



Summary Intake Report for Glen Krog

Days Covered: 2009/07/23

Client Information

Start Date: 05/06/2009 **Starting Weight:** 103.0 kg.
Goal Date: 06/30/2009 **Desired Weight:** 115.0 kg.
Gender: Male **Desired Gain:** 12.0 kg.
Age: 41 **Starting Body Fat:** 12.0%
Build: Medium **Desired Body Fat:** 10.0%
Height: 179.0 cm. **Starting BMI:** 32.1
Activity Level: Moderately Active **Desired BMI:** 35.9

Number of Intake Days: 1

Average Calories Per Day: 1952 **Actual PCF Ratio:** 59-16-25

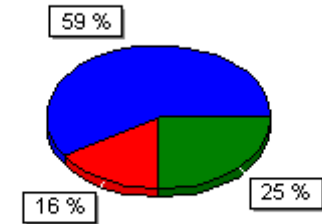
Daily Calorie Goal: 5463 **Desired PCF Ratio:** 15-55-30

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)	Dietary Fiber (g)	Est Net Carbs (g)	Fat (g)	Sat fat (g)
Breakfast	452	1,891	29	23	0	2	4	19	22	6
Morning Snack	241	1,007	53	2	0	0	3	0	3	0
Lunch	413	1,729	60	21	0	0	4	17	4	1
Afternoon Snack	120	503	26	1	0	0	2	0	1	0
Dinner	606	2,533	73	21	0	0	4	17	20	7
Evening Snack	120	503	26	1	0	0	2	0	1	0
Daily Total:	1,952	8,167	266	70	0	2	19	53	51	14
Daily Goal:	5,463	22,857	205	751	0	0	35	0	182	61
% of Daily Goal:	36 %	36 %	130 %	9 %	0 %	0 %	56 %	0 %	28 %	23 %

Summary Intake Report for Glen Krog (continued)

Average Daily Intake Values

	Trans Fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)	Vit-A (mcg_RAE)	Retinol (mcg)	Carotene beta (mcg)	Carotene alpha (mcg)	Cryptoxanthin beta (mcg)
Breakfast	0	0	3	846	0	280	278	20	0	18
Morning Snack	0	0	0	0	0	0	0	0	0	0
Lunch	0	1	0	66	0	37	37	0	0	0
Afternoon Snack	0	0	0	0	0	0	0	0	0	0
Dinner	0	0	1	98	0	0	0	0	0	0
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	0	1	3	1,010	0	317	315	20	0	18
Daily Goal:	0	0	0	546	0	900	0	0	0	0
% of Daily Goal:	0 %	0 %	0 %	185 %	0 %	35 %	0 %	0 %	0 %	0 %

	Lycopene (mcg)	Lutein+ zeaxanthin (mcg)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)
Breakfast	0	662	974	0	1	0	3	0	94	94
Morning Snack	0	0	0	0	0	0	0	0	0	0
Lunch	0	0	123	0	0	29	0	1	9	9
Afternoon Snack	0	0	0	0	0	0	0	0	0	0
Dinner	0	0	0	0	0	18	1	2	23	23
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	0	662	1,097	0	1	47	5	3	125	125
Daily Goal:	0	0	0	1	1	16	5	1	400	0
% of Daily Goal:	0 %	0 %	0 %	34 %	114 %	297 %	94 %	198 %	31 %	0 %

	Folic Acid (mcg)	Folate DFE (mcg DFE)	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)
Breakfast	0	94	3	0	0	70	2	0	1	0
Morning Snack	0	0	0	0	0	0	0	0	0	0
Lunch	0	9	7	0	0	0	0	0	0	0
Afternoon Snack	0	0	0	0	0	0	0	0	0	0
Dinner	0	23	4	0	0	0	1	0	0	0
Evening Snack	0	0	0	0	0	0	0	0	0	0
Daily Total:	0	125	13	0	0	70	3	0	1	0
Daily Goal:	0	400	2	30	90	200	15	0	0	0
% of Daily Goal:	0 %	31 %	532 %	0 %	0 %	35 %	19 %	0 %	0 %	0 %

