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

Nutrient	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	694.29	735.00	94.46%
Water (g)	973.86	1233.00	78.98%
Protein (g)	31.21	31.24	99.90%
Carbohydrates (g)	87.46	97.40	89.80%
Fat (g)	27.08	24.50	110.54%
Cholesterol (mg)	65.50	100.00	65.50%
Dietary Fiber (g)	9.05	10.29	87.95%
Net Carbs (g)	78.41	87.11	90.01%
Vitamins			
Vitamin A - RAE (RAE)	290.28	300.00	96.76%
Vitamin B6 (mg)	1.41	0.60	235.21%

Nutrient	Value	Rcmd	% Rcmd
Vitamin B12 (mcg)	3.60	0.80	449.53%
Vitamin C (mg)	59.96	30.00	199.87%
Vitamin D - mcg (mcg)	3.62	5.00	72.48%
Folate (mcg)	188.50	133.30	141.41%
Minerals			
Calcium (mg)	404.32	400.00	101.08%
Magnesium (mg)	152.45	140.00	108.90%
Iron (mg)	4.40	2.70	163.14%
Potassium (mg)	1361.71	1250.00	108.94%
Sodium (mg)	459.60	1000.00	45.96%
Zinc (mg)	4.72	3.75	125.97%