

## Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

### Profile Info

Personal: Yanyan Xu Male 19 yrs 5 ft 7 in 137 lb

Day(s): 2008 Jan 9 (Breakfast)

Activity Level: Active

(Strive for an Active activity level.)





BMI: 21.5

Normal is 18.5 to 25.

Weight Lose: 2 lb per week

Best to not exceed 2 lbs per week.

Nutrient	Value	DRI Goal	Percent	0	50	100	150
<i>Basic Components</i>							
Calories	2,251.27	1,863.65	121 %				
Calories from Fat	321.55	521.82	62 %				
Calories from SatFat	83.10	167.73	50 %				
Protein (g)	176.11	49.71	354 %				
Carbohydrates (g)	324.23	256.25	127 %				
Sugar (g)	126.59						
Dietary Fiber (g)	51.69	26.09	198 %				
Soluble Fiber (g)	8.53						
InSoluble Fiber (g)	23.34						
Fat (g)	35.73	57.98	62 %				
Saturated Fat (g)	9.23	18.64	50 %				
Trans Fat (g)	0.00						
Mono Fat (g)	15.67	20.71	76 %				
Poly Fat (g)	4.82	18.64	26 %				
Cholesterol (mg)	131.81	300.00	44 %				
Water (g)	2,256.35	3,700.00	61 %				
<i>Vitamins</i>							
Vitamin A - RAE (mcg)	2,237.05	900.00	249 %				
Vitamin B1 - Thiamin (mg)	2.02	1.20	168 %				
Vitamin B2 - Riboflavin (mg)	2.41	1.30	185 %				
Vitamin B3 - Niacin (mg)	26.11	16.00	163 %				
Vitamin B6 (mg)	2.86	1.30	220 %				
Vitamin B12 (mcg)	4.99	2.40	208 %				
Vitamin C (mg)	316.95	90.00	352 %				
Vitamin D - mcg (mcg)	7.45	5.00	149 %				
Vitamin E - Alpha	7.24	15.00	48 %				
Folate (mcg)	512.44	400.00	128 %				
<i>Minerals</i>							
Calcium (mg)	1,655.77	1,000.00	166 %				
Iron (mg)	32.19	8.00	402 %				
Magnesium (mg)	604.40	400.00	151 %				

Phosphorus (mg)	1,963.93	700.00	281 %	
Potassium (mg)	5,122.64	4,700.00	109 %	
Sodium (mg)	2,480.92	2,300.00	108 %	
Zinc (mg)	14.04	11.00	128 %	
<i>Other</i>				
Alcohol (g)	0.00			
Caffeine (mg)	20.60			