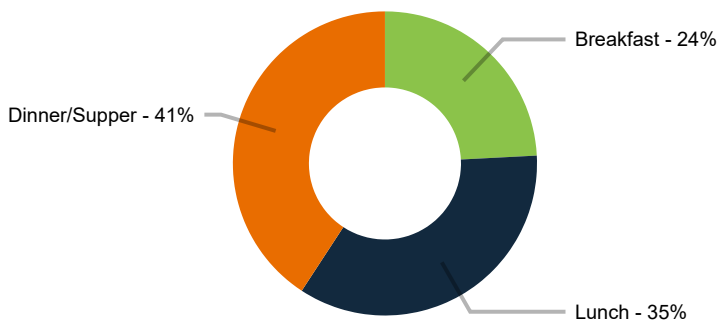


Energy Intake By Meal



Day(s)

From: Apr 9, 2019 12:00:00 AM

To: Apr 9, 2019 11:59:59 PM

Daily Energy needs

Average energy needs	1,850
Your caloric intake	1,786

Grain Products	
Recommendation	6.0 Canadian food guide serving(s)
Eaten	6.9 Canadian food guide serving(s)
Status	Achieved

Vegetables and Fruit	
Recommendation	7.0 Canadian food guide serving(s)
Eaten	3.4 Canadian food guide serving(s)
Status	Under

Milk and Alternatives	
Recommendation	3.0 Canadian food guide serving(s)
Eaten	0.4 Canadian food guide serving(s)
Status	Under

Meat and Alternatives	
Recommendation	2.0 Canadian food guide serving(s)
Eaten	2.3 Canadian food guide serving(s)
Status	Achieved

Grain Products



Vegetables and Fruit



Milk and Alternatives



Meat and Alternatives



Make each Food Guide Serving count...

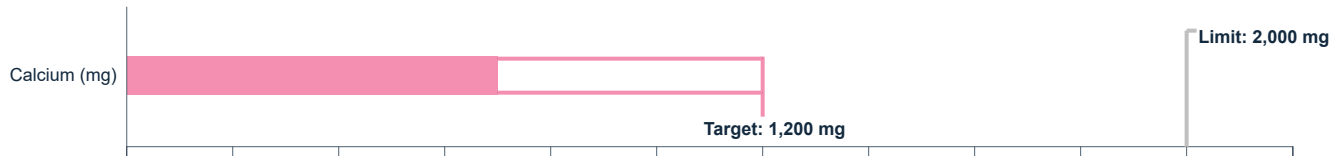
- Choose at least one dark green and one orange vegetable each day.
- Enjoy vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Have meat alternatives such as beans, lentils and tofu often and enjoy at least two Food Guide Servings of fish each week.
- Select foods from the four food groups that are lower in fat and prepared with little or no added fat, sugar or salt.

Nutrients	Target	Actual Eaten	Status
Calcium (mg)	1200	700	Under
Carbohydrate (g)	130	231	OK
Cholesterol (mg)	No Daily Target	235	OK
Choline (mg)	425	223	Under
Copper (mg)	0.9	0.8	Under
Folate (µg DFE)	400	646	OK
Iron (mg)	8	16	OK
Linoleic Acid (g)	11	15	OK
Magnesium (mg)	320	247	Under
Niacin (mg)	14	21	OK
Phosphorus (mg)	700	946	OK
Potassium (mg)	2600	1737	Under
Protein (g)	46	58	OK
Riboflavin (mg)	1.1	1.4	OK
Saturated Fat (% kcal)	No Daily Target	10	OVER
Selenium (µg)	55	106	OK
Sodium (mg)	No Daily Target	2149	OK
Thiamin (mg)	1.1	1.7	OK
Total Fat (% kcal)	20	35	OVER
Total Fiber (g)	21	13	Under
Vitamin A (µg RAE)	700	249	Under
Vitamin B12 (µg)	2.4	2.1	Under
Vitamin B6 (mg)	1.5	0.9	Under
Vitamin C (mg)	75	164	OK
Vitamin D (µg)	15	2	Under
Vitamin E (mg AT)	15	9	Under
Vitamin K (µg)	90	42	Under
Zinc (mg)	8	8	Under

