

January 19 - February 22, 2026 compared to August 15 - September 25, 2025

# Report for ID Not Set

User motivations: [gi symptoms](#); [fitness/performance](#).

Diet restrictions: [no restrictions](#).

To learn a bit more about your report and the information presented, [click here](#)



## Clinical summary

### Macronutrients (daily avg.)

- **fat** 81g/day; 735 kcal/day [38.7%]
- **carbohydrate** 201g/day; 20g/day [fibre]; 180g/day [net]; 804 kcal/day [42.3%]
- **protein** 90g/day; 361 kcal/day [19.0%]
- **alcohol** 0.0mL/day; 0 kcal/day [0.0%]
- **calories** 1901 kcal/day.
- **energy from saturated and trans fats** was 17.9% [37.8g/day; 340.0kcal/day] compared to recommendations of <10% total energy.

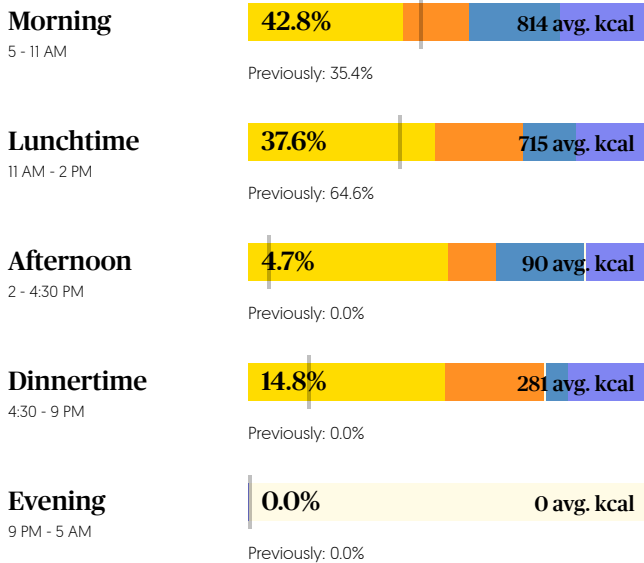
### Micronutrients (daily avg.)

- **calcium** 1434mg/day, 143% of 1000mg recommendation.
- **iron** 11mg/day, 137% of 8mg recommendation.
- **potassium** 1383mg/day, 40.7% of 3400mg recommendation.
- **sodium** above CDRR (max 2300mg/day).

A total of 28 items were logged over 3 days.

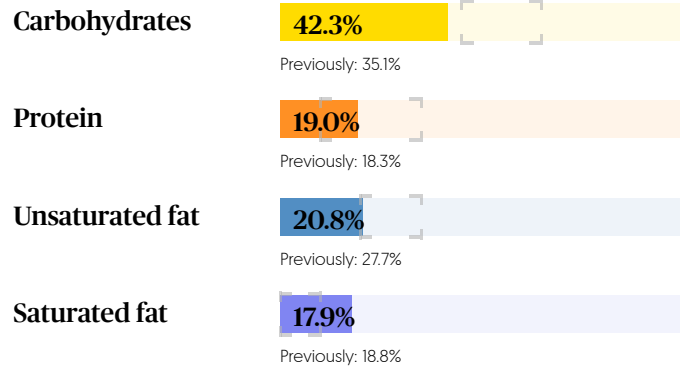
- **1 were classified as a beverage.** 0 [0%] of the beverages were sugary. Avg of 0 cups of water per day.
- **16 items were classified as a notable source of protein.** Of these, 3 [18.8%] were red meat, 5 [31.2%] were plant-based protein, and 1 [6.2%] was fish [not including shellfish].
- **3.6% of logged items were identified as possibly being fried.**

## Calorie distribution



Average calories by time with percentage consumed per day for that period. Calories breakdown by macronutrient based on yellow=carbohydrates, orange=protein, blue=unsaturated fat, purple=saturated fat.

