

Jan 31, 2016

Energy Balance for Jan 13, 2016 - Jan 15, 2016

| Date | kcal Consumed | kcal Burned | Net kcal |
|---------------|---------------|-------------|--------------|
| Jan 13, 2016 | 1721 | 2905 | -1184 |
| Jan 14, 2016 | 1882 | 3298 | -1416 |
| Jan 15, 2016 | 1654 | 3323 | -1669 |
| Total: | 5257 | 9526 | -4269 |

| Daily Caloric Summary | kcal |
|------------------------|-------------|
| Recommended: | 1746 |
| Average Intake: | 1752 |
| Average Expenditure: | 3175 |
| Average Net Gain/Loss: | -1423 |

DRI Report

Profile

Active Profile:

Height: 5 ft. 5 inches
 Weight: 140.0 lbs.
 Age: 23 years
 BMI: 23.3
 Gender: Female
 Pregnancy: Not Pregnant
 Activity Level: Sedentary
 Smoker: No
 Strict Vegetarian/Vegan: No

DRI Goals

| Nutrient | DRI |
|----------|-----|
|----------|-----|

Energy

| | | |
|--------------|-----------------|--|
| Kilocalories | 1746 kcal | |
| Protein | 50.8 g | AMDR: 10%-35% of kilocalories RDA: Daily requirement based on 0.8 grams of protein per kilogram body weight |
| Carbohydrate | 191.0 - 276.0 g | AMDR: 45%-65% of kilocalories RDA: 130 g/day for adults and children |
| Fat, Total | 37.0 - 66.0 g | AMDR: 20%-35% of kilocalories |

Fat (Specific)

| | | |
|---------------------|-------|-------------------------------|
| Saturated Fat | <17 g | Less than 10% of kilocalories |
| Monounsaturated Fat | * | No DRI has been established |
| Polyunsaturated Fat | * | No DRI has been established |
| Trans Fatty Acid | * | No DRI has been established |
| Cholesterol | * | No DRI has been established |

Essential Fatty Acids

| | |
|--------------------|------|
| PFA 18:2, Linoleic | 12 g |
|--------------------|------|

DRI Report

| Nutrient | DRI |
|----------------------------------|-----------------------------|
| PFA 18:3, Linolenic | 1.1 g |
| Carbohydrates (Specific) | |
| Dietary Fiber, Total | 25 g |
| Sugar, Total (Natural and Added) | * |
| | No DRI has been established |
| Other | |
| Water | 2700 g |
| Alcohol | * |
| | No DRI has been established |
| Vitamins | |
| Thiamin | 1.1 mg |
| Riboflavin | 1.1 mg |
| Niacin | 14 mg |
| Pyridoxine (Vitamin B6) | 1.3 mg |
| Cobalamin (Vitamin B12) | 2.4 μ g |
| Folate (DFE) | 400 μ g |
| Vitamin C | 75 mg |
| Vitamin D (ug) | 15 μ g |
| Vitamin A (RAE) † | 700 μ g |
| Vitamin A (IU) † | 2333 IU |
| Alpha-Tocopherol | 15 mg |
| Minerals | |
| Calcium | 1000 mg |
| Iron | 18 mg |
| Magnesium | 310 mg |
| Potassium | 4700 mg |
| Zinc | 8 mg |
| Sodium | 1500 mg |
| | DRI Adequate Intake |
| | DRI Adequate Intake |