Vit-E IU (IU)	Vit-K (mcg)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)








Summary Intake Report for Glen Krog (continued)

Average Daily Intake Values















	Vit-E IU (IU)	Vit-K (mcg)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)
Breakfast	0	1	106	24	382	268	616	0	0	0
Morning Snack	0	0	0	0	0	0	656	0	0	0
Lunch	0	0	24	59	359	521	446	0	0	0
Afternoon Snack	0	0	0	0	0	0	328	0	0	0
Dinner	0	3	55	60	550	878	481	0	0	0
Evening Snack	0	0	0	0	0	0	328	0	0	0
Daily Total:	0	4	185	143	1,291	1,667	2,856	0	0	1
Daily Goal:	0	120	1,000	420	700	0	2,400	0	35	1
% of Daily Goal:	0 %	3 %	19 %	34 %	184 %	0 %	119 %	0 %	0 %	56 %

	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)			
Breakfast	0	0	4	0	0	63	2			
Morning Snack	0	0	0	0	0	0	0			
Lunch	0	0	3	0	0	177	2			
Afternoon Snack	0	0	0	0	0	0	0			
Dinner	0	0	4	0	0	75	13			
Evening Snack	0	0	0	0	0	0	0			
Daily Total:	0	0	11	0	0	315	16			
Daily Goal:	4	150	8	2	45	55	11			
% of Daily Goal:	0 %	0 %	140 %	5 %	0 %	572 %	149 %			

Under & Over Goal Comments

-  You're under your calorie allotment for this day. Check your intake of calorie sources (protein, carbs, fat and alcohol) to see where you're low.
-  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've exceeded your goal for Niacin. The upper limit (UL) for this nutrient for individuals over 18 years old is 35 mg.
-  You've exceeded your goal for Vitamin B-6. The upper limit (UL) for this nutrient for adults over 18 years is 100 mg.
-  You have not reached your goal for Folate. Good sources include fortified / enriched cereals, beef liver, spinach, beans, asparagus, wheat germ and orange juice.
-  You have not reached your goal for Vitamin C. Good sources include oranges, orange juice, strawberries, grapefruits, cantaloupe, papayas, mangos, guavas, tangerines, red and green peppers, brussel sprouts, broccoli and tomatoes.

Summary Intake Report for Glen Krog (continued)

-  You have not reached your goal for Vitamin D. Good sources include vitamin-D fortified milk, salmon, mackerel, sardines, and cod liver oil.
-  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 Vitamin K. Good sources include green leafy vegetables such as spinach, turnip greens, kale, broccoli, green cabbage, legumes (i.e., lentils, chickpeas), alfalfa, egg yolk and beef liver.
-  You have not reached your goal for Calcium. Good sources include milk, yogurt, cheese, tofu, sardines with bones, broccoli and kale.
-  You have not reached your goals for Magnesium. Good sources include avocado, wheat germ, almonds, shredded wheat cereal, pumpkin seeds, cashews, mixed nuts, cooked spinach, bran flakes / buds, potatoes with skin, soybeans and oatmeal.
-  You've exceeded your goal for Phosphorus. The upper limit (UL) for this nutrient for individuals 9 to 70 years old is 4000 mg.
-  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 Copper. Good sources include beef liver, peanuts, brazil nuts, sunflower seeds, mushrooms, oysters, raisins and chick peas.
-  You have not reached your goal for Iodine. Good sources include iodized salt and saltwater fish.
-  You've exceeded your goal for Iron. The upper limit (UL) for this nutrient for individuals over 13 years is 45 mg.
-  You have not reached your goal for Manganese. Good sources include whole grain products, avocado, pineapple, wheat germ, oatmeal, nuts, green vegetables such as spinach and kale, black beans, almonds and lentils.
-  You've exceeded your goal for Selenium. The upper limit (UL) for this nutrient for individuals over 13 years is 400 mcg.
-  You've exceeded your goal for Zinc. The upper limit (UL) for this nutrient for individuals over 18 years is 40 mg.