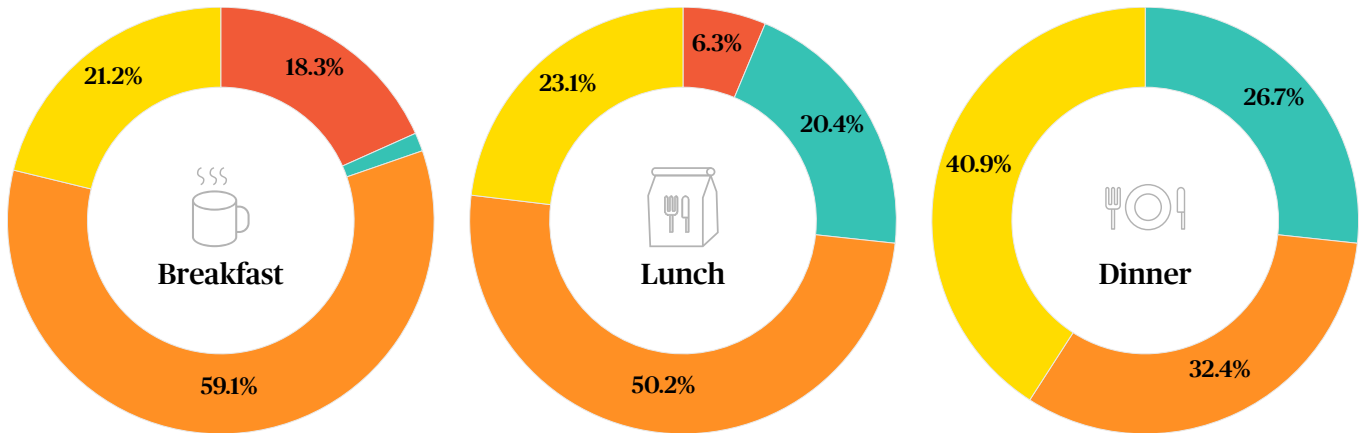
## Macronutrient distribution



Data based on percent of daily energy intake per macronutrient type. Acceptable Macronutrient Distribution Range (AMDR): **Protein 10-35%, Carbohydrates 45-65% and Total Fat 20-35% with Saturated Fats < 10%**

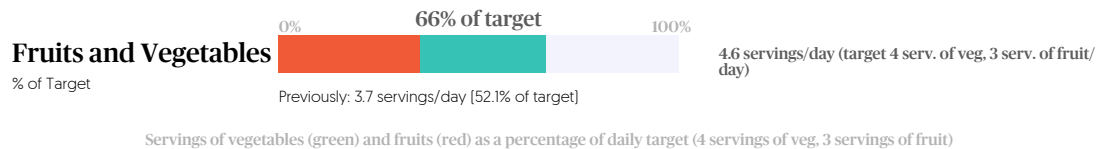
## Average plate

● fruit ● vegetable ● protein ● grains



Average composition of meals based on vegetables, fruit, grains, and protein

## Fruit & Vegetable Intake



**Servings of fruit per day:** 2.1 (68% of 3 servings/day target). Some of the fruit eaten includes: banana (contained in Mixed berry, banana, seed, and Greek yogurt smoothie); apple; mixed berries (contained in Mixed berry, banana, seed, and Greek yogurt smoothie).

**Servings of vegetables per day:** 2.5 (63% of 4 servings/day target). Some of the vegetables eaten include: asparagus spears (contained in Chicken and Vegetable Fettuccine); fresh spinach (contained in ham and cheese sandwich with mustard, mayonnaise, and spinach); stewed tomatoes sliced (contained in Everything bagel sandwich with nut butter, fried egg, and tomato).

**Target 7-10 vegetables and fruits per day, trying to have more vegetables than fruit if possible.** **Tips to increase fruit** include storing frozen fruit, adding fruit to breakfast or salads, and trying fruit with desserts (or as a replacement); consider fruit and nut butters as a portable snack. Fruits and vegetables are good sources of fibre, especially when they are eaten with the skin. Fruits and vegetables that have at least 2g of fibre per serving are bananas, apples, pears, raspberries (1/2 cup), oranges, kiwi, broccoli, carrots, sweet potato, spinach, pumpkin (1/2 cup servings). **Tips to increase vegetables** include doubling up on vegetables, cutting a bucket of vegetable for the whole week (or washing baby carrots and tomatoes) to make it easy to add, adding frozen vegetables to meals, and stock up on vegetables with longer shelf lives such as onions, cabbage, sweet potato, carrots, and beets. Look for deeply coloured vegetables for the most benefit such as red cabbage and green leafy vegetables (kale, spinach).