A custom DRI value was chosen for this nutrient

† Disclaimers for Vitamin A and Vitamin E

DRI Report

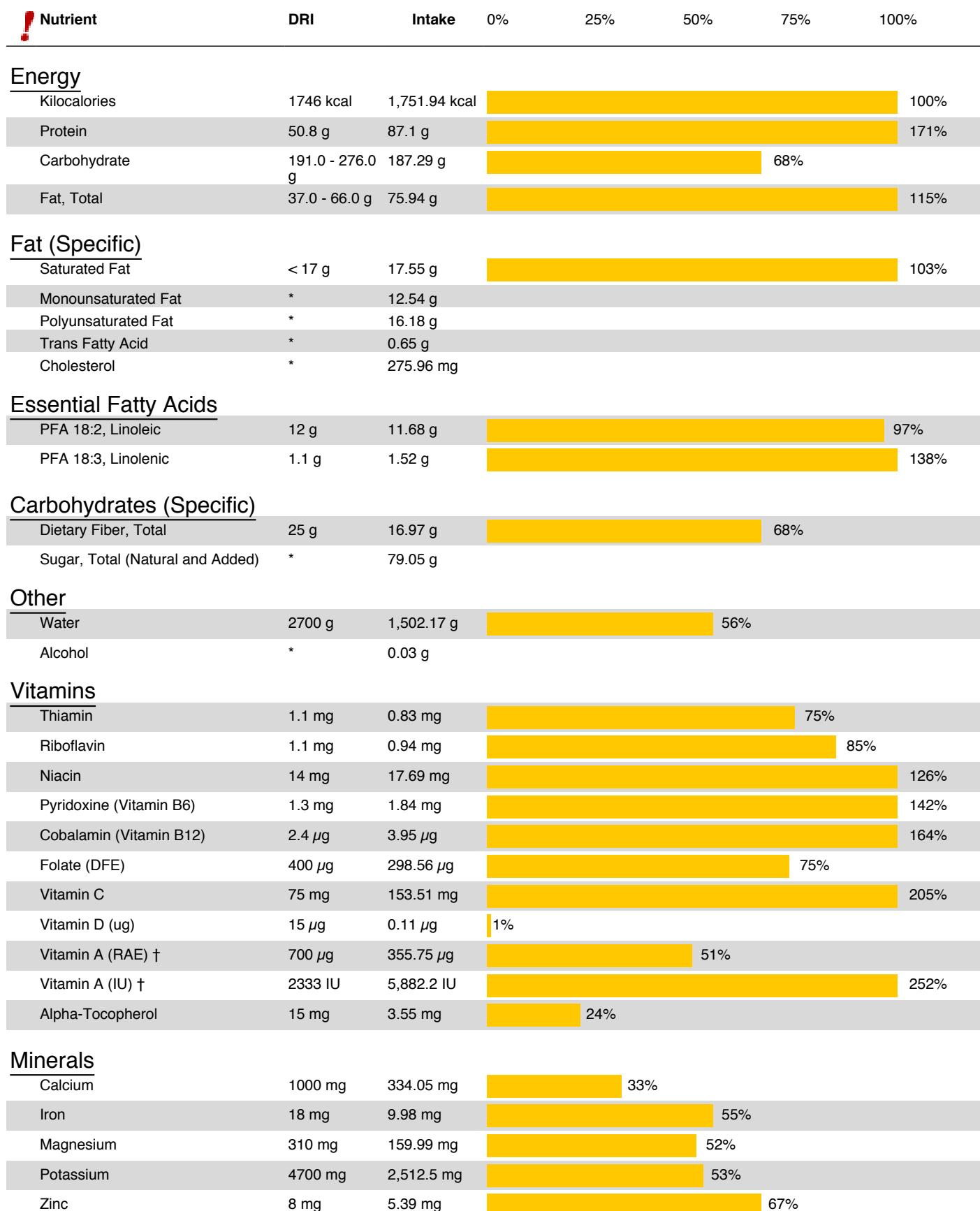
Vitamin A

Intake recommendations for vitamin A are provided in the Dietary Reference Intakes (DRIs) and are given as mcg of retinol activity equivalents (RAE). Currently, vitamin A is listed on food and supplement labels in international units (IUs). In Diet Analysis Plus the DRI report is an aggregate of all vitamin A IU and RAE. We are able to calculate RAE from IU whenever possible but that depends on the type of food. For this reason on a report it is possible to see a student consuming a high % of IU but a low % of RAE due to missing values. For example in the DRI report a plain cheeseburger has values for vitamin A (IU) 234.6 IU and vitamin A (RAE) 0 μ g.

Vitamin E

The Dietary Reference Intake (DRI) for vitamin E is based on alpha-tocopherol (Vit E). Because of this the Diet Analysis database only keeps track of the recommended daily allowances for alpha-tocopherol (Vit E). Vitamin E (mg) and Vitamin E (IU) do not have recommended daily allowances, for this reason it is possible to see a student have a low % of vitamin E (mg) and vitamin E (IU) on their reports.

Intake vs. Goals for Jan 13, 2016 - Jan 15, 2016



Intake vs. Goals for Jan 13, 2016 - Jan 15, 2016

| Nutrient | DRI | Intake | 0% | 25% | 50% | 75% | 100% |
|----------|---------|-------------|----|-----|-----|-----|------|
| Sodium | 1500 mg | 2,821.38 mg | | | | | 188% |

 A custom DRI value was chosen for this nutrient

† Disclaimers for Vitamin A and Vitamin E

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Vitamin E

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3 Day Average

Profile

Active Profile:

Height: 5 ft. 5 inches
 Weight: 140.0 lbs.
 Age: 23 years
 BMI: 23.3
 Gender: Female
 Pregnancy: Not Pregnant
 Activity Level: Sedentary
 Smoker: No
 Strict Vegetarian/Vegan: No

DRI Goals

| Nutrient | DRI |
|----------|-----|
|----------|-----|

Energy

| | | |
|--------------|-----------------|--|
| Kilocalories | 1746 kcal | |
| Protein | 50.8 g | AMDR: 10%-35% of kilocalories RDA: Daily requirement based on 0.8 grams of protein per kilogram body weight |
| Carbohydrate | 191.0 - 276.0 g | AMDR: 45%-65% of kilocalories RDA: 130 g/day for adults and children |
| Fat, Total | 37.0 - 66.0 g | AMDR: 20%-35% of kilocalories |

Fat (Specific)

| | | |
|---------------------|-------|-------------------------------|
| Saturated Fat | <17 g | Less than 10% of kilocalories |
| Monounsaturated Fat | * | No DRI has been established |
| Polyunsaturated Fat | * | No DRI has been established |
| Trans Fatty Acid | * | No DRI has been established |
| Cholesterol | * | No DRI has been established |

Essential Fatty Acids

| | |
|--------------------|------|
| PFA 18:2, Linoleic | 12 g |
|--------------------|------|

3 Day Average

| Nutrient | DRI |
|----------------------------------|-----------------------------|
| PFA 18:3, Linolenic | 1.1 g |
| Carbohydrates (Specific) | |
| Dietary Fiber, Total | 25 g |
| Sugar, Total (Natural and Added) | * |
| | No DRI has been established |
| Other | |
| Water | 2700 g |
| Alcohol | * |
| | No DRI has been established |
| Vitamins | |
| Thiamin | 1.1 mg |
| Riboflavin | 1.1 mg |
| Niacin | 14 mg |
| Pyridoxine (Vitamin B6) | 1.3 mg |
| Cobalamin (Vitamin B12) | 2.4 μ g |
| Folate (DFE) | 400 μ g |
| Vitamin C | 75 mg |
| Vitamin D (ug) | 15 μ g |
| Vitamin A (RAE) † | 700 μ g |
| Vitamin A (IU) † | 2333 IU |
| Alpha-Tocopherol | 15 mg |
| Minerals | |
| Calcium | 1000 mg |
| Iron | 18 mg |
| Magnesium | 310 mg |
| Potassium | 4700 mg |
| Zinc | 8 mg |
| Sodium | 1500 mg |
| | DRI Adequate Intake |
| | DRI Adequate Intake |



A custom DRI value was chosen for this nutrient

† Disclaimers for Vitamin A and Vitamin E

3 Day Average

Vitamin A

Intake recommendations for vitamin A are provided in the Dietary Reference Intakes (DRIs) and are given as mcg of retinol activity equivalents (RAE). Currently, vitamin A is listed on food and supplement labels in international units (IUs). In Diet Analysis Plus the DRI report is an aggregate of all vitamin A IU and RAE. We are able to calculate RAE from IU whenever possible but that depends on the type of food. For this reason on a report it is possible to see a student consuming a high % of IU but a low % of RAE due to missing values. For example in the DRI report a plain cheeseburger has values for vitamin A (IU) 234.6 IU and vitamin A (RAE) 0 μ g.

