Multi Column: Breakfast Menus 1 75yomale68"153#LtAct

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	761.77	735.00	103.64%
Water (g)	1071.87	1233.00	86.93%
Protein (g)	37.14	31.24	118.89%
Carbohydrates (g)	98.72	97.40	101.35%
Fat (g)	26.71	24.50	109.02%
Cholesterol (mg)	264.14	100.00	264.14%
Dietary Fiber (g)	9.27	10.29	90.08%
Net Carbs (g)	89.44	87.11	102.67%
Vitamins			
Vitamin A - RAE (RAE)	283.75	300.00	94.58%
Vitamin B6 (mg)	0.86	0.60	142.97%
Vitamin B12 (mcg)	1.95	0.80	243.89%
Vitamin C (mg)	27.83	30.00	92.78%
Vitamin D - mcg (mcg)	4.17	5.00	83.44%
Folate (mcg)	129.78	133.30	97.36%
Minerals			
Calcium (mg)	619.47	400.00	154.87%
Magnesium (mg)	125.13	140.00	89.38%
Iron (mg)	4.53	2.70	167.82%
Potassium (mg)	1649.43	1250.00	131.95%
Sodium (mg)	883.47	1000.00	88.35%
Zinc (mg)	4.03	3.75	107.48%