

Summary Intake Report for Glen Krog

Days Covered: 6/7/2007

Client Information

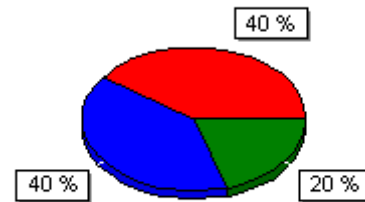
Start Date: 11/07/2003	Starting Weight: 108.0 kg.
Goal Date: 02/21/2004	Desired Weight: 92.0 kg.
Gender: Male	Desired Loss: 16.0 kg.
Age: 39	Starting Body Fat: 12.0%
Build: Medium	Desired Body Fat: 4.9%
Height: 179.0 cm.	Starting BMI: 33.7
Activity Level: Very Active	Desired BMI: 28.7

Number of Intake Days: 1

Average Calories Per Day: 2429 **Actual PCF Ratio:** 64-25-11

Daily Calorie Goal: 2448 **Desired PCF Ratio:** 40-40-20

Desired PCF Ratio



■ Carbs ■ Protein ■ Fat

Actual PCF Ratio



■ Carbs ■ Protein ■ Fat

Average Daily Intake Values

	Calories (kcal)	Food Energy (kj)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Monounsatur Fat (g)	Polyunsatur Fat (g)	Trans Fat (g)	Trans-Mono-enoic Fat (g)
Breakfast	644	2,695	90	28	13	4	4	2	0	0
Morning Stack	359	1,502	59	14	2	1	0	0	0	0
Lunch	349	1,462	45	28	5	1	2	1	0	0
Afternoon Snack	647	2,707	105	40	2	1	0	0	0	0
Dinner	80	335	17	3	0	0	0	0	0	0
Evening Snack	349	1,462	45	28	5	1	2	1	0	0
Daily Total:	2,429	10,163	362	140	28	8	7	4	0	0
Daily Goal:	2,448	10,242	245	245	54	18	0	0	0	0
% of Daily Goal:	99 %	99 %	148 %	57 %	51 %	46 %	0 %	0 %	0 %	0 %

Summary Intake Report for Glen Krog (continued)

Average Daily Intake Values

	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Phytosterols (mg)	Stigmasterol (mg)	Campesterol (mg)	Beta-sito- sterol (mg)	Starch (g)	Sugars (g)	Sucrose (g)
Breakfast	0	2	425	0	0	0	0	0	5	0
Morning Stack	0	0	0	0	0	0	0	0	2	0
Lunch	0	1	119	0	0	0	0	0	0	0
Afternoon Snack	0	0	0	0	0	0	0	0	2	0
Dinner	0	0	0	0	0	0	0	0	0	0
Evening Snack	0	1	119	0	0	0	0	0	0	0
Daily Total:	0	3	663	0	0	0	0	0	9	0
Daily Goal:	0	0	239	0	0	0	0	0	0	0
% of Daily Goal:	0 %	0 %	277 %	0 %	0 %	0 %	0 %	0 %	0 %	0 %

	Glucose (g)	Fructose (g)	Lactose (g)	Maltose (g)	Galactose (g)	Dietary Fiber (g)	Caffeine (mg)	Theobro- mine (mg)	Water (g)	Alcohol (g)
Breakfast	0	0	0	0	0	2	0	0	200	0
Morning Stack	0	0	0	0	0	2	0	0	0	0
Lunch	0	0	0	0	0	3	0	0	175	0
Afternoon Snack	0	0	0	0	0	2	0	0	0	0
Dinner	0	0	0	0	0	0	0	0	0	0
Evening Snack	0	0	0	0	0	3	0	0	175	0
Daily Total:	0	0	0	0	0	12	0	0	550	0
Daily Goal:	0	0	0	0	0	24	0	0	4,762	0
% of Daily Goal:	0 %	0 %	0 %	0 %	0 %	52 %	0 %	0 %	12 %	0 %

	Ash (g)	Vit-A IU (IU)	Vit-A RE (mcg_RE)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Folic Acid (mcg)
Breakfast	2	11,685	191	77	78	94	83	73	300	412
Morning Stack	0	1,150	0	1	1	12	6	1	230	0
Lunch	3	25,125	2,518	0	0	20	2	1	32	0
Afternoon Snack	0	2,650	0	2	2	27	13	3	530	0
Dinner	0	0	0	0	0	0	0	0	0	0
Evening Snack	3	25,125	2,518	0	0	20	2	1	32	0
Daily Total:	8	65,734	5,226	80	82	172	106	79	1,124	412
Daily Goal:	0	5,000	0	2	2	19	0	2	200	0
% of Daily Goal:	0 %	1315 %	0 %	5349 %	4823 %	907 %	0 %	3967 %	562 %	0 %

Food Folate (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Vit-C (mg)	Vit-D (IU)	Vit-E IU (IU)	Vit-E ATE (mg_ATE)	Alpha Toco- pherol (mg)	Beta Toco- pherol (mg)	Gamma Toco- pherol (mg)
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Summary Intake Report for Glen Krog (continued)

