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Daily Nutrition Feedback

December 5, 2012



SparkPeople's Nutrition Feedback is based on general nutrition recommendations for healthy adults. If your health care provider has instructed you to eat more or less of certain nutrients, always heed his or her advice instead of the tips provided here.

To run this report for other dates [return to your myNutrition page](#).

[Back to my Nutrition Tracker](#)
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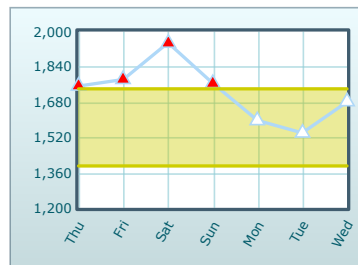
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Met My Goals

[Past 7 Days - See More](#)

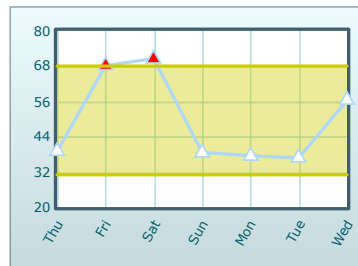
Calories *My Goal – 1390-1740* *Today – 1680*

Eating the right amount of calories can help you manage your weight and get the nutrients you need to stay healthy.



Fat *My Goal – 31-68* *Today – 56*

You are eating the right amount of dietary fat to help your body stay healthy!



Protein *My Goal – 60-152* *Today – 84*

You know that protein is an essential nutrient, and you're doing a great job of meeting your body's needs!

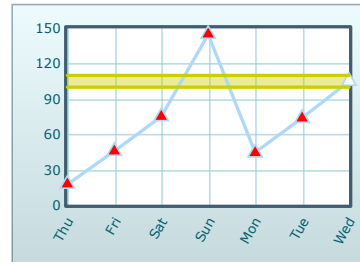
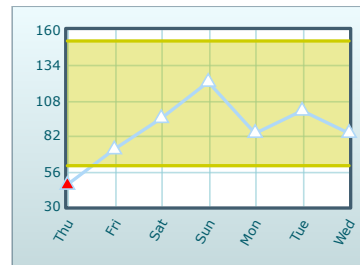
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Vitamin A, IU *My Goal – 100-110* *Today – 105*

You've met your goal for Vitamin A, which promotes eye, skin, bone, heart and reproductive health.



Went Over My Goals

Past 7 Days - [See More](#)

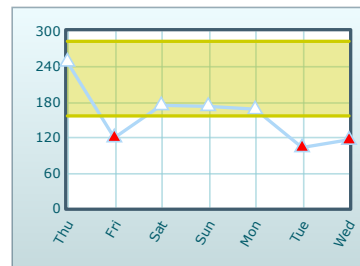
Went Under My Goals

Past 7 Days - [See More](#)

Carbohydrates *My Goal – 156-283* *Today – 116*

When it comes to carbs, it's important to avoid extremes. Too few carbs could bring about an abnormal blood sugar resulting in weakness, fatigue, dizziness and lack of energy. Carbs have gotten an unfounded bad rap in recent years, but they are actually the best source of fuel for your body and your brain. Aim for no less than 120 grams of carbohydrates each day (unless otherwise directed by your medical provider) while selecting foods that provide healthy carbs for your body.

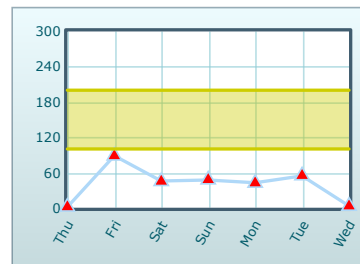
Eat plant-based proteins. Besides improving your health and reducing your caloric intake, a few meatless meals per week can help you meet your carb quota--especially when you choose beans, legumes and dried peas to replace the meat.



Vitamin B-12 *My Goal – 100-200* *Today – 3*

A lack of vitamin B-12 may lead to anemia, fatigue, nerve damage, stomach problems, or very sensitive skin. Adult males and females need 2.4 micrograms of vitamin B-12 daily.

Vegetarians and vegans are at risk for developing a vitamin B-12 deficiency since the best food sources for B-12 are animal products like meat, eggs and dairy. Some plant-based foods are fortified with vitamin B-12, including nutritional yeast (100% RDA in 2 tsp), fortified cereals (usually 100% RDA per serving), non-dairy alternatives like soymilk (content varies), and vegetarian meat alternatives (content varies).



Fiber, total dietary *My Goal – 25-35* *Today – 20*

Fiber has many benefits, from increasing fullness to reducing your risk of cancer and heart disease. It's best to increase your fiber intake slowly over time. Be sure to drink plenty of water as you do, too.

