

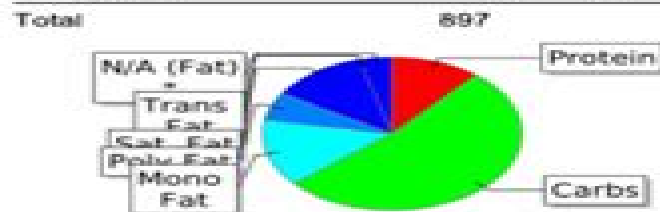
Macronutrient Distribution

The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats).

Profile Info

Personal: Emilie Valentine Female 20 yrs 5 ft 6 in 155 lb
 Student Info: Emilie Valentine Kimberly Harmon NUTR 1653
 Day(s): 2024 Sep 22 (Lunch, Dinner, Snack)
 Activity Level: Sedentary (Strive for an Active activity level.)
 BMI: 25.0 Normal is 18.5 to 25.
 Weight Change: Lose 1.4 lb per week Best not to exceed 2 lbs per week.

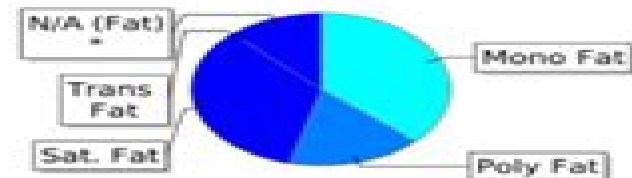
Source of Calories	Calori	Gra	Perce
Protein	103	25.7	11 %
Carbohydrates	463	115.9	52 %
Alcohol	0	0.0	0 %
Fat (Total)	331	36.7	37 %
Saturated Fat	112	12.4	12%
Trans Fat	0	0.0	0%
Mono Fat	123	13.6	14%
Poly Fat	56	6.2	6%



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Exchanges			
Starch	4.38	Fruit	0.00
Other Carbs	3.33	Vegetable	0.00
Lean Meat	1.76	Fat	6.37
Alcohol	0.00	NonFatMil	0.00

Source of Fat (approx.)	Fat (g)	Perce
Saturated Fat	12.4	34 %
Mono Fat	13.6	37 %
Poly Fat	6.2	17 %
Trans Fat	0.0	0 %
Total (g)	36.7	



*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Ratios	
P:S (Poly Fat / Saturated Fat)	0.50 : 1
Potassium : Sodium	0.18 : 1
Calcium : Phosphorus	0.95 : 1
CSI (Cholesterol / Saturated Fat)	15.02

The Iom Nas Macronutrient Report

Sebastian Brünink



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