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

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	736.21	735.00	100.16%
Water (g)	1176.42	1233.00	95.41%
Protein (g)	34.43	31.24	110.20%
Carbohydrates (g)	95.89	97.40	98.45%
Fat (g)	24.99	24.50	102.01%
Cholesterol (mg)	65.50	100.00	65.50%
Dietary Fiber (g)	9.31	10.29	90.49%
Net Carbs (g)	86.58	87.11	99.39%
Vitamins			
Vitamin A - RAE (RAE)	336.79	300.00	112.26%
Vitamin B6 (mg)	0.90	0.60	149.95%

Nutrient	Value	Rcmd	% Rcmd
Vitamin B12 (mcg)	1.42	0.80	177.02%
Vitamin C (mg)	116.25	30.00	387.49%
Vitamin D - mcg (mcg)	3.34	5.00	66.84%
Folate (mcg)	137.86	133.30	103.42%
Minerals			
Calcium (mg)	407.77	400.00	101.94%
Magnesium (mg)	138.78	140.00	99.13%
Iron (mg)	4.86	2.70	180.03%
Potassium (mg)	1478.60	1250.00	118.29%
Sodium (mg)	842.83	1000.00	84.28%
Zinc (mg)	4.66	3.75	124.37%