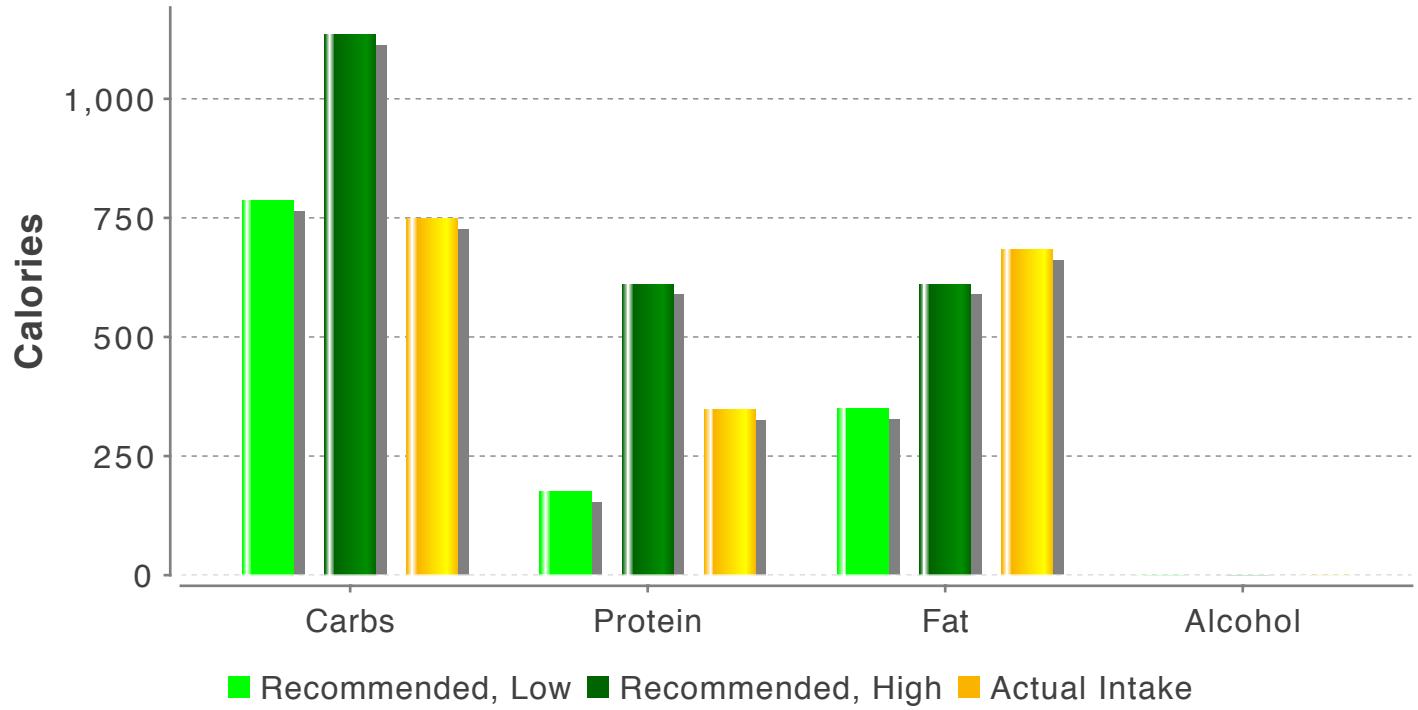
Vitamin E

The Dietary Reference Intake (DRI) for vitamin E is based on alpha-tocopherol (Vit E). Because of this the Diet Analysis database only keeps track of the recommended daily allowances for alpha-tocopherol (Vit E). Vitamin E (mg) and Vitamin E (IU) do not have recommended daily allowances, for this reason it is possible to see a student have a low % of vitamin E (mg) and vitamin E (IU) on their reports.

3 Day Average

Macronutrient Ranges for Jan 13, 2016, Jan 14, 2016, Jan 15, 2016

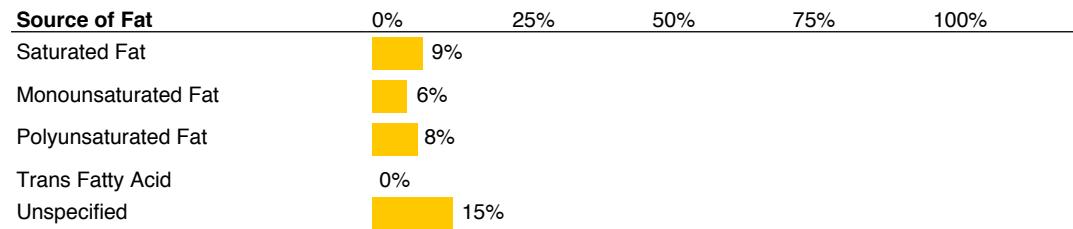
Macronutrient Ranges



| | Recommended | | Yours | |
|---------|-------------|----------------|-------|----------|
| Carbs | 45%-65% | 786-1,135 kcal | 43% | 749 kcal |
| Protein | 10%-35% | 175-611 kcal | 20% | 348 kcal |
| Fats | 20%-35% | 349-611 kcal | 39% | 683 kcal |
| Alcohol | 0% | 0 kcal | 0% | 0 kcal |