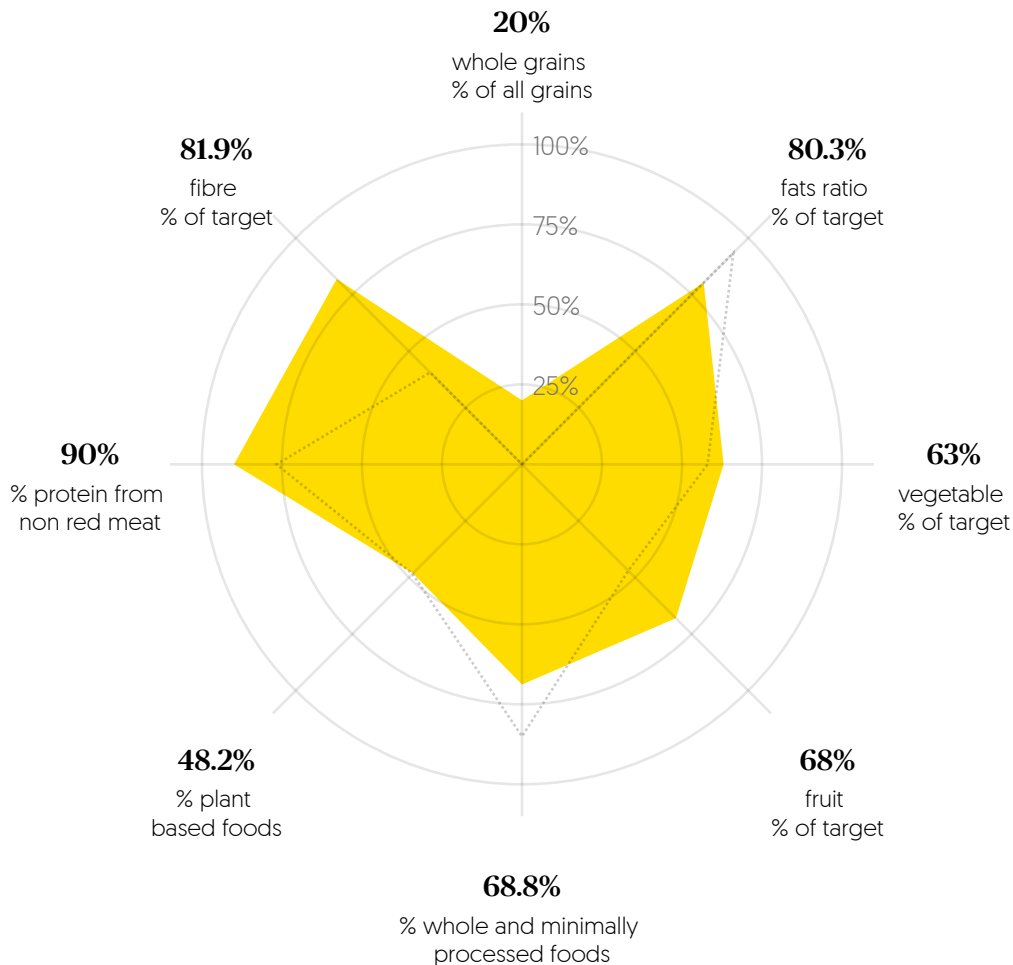
## Nutrient summary table

	AVG INTAKE	MIN INTAKE	MAX INTAKE	% OF RDA	AI/RDA
<b>PROTEIN (G)</b>	90	78	112	161.3%	56
<b>CARBOHYDRATE (G)</b>	201	156	261	154.6%	130
<b>FIBER (G)</b>	20	11	35	<b>53.9% (L)</b>	38
<b>CALCIUM (MG)</b>	1,434	1,217	1,636	143.4%	1,000
<b>IRON (MG)</b>	11	8.3	15.2	137.3%	8
<b>MAGNESIUM (MG)</b>	177	123	263	<b>44.3% (L)</b>	400
<b>PHOSPHORUS (MG)</b>	1,018	750	1,519	145.4%	700
<b>POTASSIUM (MG)</b>	1,383	1,297	1,542	<b>40.7% (L)</b>	3,400
<b>SODIUM (MG)</b>	2,982	2,436	3,574	129.6%	2,300
<b>ZINC (MG)</b>	5.9	3.7	10.1	<b>54.1% (L)</b>	11
<b>THIAMIN (MG)</b>	1	0.2	1.6	80.1%	1.2
<b>RIBOFLAVIN (MG)</b>	1.2	0.6	2.1	95.7%	1.3
<b>NIACIN (MG)</b>	16	5	37	99.3%	16
<b>VITAMIN B6 (MG)</b>	0.8	0.4	1.2	<b>58.7% (L)</b>	1.3
<b>FOLATE (MCG)</b>	217	30	553	<b>54.3% (L)</b>	400
<b>VITAMIN B12 (UG)</b>	2.7	2.1	3.1	111.3%	2.4
<b>VITAMIN A (RAE_MCG)</b>	559	250	624	<b>62.1% (L)</b>	900
<b>VITAMIN C (MG)</b>	68	22.7	91.7	75.6%	90
<b>VITAMIN E (MG)</b>	1.8	1	2.2	<b>11.7% (L)</b>	15
<b>VITAMIN D (IU)</b>	152	34	332	<b>25.3% (L)</b>	600
<b>VITAMIN K (MCG)</b>	94.2	57.8	152.1	78.5%	120

