

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	<u>kcal</u>
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
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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 µg
Folate (DFE)	400 µg
Vitamin C	75 mg
Vitamin D (ug)	15 µg
Vitamin A (RAE) †	700 µg
Vitamin A (IU) †	2333 IU
Alpha-Tocopherol	15 mg

Minerals

Calcium	1000 mg
Iron	18 mg
Magnesium	310 mg
Potassium	4700 mg DRI Adequate Intake
Zinc	8 mg
Sodium	1500 mg 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

 Nutrient	DRI	Intake	0%	25%	50%	75%	100%	
Energy								
Kilocalories	1746 kcal	1,751.94 kcal	<div></div>					100%
Protein	50.8 g	87.1 g	<div></div>					171%
Carbohydrate	191.0 - 276.0 g	187.29 g	<div></div>					68%
Fat, Total	37.0 - 66.0 g	75.94 g	<div></div>					115%
Fat (Specific)								
Saturated Fat	< 17 g	17.55 g	<div></div>					103%
Monounsaturated Fat	*	12.54 g						
Polyunsaturated Fat	*	16.18 g						
Trans Fatty Acid	*	0.65 g						
Cholesterol	*	275.96 mg						
Essential Fatty Acids								
PFA 18:2, Linoleic	12 g	11.68 g	<div></div>					97%
PFA 18:3, Linolenic	1.1 g	1.52 g	<div></div>					138%
Carbohydrates (Specific)								
Dietary Fiber, Total	25 g	16.97 g	<div></div>					68%
Sugar, Total (Natural and Added)	*	79.05 g						
Other								
Water	2700 g	1,502.17 g	<div></div>					56%
Alcohol	*	0.03 g						
Vitamins								
Thiamin	1.1 mg	0.83 mg	<div></div>					75%
Riboflavin	1.1 mg	0.94 mg	<div></div>					85%
Niacin	14 mg	17.69 mg	<div></div>					126%
Pyridoxine (Vitamin B6)	1.3 mg	1.84 mg	<div></div>					142%
Cobalamin (Vitamin B12)	2.4 µg	3.95 µg	<div></div>					164%
Folate (DFE)	400 µg	298.56 µg	<div></div>					75%
Vitamin C	75 mg	153.51 mg	<div></div>					205%
Vitamin D (ug)	15 µg	0.11 µg	<div></div>					1%
Vitamin A (RAE) †	700 µg	355.75 µg	<div></div>					51%
Vitamin A (IU) †	2333 IU	5,882.2 IU	<div></div>					252%
Alpha-Tocopherol	15 mg	3.55 mg	<div></div>					24%
Minerals								
Calcium	1000 mg	334.05 mg	<div></div>					33%
Iron	18 mg	9.98 mg	<div></div>					55%
Magnesium	310 mg	159.99 mg	<div></div>					52%
Potassium	4700 mg	2,512.5 mg	<div></div>					53%
Zinc	8 mg	5.39 mg	<div></div>					67%

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

<div><div></div><div>Nutrient</div></div>	DRI	Intake	0%	25%	50%	75%	100%	
<div><div></div><div>Sodium</div></div>	1500 mg	2,821.38 mg						188%



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3 Day Average

Profile

Active Profile: ☐ ☒

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Essential Fatty Acids

PFA 18:2, Linoleic	12 g
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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
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3 Day Average

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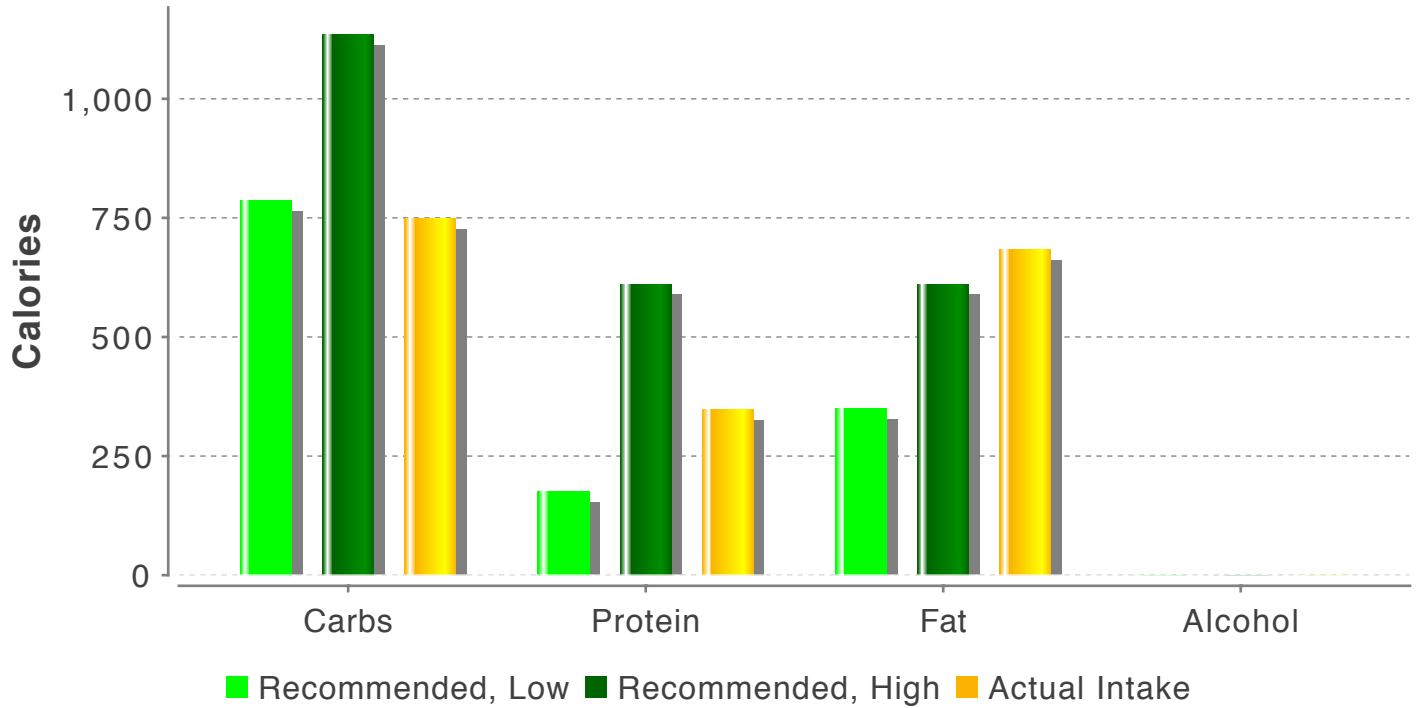
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3 Day Average

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

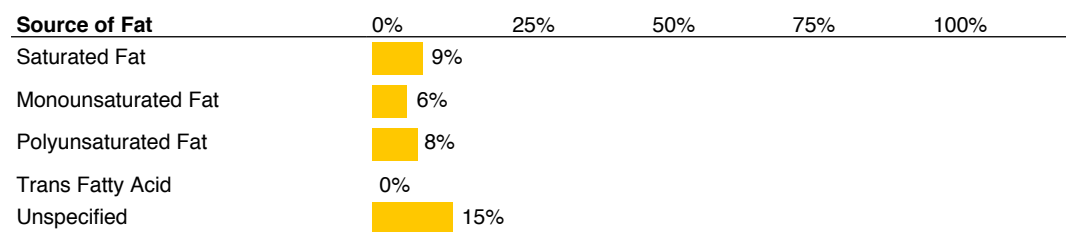
Macronutrient Ranges



	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

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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
		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
		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
		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
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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
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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 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.

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