE) Minutes:** Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes.

Light intensity activity and activity less than 10 minutes in duration do not count toward MIE minutes. Although, any activity is always better than none!