For protein and carbohydrates, under 80% RDI is considered low. For fibre, under 100% RDI is considered low and there is no high threshold. For all other nutrients or vitamins, under 75% is considered low and over 150% is considered high

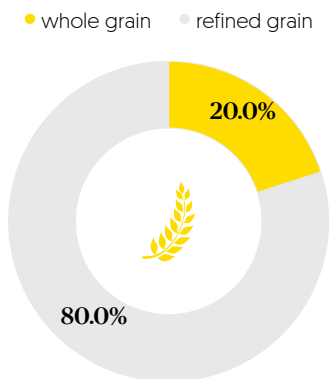
You can see lists of foods with common vitamins and minerals here: <https://rxfood.co/food-lists>.

# Star plot



Target for fibre based on recommended intake by sex; target for fruits is 3 servings; target for vegetables is 4 servings; fat ratio is defined as  $[MUFA+PUFA]/[sat \text{ and } trans]$  with a target ratio of 1.6; Dotted line indicates previous values

## Average grain intake frequency (%):



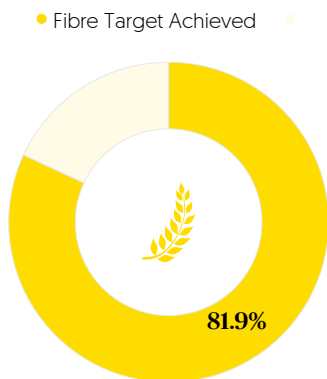
**You ate more refined grain than whole grain.**

**The whole grain foods you ate include: the granola king granola, blueberry orange; quaker yogourt granola bar, dark chocolate cherry.**

**The refined grain foods you ate include: fettuccini pasta (contained in Chicken and Vegetable Fettuccine); dempster's everything bagel.**

[Previously: Whole Grain = 0.0%, Refined Grain = 100.0%]

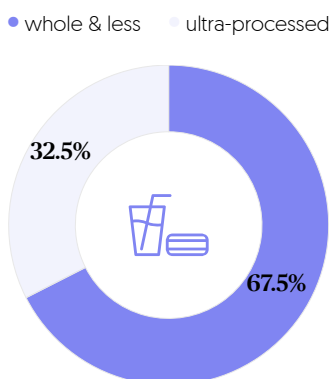
## Average fibre intake frequency (%):



[Previously: 40.6%]

