Multi Column: Breakfast Menus Day rev 10 75yomale68"153#LtAct

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	713.87	735.00	97.13%
Water (g)	1148.07	1233.00	93.11%
Protein (g)	37.14	31.24	118.90%
Carbohydrates (g)	100.74	97.40	103.43%
Fat (g)	19.29	24.50	78.72%
Cholesterol (mg)	38.34	100.00	38.34%
Dietary Fiber (g)	9.49	10.29	92.23%
Net Carbs (g)	91.25	87.11	104.75%
Vitamins			
Vitamin A - RAE (RAE)	272.56	300.00	90.85%
Vitamin B6 (mg)	1.44	0.60	240.75%

Nutrient	Value	Rcmd	% Rcmd
Vitamin B12 (mcg)	4.13	0.80	516.06%
Vitamin C (mg)	102.23	30.00	340.75%
Vitamin D - mcg (mcg)	3.62	5.00	72.46%
Folate (mcg)	343.87	133.30	257.97%
Minerals			
Calcium (mg)	788.14	400.00	197.03%
Magnesium (mg)	138.08	140.00	98.63%
Iron (mg)	4.12	2.70	152.49%
Potassium (mg)	1498.00	1250.00	119.84%
Sodium (mg)	974.86	1000.00	97.49%
Zinc (mg)	5.12	3.75	136.67%