Nutrient: Calcium (mg)

Target: 1200

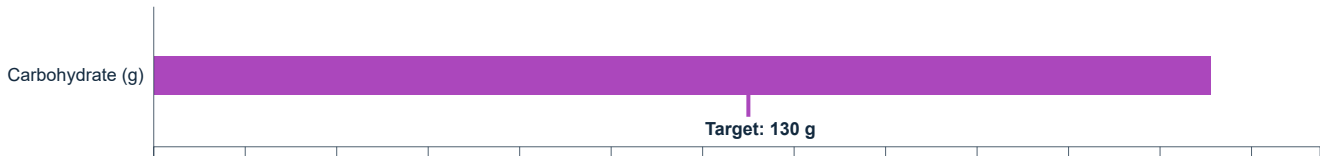
Actual Eaten: 700



Nutrient: Carbohydrate (g)

Target: 130

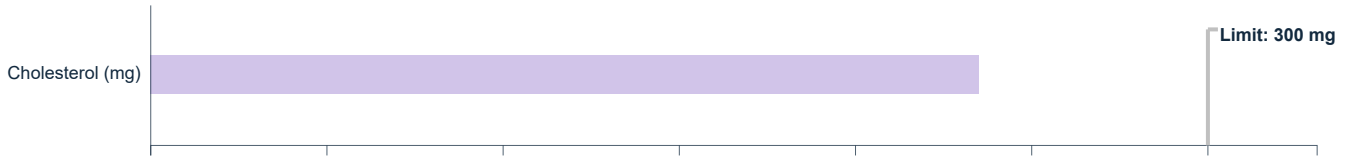
Actual Eaten: 231



Nutrient: Cholesterol (mg)

Target: No Daily Target

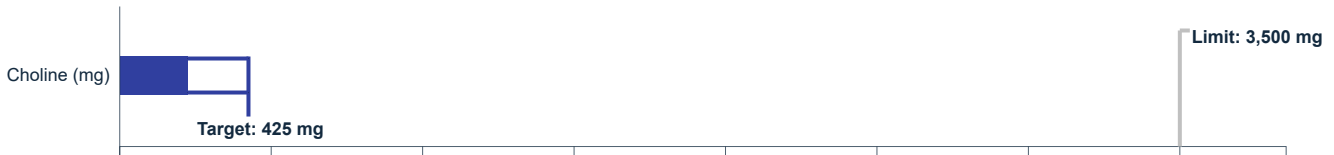
Actual Eaten: 235



Nutrient: Choline (mg)

Target: 425

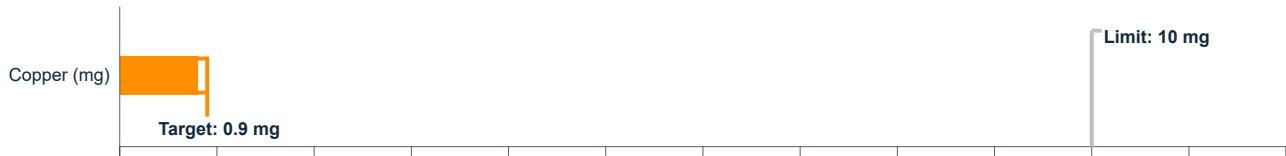
Actual Eaten: 223



Nutrient: Copper (mg)

Target: 0.9

Actual Eaten: 0.8



Nutrient: Folate (μ g DFE)

Target: 400

Actual Eaten: 646



Nutrient: Iron (mg)

Target: 8

Actual Eaten: 16



Nutrient: Linoleic Acid (g)

Target: 11

Actual Eaten: 15



Nutrient: Magnesium (mg)

Target: 320

Actual Eaten: 247



Nutrient: Niacin (mg)