**Fibre per day approximately: 20.5 grams (81.9% of 25 grams/day target). Example high fibre foods are: banana (contained in Mixed berry, banana, seed, and Greek yogurt smoothie); apple; cannellini beans (contained in Chicken and Vegetable Fettuccine).**

## Whole and less processed foods:

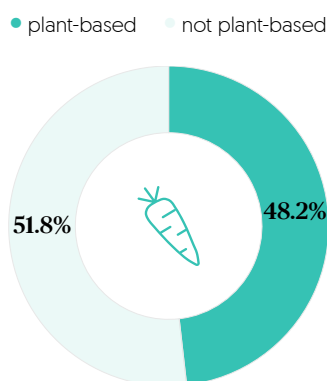


[Previously: Whole & less = 85.0%, Ultra-processed = 15.0%]

**You ate more whole and less processed foods than ultra-processed.**

**The potential ultra-processed foods you ate include: hot chocolate (contained in hot chocolate with whipped cream and marshmallows); dempster's everything bagel; whipped cream (contained in hot chocolate with whipped cream and marshmallows).**

## Average plant-based intake frequency (%):



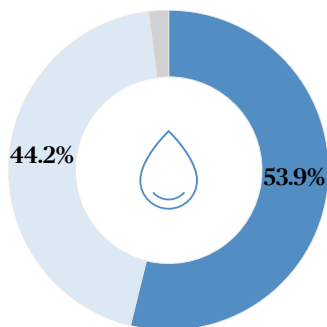
[Previously: Plant-based = 48.4%, Not Plant-based = 51.6%]

**You ate plant-based and not plant-based foods a similar number of times.**

**The plant-based foods you ate include: asparagus spears (contained in Chicken and Vegetable Fettuccine); banana (contained in Mixed berry, banana, seed, and Greek yogurt smoothie); apple.**

## Average fats intake frequency (%):

● unsaturated fats (PUFA + MUFA) ● sat ● trans



[Previously: Unsaturated = 59.5%, Sat + Trans = 40.5%]

**Foods containing more unsaturated fats:** chia seeds (contained in Mixed berry, banana, seed, and Greek yogurt smoothie).

**Foods containing more saturated or trans fats:** olympic krema yogurt, plain 10% mf.

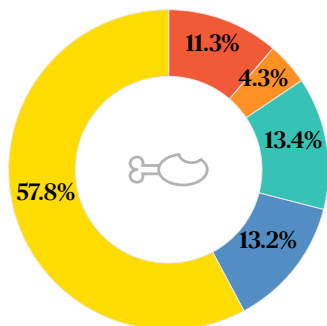
The following foods are sources of both unsaturated and sat/trans fats (please consult with your clinician about these): fried egg (contained in Everything bagel sandwich with nut butter, fried egg, and tomato).

**Omega-3 containing foods consumed:** sushi; chia seeds (contained in Mixed berry, banana, seed, and Greek yogurt smoothie).

Of all fats logged, 44.2% were saturated fats and 2.0% were trans fats. Previously, 38.6% were saturated and 1.8% were trans fats.

## Average protein intake frequency (%):

● red meat ● poultry ● plant ● seafood ● dairy & egg



[Previously: Red Meat = 15.5%, Poultry = 0.0%, Seafood = 22.7%, Plant Protein = 0.0%, Dairy & Egg = 61.9%]

**Dairy & egg was your highest protein source and poultry was your lowest protein source.**

You ate red meat 3 times over this period of 4 days (target max 2 times per week).

You ate fish 1 time during this period.

You ate legumes 2 times during this period.

## Average beverage intake frequency (%):

● water ● coffee, tea, cocoa ● sugary drink ● artificially sweetened drink ● alcohol ● non-alcoholic ● milk & alt.



**On average, you drank 0 cups of water per day and 0.3 cups of all beverages.**

## Fasting Windows

**Longest fasting window: 16.1 hours**

**Average fasting window: 13.3 hours**

**Shortest fasting window: 10.5 hours**

**Median fasting window: 13.3 hours**

---

## Supplements

<b>Name</b>	<b>Total Serving Size</b>	<b>Serving Label</b>	<b># of Times During Assessment Period</b>
vitamin d supplement	2	pill 1000iu	3

The supplements shown here are those that were recorded during the assessment period, and the number of times each unique serving size was recorded. Details of each can be found in the food log.

