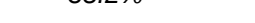
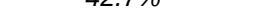


iProfile / Intake Compared to DRI / Complete View

Emily Kalwasinski

Start date: Thu Sep 24 2015 End date: Sat Sep 26 2015

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	2651 kcal	1677 kcal	63.3% 
Calories from Fat	530 - 928 kcal	424 kcal	below recommended range
Fat, Total	59 - 103 g	47 g	below recommended range
Saturated Fat	< 29.5 g	12.3 g	within recommended range
Trans Fatty Acid	minimize	0.2 g	within recommended range
Monounsaturated Fat	not determined	3.9 g	n/a
Polyunsaturated Fat	not determined	5.4 g	n/a
Omega-6 Fatty Acids	12.0 g	3.0 g	24.8% 
Omega-3 Fatty Acids	1.1 g	0.4 g	35.2% 
Cholesterol	< 300 mg	79 mg	within recommended range
Carbohydrate	298 - 431 g	205 g	below recommended range
Sugar, Total	not determined	86 g	n/a
Dietary Fiber, Total	25 g	19 g	75.7% 
Soluble Fiber	not determined	1 g	n/a
Insoluble Fiber	not determined	1 g	n/a
Protein	66 - 232 g	90 g	within recommended range
Protein Based on Body Weight	45 g	90 g	201.6% 
Histidine	803 mg	807 mg	100.4% 
Isoleucine	1116 mg	1349 mg	120.9% 
Lysine	2455 mg	2120 mg	86.3% 
Leucine	2276 mg	2205 mg	96.9% 
Methionine	1116 mg	670 mg	60.1% 
Cystine	1116 mg	476 mg	42.7% 
Phenylalanine	2098 mg	1144 mg	54.5% 

Nutrient	My DRI	My Intakes	0% 50% 100%
Tyrosine	2098 mg	969 mg	46.2%
Threonine	1205 mg	1049 mg	87.1%
Tryptophan	312 mg	318 mg	101.9%
Valine	1428 mg	1399 mg	97.9%
Alanine	not determined	1363 mg	n/a
Aspartic Acid	not determined	2595 mg	n/a
Glutamic Acid	not determined	4613 mg	n/a
Serine	not determined	1097 mg	n/a
Arginine	not determined	1420 mg	n/a
Glycine	not determined	1138 mg	n/a
Proline	not determined	1491 mg	n/a
Water	2700 g	4547 g	168.4%
Vitamin A (RAE)	700 µg	395 µg	56.4%
Vitamin D (ug)	15 µg	2 µg	15.0%
Vitamin E (Alpha-Tocopherol)	15 mg	2 mg	13.6%
Vitamin K	90 µg	136 µg	151.5%
Thiamin	1.1 mg	6.6 mg	598.9%
Riboflavin	1.1 mg	1.0 mg	90.4%
Niacin	14 mg	13 mg	96.0%
Biotin	30 µg	4 µg	11.9%
Pantothenic Acid	5.0 mg	2.0 mg	40.3%
Vitamin B6 (Pyridoxine)	1.3 mg	1.1 mg	82.6%
Folate (DFE)	400 µg	299 µg	74.7%
Vitamin B12 (Cobalamin)	2.4 µg	1.9 µg	79.7%
Vitamin C	75 mg	17 mg	23.1%

Nutrient	My DRI	My Intakes	0%50%100%
Sodium	1500 mg	2594 mg	172.9%
Potassium	4700 mg	1362 mg	29.0%
Calcium	1000 mg	551 mg	55.1%
Magnesium	310 mg	171 mg	55.1%
Iron	18 mg	11 mg	63.1%
Zinc	8 mg	3 mg	37.9%
Copper	900.0 µg	781.68 µg	86.9%
Fluoride	3000.0 µg	5997.4 µg	199.9%
Iodine	150 µg	0 µg	0.0%
Phosphorus	700 mg	527 mg	75.2%
Selenium	55 µg	27 µg	49.7%
Alcohol	not determined	15 g	n/a
Caffeine	not determined	47 mg	n/a