Target: 14

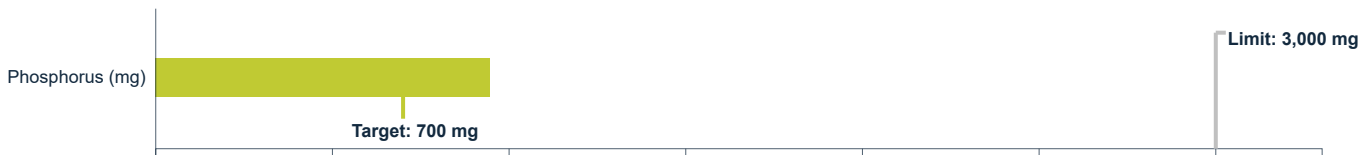
Actual Eaten: 21



Nutrient: Phosphorus (mg)

Target: 700

Actual Eaten: 946



Nutrient: Potassium (mg)

Target: 2600

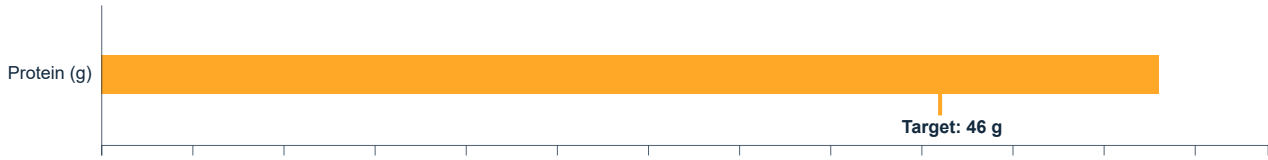
Actual Eaten: 1737



Nutrient: Protein (g)

Target: 46

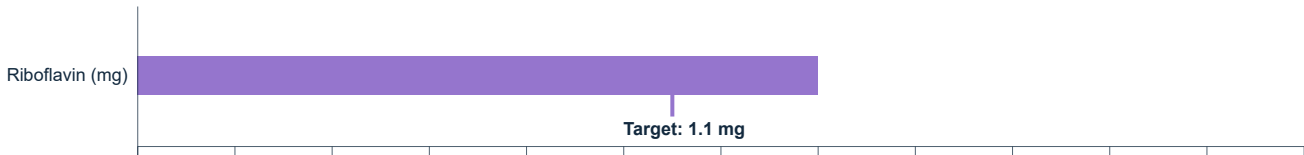
Actual Eaten: 58



Nutrient: Riboflavin (mg)

Target: 1.1

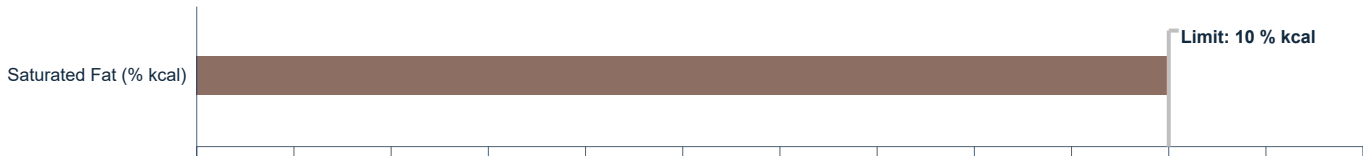
Actual Eaten: 1.4



Nutrient: Saturated Fat (% kcal)

Target: No Daily Target

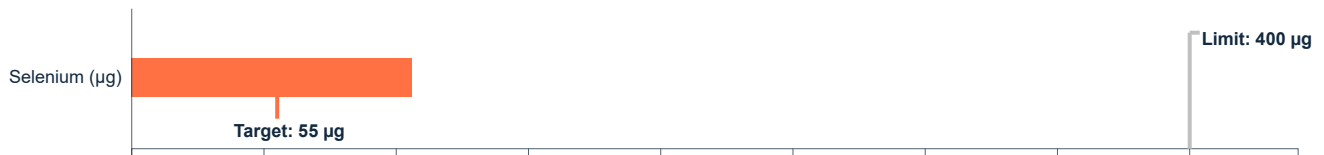
Actual Eaten: 10



Nutrient: Selenium (μ g)

