

Bar Graph cont.

| Nutrients | Value | Rcmd | % Rcmd | 0 | 20 | 40 | 60 | 80 | 100 - RDA/AI 120 |
|-----------------------------|---------|---------|---------|---|----|----|----|----|------------------|
| Vitamin D - IU (IU) | 724.27 | | | | | | | | |
| Vitamin D - mcg (mcg) | 18.09 | 15.00 | 120.62% | | | | | | |
| Vitamin E - Alpha-Toco (mg) | 17.25 | 15.00 | 115.00% | | | | | | |
| Folate (mcg) | 403.79 | 400.00 | 100.95% | | | | | | |
| Folate, DFE (mcg) | 221.88 | 400.00 | 55.47% | | | | | | |
| Vitamin K (mcg) | 106.08 | 120.00 | 88.40% | | | | | | |
| Pantothenic Acid (mg) | 8.04 | 5.00 | 160.76% | | | | | | |
| Minerals | | | | | | | | | |
| Calcium (mg) | 1556.90 | 1000.00 | 155.69% | | | | | | |
| Chromium (mcg) | 2.62 | 30.00 | 8.73% | | | | | | |
| Copper (mg) | 2.01 | 0.90 | 223.04% | | | | | | |
| Fluoride (mg) | 0.25 | 4.00 | 6.17% | | | | | | |
| Iodine (mcg) | 7.70 | 150.00 | 5.13% | | | | | | |
| Iron (mg) | 20.10 | 8.00 | 251.27% | | | | | | |
| Magnesium (mg) | 333.16 | 420.00 | 79.32% | | | | | | |
| Manganese (mg) | 5.05 | 2.30 | 219.58% | | | | | | |
| Molybdenum (mcg) | 22.32 | 45.00 | 49.60% | | | | | | |
| Phosphorus (mg) | 1576.26 | 700.00 | 225.18% | | | | | | |
| Potassium (mg) | 4924.32 | 4700.00 | 104.77% | | | | | | |
| Selenium (mcg) | 62.18 | 55.00 | 113.06% | | | | | | |
| Sodium (mg) | 1501.26 | 1300.00 | 115.48% | | | | | | |
| Zinc (mg) | 9.89 | 11.00 | 89.88% | | | | | | |
| Poly Fats | | | | | | | | | |
| Omega 3 Fatty Acid (g) | 0.87 | 2.18 | 39.91% | | | | | | |
| Omega 6 Fatty Acid (g) | 17.67 | 19.36 | 91.26% | | | | | | |
| Other Nutrients | | | | | | | | | |
| Alcohol (g) | 0 | | | | | | | | |
| Caffeine (mg) | 134.72 | | | | | | | | |
| Choline (mg) | 170.19 | 550.00 | 30.94% | | | | | | |

Regular House

Bar Graph

| Nutrients | Value | Rcmd | % Rcmd | 0 | 20 | 40 | 60 | 80 | 100 - RDA/AI | 120 |
|--------------------------------|----------|---------|---------|---|----|----|----|----|--------------|-----|
| Basic Components | | | | | | | | | | |
| Gram Weight (g) | 4784.26 | | | | | | | | | |
| Calories (kcal) | 2388.05 | 2177.95 | 109.65% | | | | | | | |
| Calories from Fat (kcal) | 581.81 | 609.83 | 95.41% | | | | | | | |
| Calories from SatFat (kcal) | 141.29 | 196.02 | 72.08% | | | | | | | |
| Protein (g) | 123.62 | 59.87 | 206.46% | | | | | | | |
| Carbohydrates (g) | 344.88 | 299.47 | 115.16% | | | | | | | |
| Dietary Fiber (g) | 70.89 | 30.49 | 232.51% | | | | | | | |
| Soluble Fiber (g) | 6.54 | | | | | | | | | |
| Total Sugars (g) | 118.33 | | | | | | | | | |
| Monosaccharides (g) | 29.59 | | | | | | | | | |
| Disaccharides (g) | 18.94 | | | | | | | | | |
| Other Carbs (g) | 155.65 | | | | | | | | | |
| Fat (g) | 64.89 | 67.76 | 95.76% | | | | | | | |
| Saturated Fat (g) | 15.70 | 21.78 | 72.08% | | | | | | | |
| Mono Fat (g) | 15.01 | 24.20 | 62.03% | | | | | | | |
| Poly Fat (g) | 22.45 | 21.78 | 103.09% | | | | | | | |
| Trans Fatty Acid (g) | 0 | | | | | | | | | |
| Cholesterol (mg) | 434.38 | 300.00 | 144.79% | | | | | | | |
| Water (g) | 2468.89 | 3700.00 | 66.73% | | | | | | | |
| Vitamins | | | | | | | | | | |
| Vitamin A - IU (IU) | 69661.02 | | | | | | | | | |
| Vitamin A - RAE (RAE) | 3601.61 | 900.00 | 400.18% | | | | | | | |
| Carotenoid RE (RE) | 6655.25 | | | | | | | | | |
| Retinol RE (RE) | 274.35 | | | | | | | | | |
| Beta-Carotene (mcg) | 37467.18 | | | | | | | | | |
| Vitamin B1 (mg) | 1.54 | 1.20 | 128.69% | | | | | | | |
| Vitamin B2 (mg) | 2.21 | 1.30 | 169.83% | | | | | | | |
| Vitamin B3 (mg) | 21.29 | 16.00 | 133.05% | | | | | | | |
| Vitamin B3 - Niacin Equiv (mg) | 30.10 | 16.00 | 188.13% | | | | | | | |
| Vitamin B6 (mg) | 1.83 | 1.70 | 107.45% | | | | | | | |
| Vitamin B12 (mcg) | 1.32 | 2.40 | 55.19% | | | | | | | |
| Biotin (mcg) | 39.65 | 30.00 | 132.17% | | | | | | | |
| Vitamin C (mg) | 236.14 | 90.00 | 262.38% | | | | | | | |