Multi Column: Breakfast Menus Day 16 75yomale68"153#LtAct

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	716.27	735.00	97.45%
Water (g)	1174.63	1233.00	95.27%
Protein (g)	28.06	31.24	89.81%
Carbohydrates (g)	109.06	97.40	111.97%
Fat (g)	21.30	24.50	86.96%
Cholesterol (mg)	245.09	100.00	245.09%
Dietary Fiber (g)	9.52	10.29	92.47%
Net Carbs (g)	99.54	87.11	114.27%
Vitamins			
Vitamin A - RAE (RAE)	387.05	300.00	129.02%
Vitamin B6 (mg)	1.40	0.60	233.73%

Nutrient	Value	Rcmd	% Rcmd
Vitamin B12 (mcg)	3.94	0.80	493.11%
Vitamin C (mg)	155.90	30.00	519.67%
Vitamin D - mcg (mcg)	6.81	5.00	136.26%
Folate (mcg)	352.49	133.30	264.43%
Minerals			
Calcium (mg)	756.79	400.00	189.20%
Magnesium (mg)	127.08	140.00	90.77%
Iron (mg)	9.90	2.70	366.85%
Potassium (mg)	1586.34	1250.00	126.91%
Sodium (mg)	729.13	1000.00	72.91%
Zinc (mg)	5.61	3.75	149.58%