Target: 55

Actual Eaten: 106



Nutrient: Sodium (mg)

Target: No Daily Target

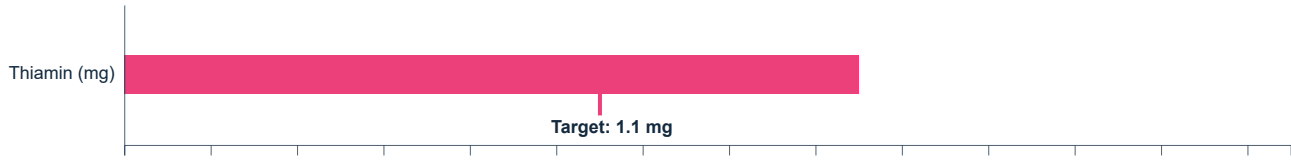
Actual Eaten: 2149



Nutrient: Thiamin (mg)

Target: 1.1

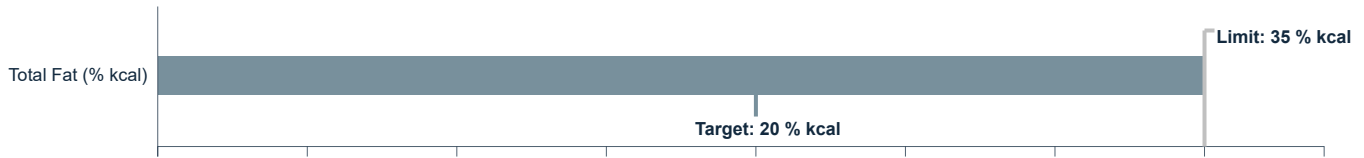
Actual Eaten: 1.7



Nutrient: Total Fat (% kcal)

Target: 20

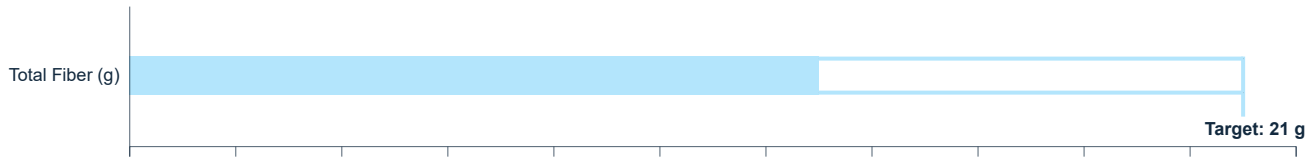
Actual Eaten: 35



Nutrient: Total Fiber (g)

Target: 21

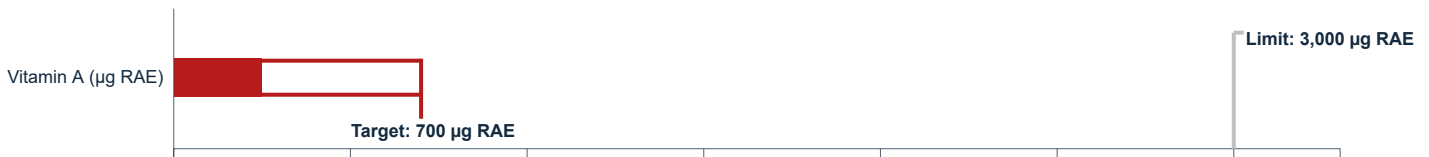
Actual Eaten: 13



Nutrient: Vitamin A (μg RAE)

Target: 700

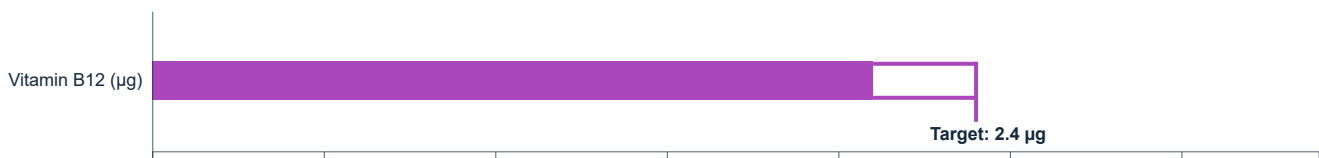
Actual Eaten: 249



Nutrient: Vitamin B12 (μg)

