Multi Column: Breakfast Menus Day rev 14 75yomale68"153#LtAct

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	715.56	735.00	97.36%
Water (g)	1108.77	1233.00	89.92%
Protein (g)	36.42	31.24	116.58%
Carbohydrates (g)	95.02	97.40	97.56%
Fat (g)	23.89	24.50	97.51%
Cholesterol (mg)	269.99	100.00	269.99%
Dietary Fiber (g)	10.98	10.29	106.74%
Net Carbs (g)	84.04	87.11	96.48%
Vitamins			
Vitamin A - RAE (RAE)	267.21	300.00	89.07%
Vitamin B6 (mg)	1.09	0.60	181.38%

Nutrient	Value	Rcmd	% Rcmd
Vitamin B12 (mcg)	4.04	0.80	505.10%
Vitamin C (mg)	95.92	30.00	319.73%
Vitamin D - mcg (mcg)	5.26	5.00	105.19%
Folate (mcg)	215.20	133.30	161.44%
Minerals			
Calcium (mg)	476.98	400.00	119.25%
Magnesium (mg)	177.95	140.00	127.10%
Iron (mg)	14.31	2.70	530.07%
Potassium (mg)	1222.71	1250.00	97.82%
Sodium (mg)	873.69	1000.00	87.37%
Zinc (mg)	5.37	3.75	143.10%