



Summary Intake Report for Jane Doe

Days Covered: 7/30/2008

Client Information

Start Date:	07/30/2008	Starting Weight:	123 pounds
Goal Date:	01/28/2009	Desired Weight:	110 pounds
Gender:	Female	Desired Loss:	13 pounds
Age:	31	Starting Body Fat:	N/A
Build:	Small	Desired Body Fat:	N/A
Height:	60 in.	Starting BMI:	24.0
Activity Level:	Sedentary	Desired BMI:	21.5

Number of Intake Days: 1

Average Calories Per Day: 1395 **Actual PCF Ratio:** 20-60-20

Daily Calorie Goal: 1343 **Desired PCF Ratio:** 15-55-30

Desired PCF Ratio



■ Protein ■ Carbs ■ Fat

Actual PCF Ratio



■ Protein ■ Carbs ■ Fat

Average Daily Intake Values

	Calories (kcal)	Food Energy (kj)	Protein (g)	Carbs (g)	Starch (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
Breakfast	467	1,954	19	72	0	37	0	0	0	0
Morning Snack	72	300	0	19	0	14	3	8	0	3
Lunch	255	1,067	12	46	0	26	0	0	0	0
Afternoon Snack	245	1,023	13	46	0	27	1	1	0	0
Dinner	357	1,493	30	37	24	3	1	0	0	1
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	1,395	5,837	73	220	24	107	5	10	0	3
Daily Goal:	1,343	5,619	50	185	0	0	0	0	0	0
% of Daily Goal:	104 %	104 %	146 %	119 %	0 %	0 %	0 %	0 %	0 %	0 %

Summary Intake Report for Jane Doe (continued)

Average Daily Intake Values

	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Est Net Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Trans-Mono- enoic Fat (g)	Trans-Poly- enoic Fat (g)	Monounsaturat Fat (g)
Breakfast	0	0	6	66	14	5	0	0	0	0
Morning Snack	0	0	3	16	0	0	0	0	0	0
Lunch	0	0	8	38	3	0	0	0	0	0
Afternoon Snack	0	0	2	44	3	0	0	0	0	0
Dinner	0	0	7	29	11	4	0	0	0	5
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	0	0	27	192	32	9	0	0	0	5
Daily Goal:	0	0	15	0	45	15	0	0	0	0
% of Daily Goal:	0 %	0 %	178 %	0 %	71 %	59 %	0 %	0 %	0 %	0 %

	Polyunsaturat Fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)	Ash (g)	Water (g)	Caffeine (mg)	Theobromo- mine (mg)	Phytosterols (mg)
Breakfast	1	0	0	20	0	0	211	0	0	0
Morning Snack	0	0	0	0	0	0	118	0	0	17
Lunch	0	0	0	20	0	0	0	0	0	0
Afternoon Snack	0	0	0	4	0	0	77	0	0	6
Dinner	1	0	0	58	0	7	345	0	0	0
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	2	0	0	102	0	8	751	0	0	22
Daily Goal:	0	0	0	134	0	0	2,073	0	0	0
% of Daily Goal:	0 %	0 %	0 %	76 %	0 %	0 %	36 %	0 %	0 %	0 %

	Stigmasterol (mg)	Campesterol (mg)	Beta-sito- sterol (mg)	Vit-A (mcg_RAE)	Retinol (mcg)	Carotene beta (mcg)	Carotene alpha (mcg)	Cryptoxanthin beta (mcg)	Lycopene (mcg)	Lutein+ zeaxanthin (mcg)
Breakfast	0	0	0	0	0	0	0	0	0	0
Morning Snack	0	0	0	4	0	37	0	15	0	40
Lunch	0	0	0	0	0	0	0	0	0	0
Afternoon Snack	0	0	0	34	0	364	82	0	2,084	100
Dinner	0	0	0	945	0	11,327	0	0	0	20,396
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	0	0	0	983	0	11,728	82	15	2,084	20,535
Daily Goal:	0	0	0	700	0	0	0	0	0	0
% of Daily Goal:	0 %	0 %	0 %	140 %	0 %	0 %	0 %	0 %	0 %	0 %

Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)

Summary Intake Report for Jane Doe (continued)