Target: 2.4

Actual Eaten: 2.1



Nutrient: Vitamin B6 (mg)

Target: 1.5

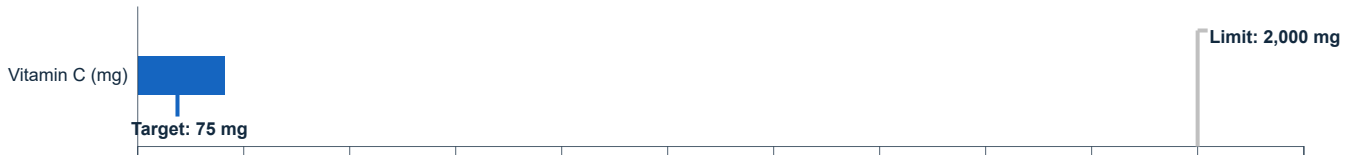
Actual Eaten: 0.9



Nutrient: Vitamin C (mg)

Target: 75

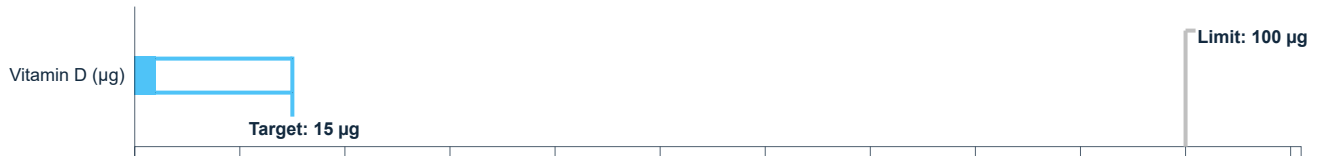
Actual Eaten: 164



Nutrient: Vitamin D (μ g)

Target: 15

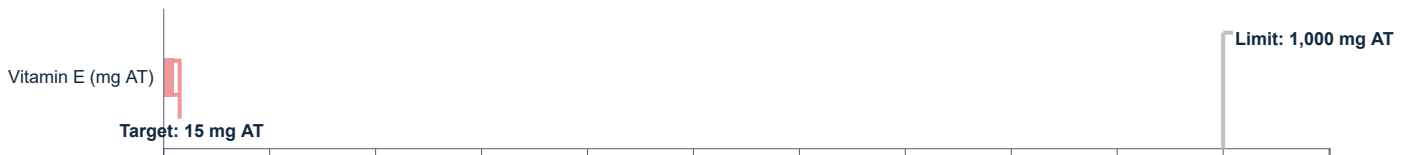
Actual Eaten: 2



Nutrient: Vitamin E (mg AT)

Target: 15

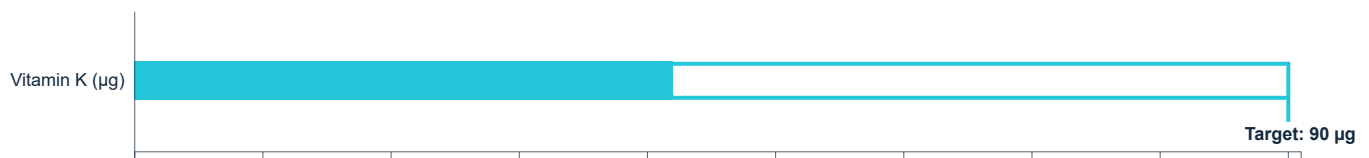
Actual Eaten: 9



Nutrient: Vitamin K (μ g)

Target: 90

Actual Eaten: 42



Nutrient: Zinc (mg)

Target: 8

Actual Eaten: 8



The report reflects the 2007 “Eating Well with Canada’s Food Guide” food groupings. Health Canada is working on developing a tool to assess adherence to new Food Guide recommendations introduced in January 2019.