

Day 1 Analysis Results

Nutrient	Total	Rec.	%Rec
Calories	847.47	2200	38.52%
Pro (g)	25.62	48	53.38%
Fat (g)	33.66	73.33	45.90%
Carb (g)	112.48		--
Fiber (g)	2.93	30	9.77%
Cal (mg)	115.08	1000	11.51%
Iron (mg)	2.69	10	26.9%
Na (mg)	1250.72	2400	52.11%
Pot (mg)	373.21		--
Phos (mg)	282.27	700	40.32%
Ash (g)	2.32	330	0.70%
vitA (IU)	363.46	4000	9.09%
vitC (mg)	3.65	75	4.87%
Thia (mg)	0.24	1.1	21.82%
Ribo (mg)	0.25	1.1	22.73%
Nia (mg)	3.32	14	23.71%
H2O %	28.5	Female 19-30	--
satF (g)	12.63	24.44	51.68%
monoF (g)	6.88	24.44	28.15%
polyF (g)	2.31	24.44	9.45%
Chol (mg)	64.3	300	21.43%

Day 2: Diet Change Drink More Water Analysis Results

Nutrient	Total	Rec.	%Rec
Calories	334.61	2200	15.21%
Pro (g)	16.34	48	34.04%
Fat (g)	12.63	73.33	17.22%
Carb (g)	46.49		--
Fiber (g)	3.99	30	13.3%
Cal (mg)	457.59	1000	45.76%
Iron (mg)	7.25	10	72.5%
Na (mg)	319.24	2400	13.30%
Pot (mg)	232.49		--
Phos (mg)	458.87	700	65.55%
Ash (g)	0.2	330	0.06%
vitA (IU)	1486.7	4000	37.17%
vitC (mg)	59.9	75	79.87%
Thia (mg)	1.7	1.1	154.55%
Ribo (mg)	1.91	1.1	173.64%
Nia (mg)	20.92	14	149.43%
H2O %	25.6	Female 19-30	--
satF (g)	6.36	24.44	26.02%
monoF (g)	0.08	24.44	0.33%
polyF (g)	0.27	24.44	1.10%
Chol (mg)	36.49	300	12.16%