3 Day Average

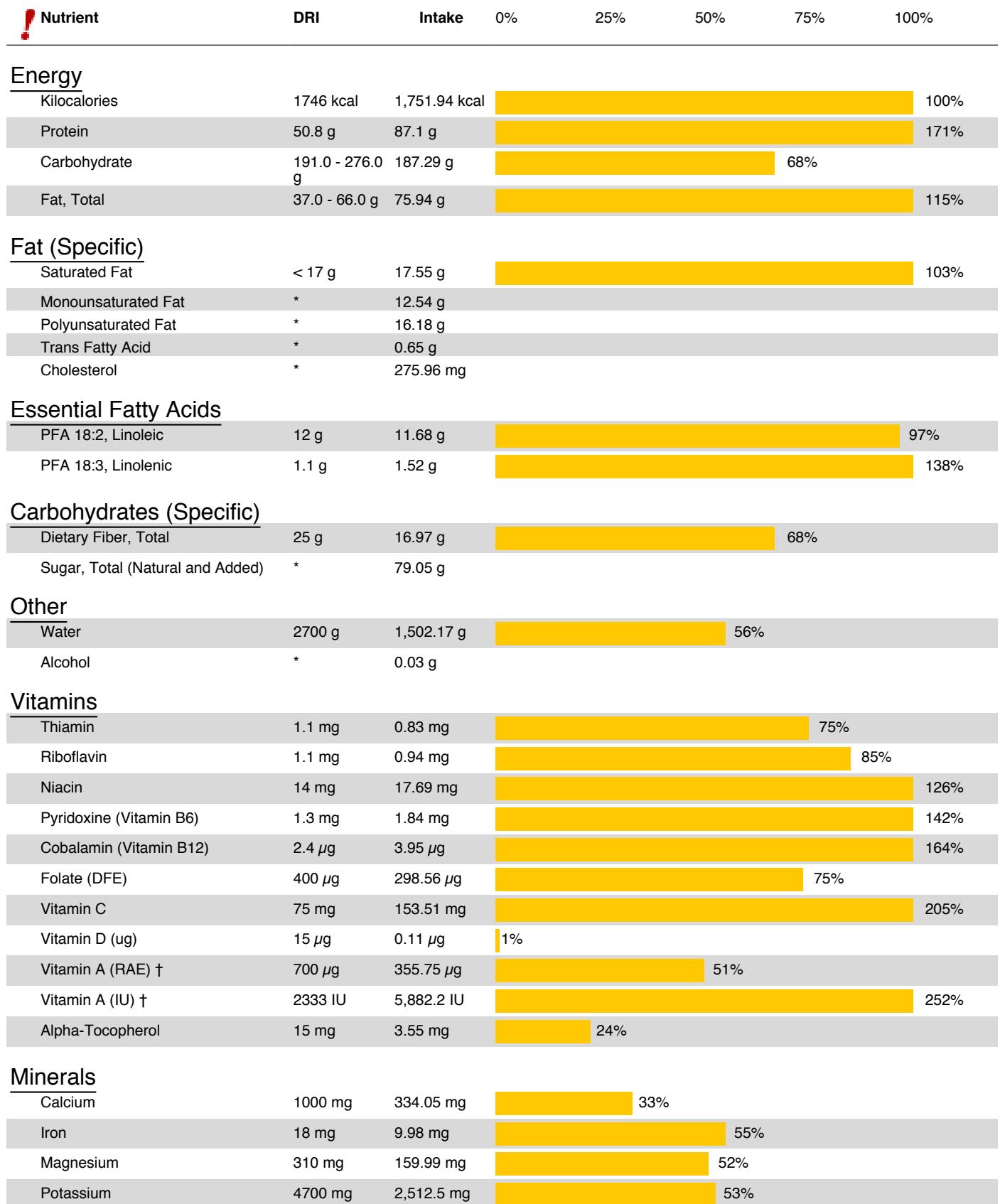
Fat Breakdown for Jan 13, 2016, Jan 14, 2016, Jan 15, 2016



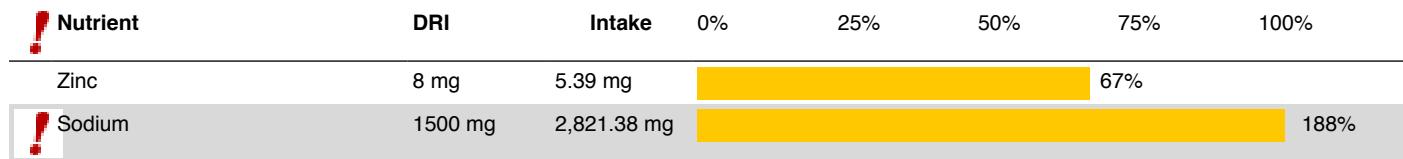
* Transfat data is not yet reported by all sources and therefore may be under-represented.

3 Day Average

Intake vs. Goals for Jan 13, 2016, Jan 14, 2016, Jan 15, 2016



3 Day Average



 A custom DRI value was chosen for this nutrient

† Disclaimers for Vitamin A and Vitamin E

Vitamin A

Intake recommendations for vitamin A are provided in the Dietary Reference Intakes (DRIs) and are given as mcg of retinol activity equivalents (RAE). Currently, vitamin A is listed on food and supplement labels in international units (IUs). In Diet Analysis Plus the DRI report is an aggregate of all vitamin A IU and RAE. We are able to calculate RAE from IU whenever possible but that depends on the type of food. For this reason on a report it is possible to see a student consuming a high % of IU but a low % of RAE due to missing values. For example in the DRI report a plain cheeseburger has values for vitamin A (IU) 234.6 IU and vitamin A (RAE) 0 µg.

Vitamin E

The Dietary Reference Intake (DRI) for vitamin E is based on alpha-tocopherol (Vit E). Because of this the Diet Analysis database only keeps track of the recommended daily allowances for alpha-tocopherol (Vit E). Vitamin E (mg) and Vitamin E (IU) do not have recommended daily allowances, for this reason it is possible to see a student have a low % of vitamin E (mg) and vitamin E (IU) on their reports.

3 Day Average

MyPlate Analysis for Jan 13, 2016, Jan 14, 2016, Jan 15, 2016

| | Goal* | | Actual | % Goal |
|-----------------------|-------------|------|-------------|--------|
| Grains | 6.0 oz. eq. | tips | 6.1 oz. eq. | 102.1% |
| Vegetables | 2.5 cup eq. | tips | 3.8 cup eq. | 152.7% |
| Fruits | 1.5 cup eq. | tips | 1.6 cup eq. | 109.4% |
| Dairy | 3.0 cup eq. | tips | 0.3 cup eq. | 11.1% |
| Protein Foods | 5.0 oz. eq. | tips | 7.4 oz. eq. | 147.8% |
| Empty Calories | 161.0 | | 544.3 | 338.1% |



Your results are based on a 1746 calorie pattern.

Make Half Your Grains Whole! Aim for at least 3.0 oz. eq. whole grains.

Vary Your Veggies! Aim for this much every week:

Dark Green Vegetables = 1.5 cups weekly

Orange Vegetables = 5.5 cups weekly

Dry Beans & Peas = 1.5 cups weekly

Starchy Vegetables = 5.0 cups weekly

Other Vegetables = 4.0 cups weekly

Go Lean with Protein! Aim for this much every week:

Seafood = 8.0 oz weekly

Meat, Poultry & Eggs = 24.0 oz weekly

Nuts, Seeds & Soy Products = 4.0 oz weekly

Oils: Aim for 5.0 teaspoons of oil a day.

*MyPlate contains recommendations only for calorie levels up to 3,200 per day. If Diet Analysis Plus recommends more than 3,200 calories per day for you, talk to your instructor for guidance on how to use MyPlate.