---

# Everything you tracked during this period

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2026-02-18	breakfast	Mixed berry, banana, seed, and Greek yogurt smoothie	288	80	gram	mixed berries; banana; yogurt, plain 3% milk fat; chia seeds; pumpkin seed	209.2		smoothie: 1 cup berries, 1 banana, 1 tbs chia seeds, 1 tsp pumpkin seeds and 1 tbs greek yogurt 10% fat
2026-02-18	breakfast	dempster's everything bagel	1	100	bagel		210		
2026-02-18	breakfast	cheese	5	100	slice		564.2		cheese
2026-02-18	breakfast	latte with 2% milk	242	100	gram	2% milk; coffee	95.8		latte with 2% milk
2026-02-18	breakfast	vitamin d supplement	1	100	pill 1000iu		0		vitamin D 1,000 u
2026-02-18	lunch	Chicken and Vegetable Fettuccine	512	100	gram	fettuccini pasta; asparagus spears; chicken breast; cannellini beans; green peas; sun dried tomatoes	513.4		
2026-02-18	lunch	apple	1.5	100	cup		114.4		
2026-02-18	lunch	Coffee with 2% milk	239	100	gram	coffee; 2% milk	33.5		1/4 cup 2% milk
2026-02-18	dinner	Fettuccine pasta with asparagus, cannellini beans, green peas, and sun-dried tomatoes	425	100	gram	fettuccini pasta; asparagus spears; cannellini beans; green peas; sun dried tomatoes	388.1		
2026-02-19	breakfast	hard cheese	1	100	ounce		102.8		
2026-02-19	breakfast	Everything bagel sandwich with nut butter, fried egg, and tomato	110	100	gram	fried egg; everything bagels; stewed tomatoes sliced	212.8		
2026-02-19	breakfast	mayo	1	60	tbsp		44		
2026-02-19	breakfast	vitamin d supplement	1	100	pill 1000iu		0	logged from recent items	
2026-02-19	breakfast	banana	1	100	each		105		
2026-02-19	lunch	ham and cheese sandwich with mustard, mayonnaise, and spinach	168	100	gram	sliced ham; sandwich bun; cheese slices; fresh spinach; mayonnaise; mustard	400.1		ham, mustard, mayo, cheese, spinach
2026-02-19	lunch	ham and cheese sandwich with mustard, mayonnaise, and spinach	168	100	gram	sliced ham; sandwich bun; cheese slices; fresh spinach;	400.1		

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
						mayonnaise; mustard			
2026-02-19	lunch	cucumber, raw, with peel	0.5	100	cup		7.8		
2026-02-19	lunch	hot chocolate with whipped cream and marshmallows	280	100	gram	hot chocolate; whipped cream; marshmallow	275.7		hot chocolate
2026-02-19	snack	flat white	1	100	cup		119.7		flat white
2026-02-19	snack	quaker yogurt granola bar, dark chocolate cherry	1	100	bar		150		
2026-02-20	breakfast	Yogurt bowl with mixed berries and chia seeds	272	100	gram	yogurt; mixed berries; chia seeds	243.6		
2026-02-20	breakfast	pumpkin seed	2	100	tsp		19.4	logged from recent items	
2026-02-20	breakfast	vitamin d supplement	1	100	pill 1000iu		0	logged from recent items	
2026-02-20	breakfast	latte	242	100	gram	2% milk; coffee	95.8		
2026-02-20	breakfast	olympic krema yogurt, plain 10% mf	1	100	cup		280		
2026-02-20	breakfast	the granola king granola, blueberry orange	1	100	cup		260		
2026-02-20	lunch	ham and cheese sandwich with mustard, mayonnaise, and spinach	168	100	gram	sliced ham; sandwich bun; cheese slices; fresh spinach; mayonnaise; mustard	400.1		
2026-02-20	dinner	sushi	10	100	pieces		456.3		Sushis [10]