Average Daily Intake Values

	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)
Breakfast	660	0	0	3	0	0	0	0	0	0
Morning Snack	75	0	0	0	0	0	4	4	0	4
Lunch	1,250	0	0	5	3	1	100	0	0	0
Afternoon Snack	675	0	0	0	0	0	12	12	0	12
Dinner	18,880	0	0	3	1	1	301	301	0	301
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	21,539	1	1	12	3	1	418	318	0	318
Daily Goal:	0	1	1	14	5	1	400	0	0	400
% of Daily Goal:	0 %	71 %	92 %	83 %	69 %	114 %	104 %	0 %	0 %	79 %

	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco- pherol (mg)	Beta Toco- pherol (mg)	Gamma Toco- pherol (mg)	Delta Toco- pherol (mg)	Vit-E IU (IU)	Vit-K (mcg)
Breakfast	0	0	77	100	0	0	0	0	0	0
Morning Snack	0	0	6	0	0	0	0	0	0	3
Lunch	2	75	15	100	0	0	0	0	8	0
Afternoon Snack	0	0	10	0	0	0	0	0	0	6
Dinner	0	0	33	0	4	0	0	0	0	891
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	2	75	141	200	4	0	0	0	8	901
Daily Goal:	2	30	75	200	15	0	0	0	0	90
% of Daily Goal:	62 %	250 %	188 %	100 %	30 %	0 %	0 %	0 %	0 %	1001 %

	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)
Breakfast	316	40	100	570	204	0	0	0	0	0
Morning Snack	8	7	15	148	1	0	0	0	0	0
Lunch	300	100	400	400	550	0	0	0	0	38
Afternoon Snack	28	9	19	192	164	0	0	0	0	0
Dinner	281	219	197	1,921	563	0	0	1	0	0
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	934	375	732	3,231	1,483	0	0	1	0	38
Daily Goal:	1,000	320	700	0	1,343	0	25	1	3	150
% of Daily Goal:	93 %	117 %	105 %	0 %	110 %	0 %	0 %	93 %	0 %	25 %












Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)

Summary Intake Report for Jane Doe (continued)

Average Daily Intake Values

	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)					
Breakfast	2	0	0	0	1					
Morning Snack	0	0	0	0	0					
Lunch	3	1	0	0	2					
Afternoon Snack	1	0	0	0	0					
Dinner	9	2	0	3	4					
Evening Snack	0	0	0	0	0					
Daily Total:	14	3	0	3	7					
Daily Goal:	18	2	45	55	8					
% of Daily Goal:	78 %	114 %	0 %	6 %	90 %					

Under & Over Goal Comments

-  You have not reached your goal for Vitamin A. Good sources include beef liver, chicken liver, milk, cheddar cheese, egg yolk, cod liver oil, carrots, sweet potatoes, spinach, mango, cantaloupe, kale, apricots, papaya and peaches.
-  You have not reached your goal for Thiamin (Vitamin B-1). Good sources include liver, pork, meats, brewer's yeast, whole grains, sunflower seeds, enriched cereals, wheat germ, nuts and legumes.
-  You have not reached your goal for Pantothenic Acid (B-5). Good sources include salmon, liver, kidney, egg, yeast, chicken, yogurt, sweet potato, milk, ham, corn, whole-wheat macaroni, kidney beans, mushrooms, soybeans, banana, orange, collard greens, potato, broccoli, peanut butter, apple, wheat germ, whole grain breads and cereals.
-  You have not reached your goal for Cobalamin (Vitamin B-12). Good sources include liver, fortified cereals, salmon, haddock, clams, oysters, tuna, yogurt and milk.
-  You've exceeded your goal for Vitamin C. The upper limit (UL) for this nutrient for adults over 18 years is 2000 mg.
-  You have not reached your goal for Vitamin E. Good sources include wheat germ, sunflower seeds, peanuts, almonds, pecans, vegetable oils (corn, soybean, canola, cottonseed and safflower).
-  You have not reached your goal for Potassium. Good sources include bananas, oranges, grapefruit, dried fruits, potatoes, milk, tomatoes and spinach.
-  You have not reached your goal for Chromium. Good sources include brewer's yeast, cheese, liver, wheat germ, whole eggs, peanut butter, spinach, chicken, mushrooms and whole grains.
-  You have not reached your goal for Iodine. Good sources include iodized salt and saltwater fish.
-  You have not reached your goal for Iron. Good sources include chicken liver, oysters, beef, poultry, clams, iron fortified cereals, prunes, raisins, beans, lentils, soybeans and spinach.
-  You have not reached your goal for Selenium. Good sources include brazil nuts, tuna, beef / calf liver, cod, turkey, chicken, beef, enriched breads, macaroni and rice, toasted wheat germ, oatmeal and eggs.