****CAUTION!** Recipes are not included on the MyPlate Report, as plate values for these cannot be calculated.

3 Day Average

Intake Spreadsheet for Jan 13, 2016

| Item Name | Meal | Quantity | Wt(g) | Kcal(kcal) |
|---|-------------|--|-----------------|-----------------|
| MINUTE MAID Juice, Orange | Breakfast | 8 fluid ounce(s) - 100% juice | 240 | 110 |
| WINCHELL'S Muffin, Chocolate Chip | Breakfast | 1 item(s) - 1 item is 1 muffin | 144 | 580 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | Lunch | 1 serving(s) | 445 | 710 |
| CRYSTAL GEYSER Water, Bottled | Lunch | 12 ounce(s) | 340.19 | 0 |
| CRYSTAL GEYSER Water, Bottled | Dinner | 12 ounce(s) | 340.19 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | Dinner | 4 cup(s) | 376 | 259.44 |
| Orange | Snacks | 1 item(s) - 2 5/8 in. diameter, sphere | 131 | 61.57 |
| | | | 2,016.39 | 1,721.01 |
| Item Name | Protein(g) | Carb(g) | Fat(g) | Sat Fat(g) |
| MINUTE MAID Juice, Orange | 2 | 27 | 0 | 0 |
| WINCHELL'S Muffin, Chocolate Chip | 7 | 82 | 27 | 10 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 16 | 95 | 31 | 4.5 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 17.37 | 26.25 | 9.85 | 1.49 |
| Orange | 1.23 | 15.39 | 0.16 | 0.02 |
| 43.6 | | 245.64 | 68.01 | 16.01 |
| Item Name | Mono Fat(g) | Poly Fat(g) | Trans Fat(g) | Chol(mg) |
| MINUTE MAID Juice, Orange | 0 | 0 | 0 | 0 |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 0 | 0 | 90 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 0.5 | 30 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 2.19 | 5.12 | 0 | 157.92 |
| Orange | 0.03 | 0.03 | 0 | 0 |
| 2.22 | | 5.15 | 0.5 | 277.92 |
| Item Name | Linoleic(g) | Linolenic(g) | Diet Fiber(g) | Sugar(g) |
| MINUTE MAID Juice, Orange | 0 | 0 | 0 | 24 |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 0 | 2 | 53 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 10 | 15 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 4.13 | 0.59 | 3.76 | 7.75 |
| Orange | 0.02 | 0.01 | 3.14 | 12.25 |
| 4.16 | | 0.6 | 18.9 | 112 |

3 Day Average

| Item Name | H2O(g) | Alcohol(g) | Thiamin(mg) | Ribo(mg) |
|---|-----------------|----------------|-------------------|------------------|
| MINUTE MAID Juice, Orange | 211.92 | 0 | 0.15 | 0 |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 0 | 0 | 0 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 340.19 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 340.19 | 0 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 318.89 | 0 | 0.23 | 0.15 |
| Orange | 113.64 | 0 | 0.11 | 0.05 |
| | 1,324.84 | 0 | 0.5 | 0.2 |
| Item Name | Niacin(mg) | Vit B6(mg) | Vit B12(µg) | Fol (DFE)(µg) |
| MINUTE MAID Juice, Orange | 0.4 | 0.08 | 0 | 60 |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 0 | 0 | 0 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 1.71 | 0.23 | 0.49 | 120.32 |
| Orange | 0.37 | 0.08 | 0 | 39.3 |
| | 2.48 | 0.39 | 0.49 | 219.62 |
| Item Name | Vit C(mg) | Vit D (ug)(µg) | Vit A (RAE) †(µg) | Vit A (IU) †(IU) |
| MINUTE MAID Juice, Orange | 60 | 0 | 0 | 0 |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 0 | 0 | 100 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 21.81 | 0 | 71.44 | 0 |
| Orange | 69.69 | 0 | 14.41 | 294.75 |
| | 151.5 | 0 | 85.85 | 394.75 |
| Item Name | Alpha-T(mg) | Calcium(mg) | Iron(mg) | Magn(mg) |
| MINUTE MAID Juice, Orange | 0 | 20 | 0 | 24 |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 60 | 3.6 | 0 |
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 10.21 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 10.21 | 0 | 0 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 1.84 | 135.36 | 2.86 | 52.64 |
| Orange | 0.24 | 52.4 | 0.13 | 13.1 |
| | 2.08 | 288.17 | 6.59 | 89.74 |
| Item Name | Potas(mg) | Zinc(mg) | Sodium(mg) | |
| MINUTE MAID Juice, Orange | 450 | 0 | 15 | |
| WINCHELL'S Muffin, Chocolate Chip | 0 | 0 | 640 | |
| | 1,168.39 | 1.93 | 2,491.72 | |

3 Day Average

| Item Name | Potas(mg) | Zinc(mg) | Sodium(mg) |
|---|-----------------|-------------|-----------------|
| MILESTONE'S Salad, Vegetarian Thai Noodle w/ Dressing | 0 | 0 | 920 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 3.4 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 3.4 |
| Shrimp and Pasta Vegetable Salad, No Dressing | 481.28 | 1.84 | 909.92 |
| Orange | 237.11 | 0.09 | 0 |
| | 1,168.39 | 1.93 | 2,491.72 |