Average Daily Intake Values

	Food Folate (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Vit-C (mg)	Vit-D (IU)	Vit-E IU (IU)	Vit-E ATE (mg_ATE)	Alpha Toco- pherol (mg)	Beta Toco- pherol (mg)	Gamma Toco- pherol (mg)
Breakfast	58	79	11	1,035	732	336	1	0	0	0
Morning Stack	0	0	3	35	0	35	0	0	0	0
Lunch	32	32	0	28	0	1	1	0	0	0
Afternoon Snack	0	0	8	80	0	80	0	0	0	0
Dinner	0	0	0	0	0	0	0	0	0	0
Evening Snack	32	32	0	28	0	1	1	0	0	0
Daily Total:	122	143	23	1,205	732	452	3	0	0	0
Daily Goal:	0	0	2	60	200	15	0	0	0	0
% of Daily Goal:	0 %	0 %	1154 %	2008 %	366 %	3035 %	0 %	0 %	0 %	0 %

	Delta Toco- pherol (mg)	Biotin (mcg)	Vit-K (mcg)	Calcium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)
Breakfast	0	173	0	2,079	0	116	601	0	236	12
Morning Stack	0	173	0	0	0	110	1	0	86	10
Lunch	0	0	0	53	0	0	0	0	0	2
Afternoon Snack	0	398	0	0	0	254	3	0	199	24
Dinner	0	0	0	0	0	0	0	0	0	0
Evening Snack	0	0	0	53	0	0	0	0	0	2
Daily Total:	0	743	0	2,185	0	481	606	0	521	51
Daily Goal:	0	0	80	800	0	0	0	0	150	10
% of Daily Goal:	0 %	0 %	0 %	273 %	0 %	0 %	0 %	0 %	348 %	506 %

	Magnesium (mg)	Manganese (mg)	Molybdenum (mcg)	Phosphorus (mg)	Potassium (mg)	Selenium (mcg)	Sodium (mg)	Zinc (mg)	Alanine (g)	Arginine (g)
Breakfast	162	13	60	442	536	110	759	31	2	4
Morning Stack	0	2	60	0	0	0	306	0	0	0
Lunch	64	1	0	382	759	39	387	2	2	3
Afternoon Snack	0	5	113	0	0	36	606	15	0	0
Dinner	0	0	0	0	0	0	213	0	0	0
Evening Snack	64	1	0	382	759	39	387	2	2	3
Daily Total:	290	22	234	1,207	2,053	225	2,657	50	7	9
Daily Goal:	350	0	0	800	0	70	2,391	15	0	0
% of Daily Goal:	83 %	0 %	0 %	151 %	0 %	322 %	111 %	331 %	0 %	0 %

Aspartic acid (g)	Cystine (g)	Glutamic acid (g)	Glycine (g)	Histidine (g)	Isoleucine (g)	Leucine (g)	Lysine (g)	Methionine (g)	Phenylala- nine (g)








Summary Intake Report for Glen Krog (continued)

Average Daily Intake Values












	Aspartic acid (g)	Cystine (g)	Glutamic acid (g)	Glycine (g)	Histidine (g)	Isoleucine (g)	Leucine (g)	Lysine (g)	Methionine (g)	Phenylalanine (g)
Breakfast	3	1	5	1	1	2	2	2	1	2
Morning Stack	0	0	0	0	0	0	0	0	0	0
Lunch	4	1	7	2	1	2	3	4	1	2
Afternoon Snack	0	0	0	0	0	0	0	0	0	0
Dinner	0	0	0	0	0	0	0	0	0	0
Evening Snack	4	1	7	2	1	2	3	4	1	2
Daily Total:	11	2	18	5	3	6	9	10	4	6
Daily Goal:	0	0	0	0	0	0	0	0	0	0
% of Daily Goal:	0 %	0 %	0 %	0 %	0 %	0 %	0 %	0 %	0 %	0 %

	Proline (g)	Serine (g)	Threonine (g)	Tyrosine (g)	Tryptophan (g)	Valine (g)				
Breakfast	1	2	1	1	0	2				
Morning Stack	0	0	0	0	0	0				
Lunch	2	2	2	2	1	2				
Afternoon Snack	0	0	0	0	0	0				
Dinner	0	0	0	0	0	0				
Evening Snack	2	2	2	2	1	2				
Daily Total:	5	5	5	4	1	7				
Daily Goal:	0	0	0	0	0	0				
% of Daily Goal:	0 %	0 %	0 %	0 %	0 %	0 %				

Under & Over Goal Comments

-  You've exceeded your goal for Vitamin A. The upper limit (UL) for this nutrient for adults over 18 years is 10,000 IU or 3000 mcg.
 -  You've exceeded your goal for Niacin. The upper limit (UL) for this nutrient for individuals over 18 years old is 35 mg.
 -  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've exceeded your goal for Vitamin B-6. The upper limit (UL) for this nutrient for adults over 18 years is 100 mg.
 -  You've exceeded your goal for Total Folate. The upper limit (UL) for this nutrient for adults over 18 years is 1000 mcg synthetic (i.e., obtained from supplements or fortified foods).
 -  You've exceeded your goal for Vitamin C. The upper limit (UL) for this nutrient for adults over 18 years is 2000 mg.
 -  You've exceeded your goal for Vitamin D. The upper limit (UL) for this nutrient is 2000 IU or 50 mcg.
- You've exceeded your goal for Vitamin E. The upper limit (UL) for this nutrient for individuals over 18 years is 1500 IU or 1,000 mg.

Summary Intake Report for Glen Krog (continued)

-  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've exceeded your goal for Calcium. The upper limit (UL) for this nutrient for all age groups is 2500 mg.
-  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've exceeded your goal for Iodine. The upper limit (UL) for this nutrient for adults over 18 years is 1100 mcg.
-  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 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'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.

Average Daily Exchange Information:

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
3.69	16	0	3	0	0	0	0	0	0	0	0