Multi Column: Breakfast Menus Day rev 9 75yomale68"153#LtAct

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	684.91	735.00	93.19%
Water (g)	1173.09	1233.00	95.14%
Protein (g)	33.98	31.24	108.78%
Carbohydrates (g)	88.19	97.40	90.55%
Fat (g)	23.59	24.50	96.27%
Cholesterol (mg)	245.73	100.00	245.73%
Dietary Fiber (g)	10.50	10.29	102.03%
Net Carbs (g)	77.69	87.11	89.18%
Vitamins			
Vitamin A - RAE (RAE)	563.85	300.00	187.95%
Vitamin B6 (mg)	1.78	0.60	297.46%

Nutrient	Value	Rcmd	% Rcmd
Vitamin B12 (mcg)	4.12	0.80	514.74%
Vitamin C (mg)	86.34	30.00	287.80%
Vitamin D - mcg (mcg)	4.91	5.00	98.15%
Folate (mcg)	346.14	133.30	259.67%
Minerals			
Calcium (mg)	591.15	400.00	147.79%
Magnesium (mg)	156.82	140.00	112.02%
Iron (mg)	11.41	2.70	422.45%
Potassium (mg)	1784.22	1250.00	142.74%
Sodium (mg)	1014.51	1000.00	101.45%
Zinc (mg)	9.56	3.75	254.91%