3 Day Average

Intake Spreadsheet for Jan 14, 2016

| Item Name | Meal | Quantity | Wt(g) | Kcal(kcal) |
|---|---------------|----------------------------------|-----------------|----------------|
| CHEX Trail Mix, Sweet 'n Salty | Breakfast | 1 cup(s) | 64 | 280 |
| MINUTE MAID Juice, Orange | Breakfast | 8 fluid ounce(s) - 100% juice | 240 | 110 |
| Chicken Salad | Lunch | 1 cup(s) | 182 | 405.86 |
| CRYSTAL GEYSER Water, Bottled | Lunch | 8 ounce(s) | 226.8 | 0 |
| CRYSTAL GEYSER Water, Bottled | Dinner | 8 ounce(s) | 226.8 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | Dinner | 1 item(s) - fillet | 308 | 560.56 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | Dinner | 2 cup(s) - Shredded | 340 | 40.8 |
| Rice, White, Long Grain, Boiled | Dinner | 0.5 cup(s) | 79 | 102.7 |
| Soup, Vegetable Beef | Snacks | 2 cup(s) | 482 | 380.78 |
| | | | 2,148.59 | 1,880.7 |
| Item Name | Protein(g) | Carb(g) | Fat(g) | Sat Fat(g) |
| CHEX Trail Mix, Sweet 'n Salty | 4 | 46 | 10 | 3 |
| MINUTE MAID Juice, Orange | 2 | 27 | 0 | 0 |
| Chicken Salad | 28.48 | 2.71 | 30.81 | 5.47 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 78.36 | 0 | 25.04 | 3.87 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 5.3 | 6.05 | 0.54 | 0.07 |
| Rice, White, Long Grain, Boiled | 2.13 | 22.25 | 0.22 | 0.06 |
| Soup, Vegetable Beef | 28.15 | 24.92 | 19.14 | 6.11 |
| | 148.41 | 128.94 | 85.75 | 18.58 |
| Item Name | Mono Fat(g) | Poly Fat(g) | Trans Fat(g) | Chol(mg) |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 0 | 0 | 0 | 0 |
| Chicken Salad | 8.35 | 14.36 | 0 | 96.46 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 8.31 | 10.03 | 0 | 218.68 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 0.04 | 0.26 | 0 | 0 |
| Rice, White, Long Grain, Boiled | 0.07 | 0.06 | 0 | 0 |
| Soup, Vegetable Beef | 7.94 | 3.09 | 0 | 81.94 |
| | 24.71 | 27.8 | 0 | 397.08 |
| Item Name | Linoleic(g) | Linolenic(g) | Diet Fiber(g) | Sugar(g) |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 2 | 14 |
| MINUTE MAID Juice, Orange | 0 | 0 | 0 | 24 |
| Chicken Salad | 12.64 | 1.48 | 0.73 | 1.33 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 0.68 | 1.16 | 0 | 0 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 0.11 | 0.14 | 3.4 | 2.82 |
| | 16.05 | 3.27 | 11.26 | 48.22 |

3 Day Average

| Item Name | Linoleic(g) | Linolenic(g) | Diet Fiber(g) | Sugar(g) |
|---|-----------------|----------------|-------------------|------------------|
| Rice, White, Long Grain, Boiled | 0.05 | 0.01 | 0.32 | 0.04 |
| Soup, Vegetable Beef | 2.58 | 0.48 | 4.82 | 6.03 |
| | 16.05 | 3.27 | 11.26 | 48.22 |
| Item Name | H2O(g) | Alcohol(g) | Thiamin(mg) | Ribo(mg) |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 211.92 | 0 | 0.15 | 0 |
| Chicken Salad | 119.46 | 0 | 0.07 | 0.21 |
| CRYSTAL GEYSER Water, Bottled | 226.8 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 226.8 | 0 | 0 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 183.63 | 0 | 0.85 | 1.5 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 324.87 | 0 | 0.11 | 0.21 |
| Rice, White, Long Grain, Boiled | 54.07 | 0 | 0.13 | 0.01 |
| Soup, Vegetable Beef | 405.22 | 0 | 0.22 | 0.27 |
| | 1,752.76 | 0 | 1.52 | 2.21 |
| Item Name | Niacin(mg) | Vit B6(mg) | Vit B12(µg) | Fol (DFE)(µg) |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 0.4 | 0.08 | 0 | 60 |
| Chicken Salad | 6.39 | 0.48 | 0.33 | 23.66 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 31.04 | 2.91 | 9.39 | 89.32 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 1.46 | 0.56 | 0 | 139.4 |
| Rice, White, Long Grain, Boiled | 1.17 | 0.07 | 0 | 76.63 |
| Soup, Vegetable Beef | 7.13 | 0.55 | 1.49 | 57.84 |
| | 47.58 | 4.65 | 11.22 | 446.85 |
| Item Name | Vit C(mg) | Vit D (ug)(µg) | Vit A (RAE) †(µg) | Vit A (IU) †(IU) |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 60 | 0 | 0 | 0 |
| Chicken Salad | 2.37 | 0.18 | 49.14 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 0 | 0 | 40.04 | 135.52 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 88.4 | 0 | 720.8 | 14446.6 |
| Rice, White, Long Grain, Boiled | 0 | 0 | 0 | 0 |
| Soup, Vegetable Beef | 25.55 | 0 | 149.42 | 0 |
| | 176.31 | 0.18 | 959.4 | 14,582.12 |
| Item Name | Alpha-T(mg) | Calcium(mg) | Iron(mg) | Magn(mg) |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 0.72 | 0 |
| MINUTE MAID Juice, Orange | 0 | 20 | 0 | 24 |
| Chicken Salad | 1.97 | 34.58 | 1.37 | 27.3 |
| CRYSTAL GEYSER Water, Bottled | 0 | 6.8 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 6.8 | 0 | 0 |
| | 3.85 | 505.97 | 13.36 | 269.98 |

3 Day Average

| Item Name | Alpha-T(mg) | Calcium(mg) | Iron(mg) | Magn(mg) |
|---|-----------------|---------------|-----------------|---------------|
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 0 | 46.2 | 3.17 | 113.96 |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 0.31 | 316.2 | 3.54 | 37.4 |
| Rice, White, Long Grain, Boiled | 0.03 | 7.9 | 0.95 | 9.48 |
| Soup, Vegetable Beef | 1.54 | 67.48 | 3.62 | 57.84 |
| | 3.85 | 505.97 | 13.36 | 269.98 |
| Item Name | Potas(mg) | Zinc(mg) | Sodium(mg) | |
| CHEX Trail Mix, Sweet 'n Salty | 0 | 0 | 280 | |
| MINUTE MAID Juice, Orange | 450 | 0 | 15 | |
| Chicken Salad | 307.58 | 2.15 | 489.58 | |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 2.27 | |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 2.27 | |
| Salmon, Atlantic, Wild, Cooked, Dry Heat | 1934.25 | 2.53 | 172.48 | |
| Cabbage, Chinese (Pak Choi or Bok Choy), Boiled, Drained, with Salt Added | 1261.4 | 0.58 | 918 | |
| Rice, White, Long Grain, Boiled | 27.65 | 0.39 | 0.79 | |
| Soup, Vegetable Beef | 915.8 | 5.49 | 1156.8 | |
| | 4,896.68 | 11.13 | 3,037.19 | |

3 Day Average

Intake Spreadsheet for Jan 15, 2016

| Item Name | Meal | Quantity | Wt(g) | Kcal(kcal) |
|---------------------------------------|--------------|--|-----------------|-----------------|
| DENNY'S FIT FARE Omelette | Breakfast | 1 serving(s) - 1 serving is 1 dish (16 oz) | 453.6 | 390 |
| MINUTE MAID Juice, Orange | Breakfast | 8 fluid ounce(s) - 100% juice | 240 | 110 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | Lunch | 1 item(s) - 1 item is 1 sandwich | 213 | 570 |
| CRYSTAL GEYSER Water, Bottled | Lunch | 12 ounce(s) | 340.19 | 0 |
| CRYSTAL GEYSER Water, Bottled | Dinner | 16 ounce(s) | 453.59 | 0 |
| Bean Salad, Three Bean | Dinner | 2 cup(s) | 397.12 | 383.94 |
| Squash, Zucchini, Baby | Dinner | 8 item(s) - Medium | 88 | 18.48 |
| Cookie, Sugar | Snacks | 3 item(s) | 47.04 | 181.7 |
| | | | 2,232.55 | 1,654.12 |
| Item Name | Protein(g) | Carb(g) | Fat(g) | Sat Fat(g) |
| DENNY'S FIT FARE Omelette | 34 | 25 | 18 | 8 |
| MINUTE MAID Juice, Orange | 2 | 27 | 0 | 0 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 20 | 72 | 23 | 5 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Bean Salad, Three Bean | 7.7 | 38.33 | 23.81 | 3.15 |
| Squash, Zucchini, Baby | 2.38 | 2.74 | 0.35 | 0.07 |
| Cookie, Sugar | 3.2 | 22.22 | 8.91 | 1.83 |
| | 69.28 | 187.29 | 74.07 | 18.05 |
| Item Name | Mono Fat(g) | Poly Fat(g) | Trans Fat(g) | Chol(mg) |
| DENNY'S FIT FARE Omelette | 0 | 0 | 0 | 65 |
| MINUTE MAID Juice, Orange | 0 | 0 | 0 | 0 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 0 | 0 | 0 | 35 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Bean Salad, Three Bean | 6.54 | 12.95 | 0.06 | 0 |
| Squash, Zucchini, Baby | 0.03 | 0.15 | 0 | 0 |
| Cookie, Sugar | 4.11 | 2.5 | 1.39 | 52.88 |
| | 10.68 | 15.6 | 1.45 | 152.88 |
| Item Name | Linoleic(g) | Linolenic(g) | Diet Fiber(g) | Sugar(g) |
| DENNY'S FIT FARE Omelette | 0 | 0 | 4 | 16 |
| MINUTE MAID Juice, Orange | 0 | 0 | 0 | 24 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 0 | 0 | 5 | 10 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Bean Salad, Three Bean | 12.51 | 0.4 | 10.34 | 14.99 |
| Squash, Zucchini, Baby | 0.06 | 0.09 | 0.97 | 1.94 |
| Cookie, Sugar | 2.28 | 0.2 | 0.42 | 10 |
| | 14.84 | 0.69 | 20.73 | 76.93 |

3 Day Average

| Item Name | H2O(g) | Alcohol(g) | Thiamin(mg) | Ribo(mg) |
|---------------------------------------|-----------------|----------------|-------------------|------------------|
| DENNY'S FIT FARE Omelette | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 211.92 | 0 | 0.15 | 0 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 340.19 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 453.59 | 0 | 0 | 0 |
| Bean Salad, Three Bean | 329.32 | 0 | 0.14 | 0.22 |
| Squash, Zucchini, Baby | 81.6 | 0 | 0.04 | 0.03 |
| Cookie, Sugar | 12.29 | 0.09 | 0.13 | 0.14 |
| | 1,428.92 | 0.09 | 0.46 | 0.4 |
| Item Name | Niacin(mg) | Vit B6(mg) | Vit B12(µg) | Fol (DFE)(µg) |
| DENNY'S FIT FARE Omelette | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 0.4 | 0.08 | 0 | 60 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Bean Salad, Three Bean | 1.06 | 0.25 | 0 | 100.16 |
| Squash, Zucchini, Baby | 0.62 | 0.12 | 0 | 17.6 |
| Cookie, Sugar | 0.93 | 0.03 | 0.14 | 51.44 |
| | 3.01 | 0.48 | 0.14 | 229.2 |
| Item Name | Vit C(mg) | Vit D (ug)(µg) | Vit A (RAE) †(µg) | Vit A (IU) †(IU) |
| DENNY'S FIT FARE Omelette | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 60 | 0 | 0 | 0 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 6 | 0 | 0 | 1000 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 0 | 0 |
| Bean Salad, Three Bean | 36.68 | 0 | 0 | 845.33 |
| Squash, Zucchini, Baby | 30.01 | 0 | 22 | 431.2 |
| Cookie, Sugar | 0.02 | 0.15 | 0 | 393.19 |
| | 132.71 | 0.15 | 22 | 2,669.72 |
| Item Name | Alpha-T(mg) | Calcium(mg) | Iron(mg) | Magn(mg) |
| DENNY'S FIT FARE Omelette | 0 | 0 | 0 | 0 |
| MINUTE MAID Juice, Orange | 0 | 20 | 0 | 24 |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 0 | 20 | 4.5 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 10.21 | 0 | 0 |
| CRYSTAL GEYSER Water, Bottled | 0 | 13.61 | 0 | 0 |
| Bean Salad, Three Bean | 3.74 | 109.47 | 3.82 | 61.96 |
| Squash, Zucchini, Baby | 0 | 18.48 | 0.7 | 29.04 |
| Cookie, Sugar | 0.97 | 16.24 | 0.97 | 5.25 |
| | 4.71 | 208.01 | 9.99 | 120.25 |
| Item Name | Potas(mg) | Zinc(mg) | Sodium(mg) | |
| DENNY'S FIT FARE Omelette | 0 | 0 | 870 | |
| MINUTE MAID Juice, Orange | 450 | 0 | 15 | |
| BRUEGGER'S BAGELS Sandwich, Deli, BLT | 0 | 0 | 1060 | |
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 3.4 | |
| | 1,472.42 | 3.12 | 2,935.24 | |

3 Day Average

| Item Name | Potas(mg) | Zinc(mg) | Sodium(mg) |
|-------------------------------|-----------------|-------------|-----------------|
| CRYSTAL GEYSER Water, Bottled | 0 | 0 | 4.54 |
| Bean Salad, Three Bean | 580.16 | 2.14 | 829.53 |
| Squash, Zucchini, Baby | 403.92 | 0.73 | 2.64 |
| Cookie, Sugar | 38.34 | 0.25 | 150.13 |
| | 1,472.42 | 3.12 | 2,935.24 |

3 Day Average

† Disclaimers for Vitamin A and Vitamin E

Vitamin A

Intake recommendations for vitamin A are provided in the Dietary Reference Intakes (DRIs) and are given as mcg of retinol activity equivalents (RAE). Currently, vitamin A is listed on food and supplement labels in international units (IUs). In Diet Analysis Plus the DRI report is an aggregate of all vitamin A IU and RAE. We are able to calculate RAE from IU whenever possible but that depends on the type of food. For this reason on a report it is possible to see a student consuming a high % of IU but a low % of RAE due to missing values. For example in the DRI report a plain cheeseburger has values for vitamin A (IU) 234.6 IU and vitamin A (RAE) 0 µg.

Vitamin E

The Dietary Reference Intake (DRI) for vitamin E is based on alpha-tocopherol (Vit E). Because of this the Diet Analysis database only keeps track of the recommended daily allowances for alpha-tocopherol (Vit E). Vitamin E (mg) and Vitamin E (IU) do not have recommended daily allowances, for this reason it is possible to see a student have a low % of vitamin E (mg) and vitamin E (IU) on their reports.

Energy Balance for Jan 13, 2016, Jan 14, 2016, Jan 15, 2016

| Date | kcal Consumed | kcal Burned | Net kcal |
|--------------|---------------|-------------|----------|
| Jan 13, 2016 | 1721 | 2905 | -1184 |
| Jan 14, 2016 | 1882 | 3298 | -1416 |
| Jan 15, 2016 | 1654 | 3323 | -1669 |
| Total: | 5257 | 9526 | -4269 |

| Daily Caloric Summary | kcal |
|------------------------|-------|
| Recommended: | 1746 |
| Average Intake: | 1752 |
| Average Expenditure: | 3175 |
| Average Net Gain/Loss: | -1423 |

Activities Spreadsheet for Jan 13, 2016

| Activity Name | Rate(kcals/kg/hour) | Duration(min) | Calories Burned |
|---|---------------------|-----------------|-----------------|
| Sleeping | 0.9 | 330 | 314 |
| Running, Jogging, general | 7.0 | 30 | 222 |
| Occupation, Walking,, 3.0 mph, moderately and carrying light objects less than 25 lbs | 4.0 | 30 | 127 |
| Miscellaneous, Sitting-studying, general, including reading and/or writing | 1.8 | 60 | 114 |
| Occupation, Typing, electric, manual or computer | 1.5 | 15 | 24 |
| Miscellaneous, Sitting-in class, general, including note-taking or class discussion | 1.8 | 60 | 114 |
| Occupation, Typing, electric, manual or computer | 1.5 | 30 | 48 |
| Miscellaneous, Sitting-in class, general, including note-taking or class discussion | 1.8 | 60 | 114 |
| Inactivity, Sitting quietly and watching television | 1.0 | 30 | 32 |
| Occupation, Typing, electric, manual or computer | 1.5 | 15 | 24 |
| Miscellaneous, Sitting-studying, general, including reading and/or writing | 1.8 | 30 | 57 |
| Miscellaneous, Sitting-talking or talking on the phone | 1.5 | 30 | 48 |
| Home activities, Wash dishes-standing or in general (not broken into stand/walk components) | 2.3 | 15 | 37 |
| Cleaning, heavy (wash car, wash windows, mop) | 3.0 | 15 | 48 |
| Miscellaneous, Sitting-talking or talking on the phone | 1.5 | 15 | 24 |
| Walking, 3.5 mph, uphill | 6.0 | 15 | 95 |
| Occupation, Walking,, 3.0 mph, moderately and carrying light objects less than 25 lbs | 4.0 | 15 | 64 |
| Miscellaneous, Sitting-in class, general, including note-taking or class discussion | 1.8 | 35 | 67 |
| Occupation, Walking,, 3.0 mph, moderately and carrying light objects less than 25 lbs | 4.0 | 15 | 64 |
| Miscellaneous, Sitting-studying, general, including reading and/or writing | 1.8 | 90 | 171 |
| Home activities, Wash dishes-standing or in general (not broken into stand/walk components) | 2.3 | 15 | 37 |
| Home activities, Cleaning, heavy or major (e.g., wash car, wash windows, clean garage), vigorous effort | 3.0 | 15 | 48 |
| Miscellaneous, Standing-talking or talking on the phone | 1.8 | 20 | 38 |
| Inactivity, Sitting quietly and watching television | 1.0 | 25 | 26 |
| Miscellaneous, Sitting-studying, general, including reading and/or writing | 1.8 | 60 | 114 |
| Running, Jogging, general | 7.0 | 30 | 222 |
| Totals: | | 24 hours | 2905 |

Activities Spreadsheet for Jan 13, 2016

| Activity Name | Rate(kcals/kg/hour) | Duration(min) | Calories Burned |
|---|---------------------|-----------------|-----------------|
| Occupation, Walking,, 3.0 mph, moderately and carrying light objects less than 25 lbs | 4.0 | 30 | 127 |
| Inactivity, Sitting quietly and watching television | 1.0 | 30 | 32 |
| Miscellaneous, Sitting-in class, general, including note-taking or class discussion | 1.8 | 60 | 114 |
| Miscellaneous, Sitting-studying, general, including reading and/or writing | 1.8 | 75 | 143 |
| Miscellaneous, Sitting-talking or talking on the phone | 1.5 | 30 | 48 |
| Home activities, Wash dishes-standing or in general (not broken into stand/walk components) | 2.3 | 15 | 37 |
| Sleeping | 0.9 | 25 | 24 |
| Basal Metabolic Rate | 1.1 | 75 | 87 |
| Totals: | | 24 hours | 2905 |