Don't forget about [nuts](#)! These protein-rich tidbits offer more than healthy



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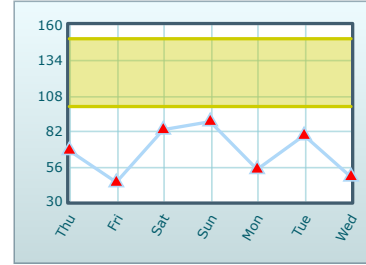
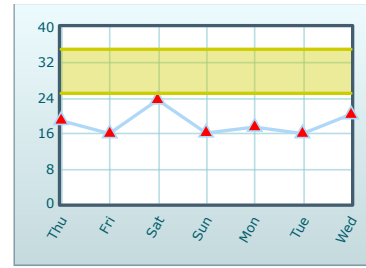
fats. They also add fiber to your diet.



Iron, Fe *My Goal – 100-150* *Today – 48*

Iron is an essential mineral for good health. An iron deficiency can lead to anemia, fatigue, weakness, and increased risk for infections, but keep in mind that your body stores iron. A low iron intake doesn't necessarily mean that you're deficient—only a blood test can determine if your body's iron stores are low.

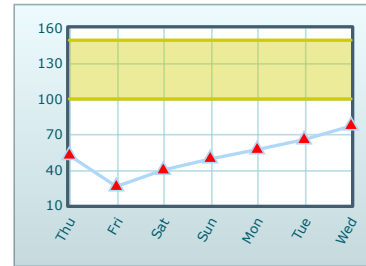
Get your C's. Absorption of iron is enhanced when you eat vitamin C foods with iron rich foods.



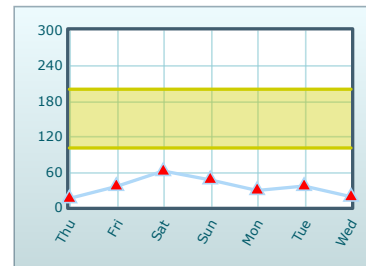
Calcium, Ca *My Goal – 100-150* *Today – 77*

Calcium strengthens bones and helps muscle and nerves function properly. If you don't eat enough of it, your body will pull calcium from your bones to cover its needs. This can lead to osteoporosis if it goes on too long, which is why an adequate calcium intake is essential to good health.

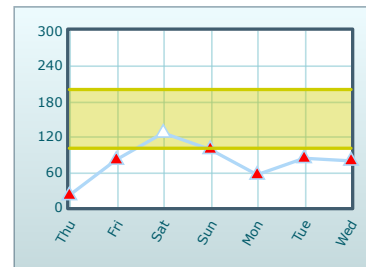
Add beans to soups, chili, and pasta dishes. Black-eyed peas contain 211 mg of calcium per serving, while baked beans have 155 mg.



Zinc, Zn *My Goal – 100-200* *Today – 17*



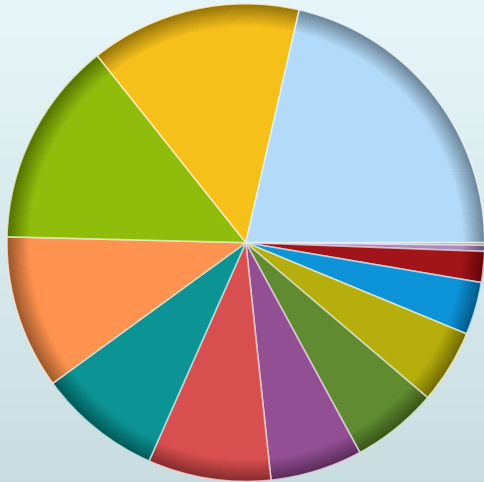
Vitamin B-6 *My Goal – 100-200* *Today – 78*



Charts For Today

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Calories by Food



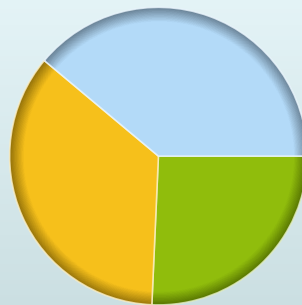
- Red Wine 21.4%
- Extra Virgin Olive Oil 14.3%
- Black Bean and Winter Squash Chili 13.9%
- Tyson boneless, skinless chicken breast 10.4%
- Chobani 0% Pomegranate Greek Yogurt (6 oz) 8.3%
- Yoplait Whips! Cherry Cheesecake flavor (4 oz container) 8.3%
- Cauliflower, raw 6.2%
- Cheese, provolone 1 ounce 5.8%
- Homemade Vanilla Wafers 5%
- Extra Virgin Olive Oil 3.6%
- Prosciutto 2.1%
- Spinach, fresh 0.4%
- Lemon juice, canned or bottled 0.2%

Calories by Meal



- Breakfast 8.3%
- Lunch 13.9%
- Dinner 64.4%
- Snack 13.3%

Carb / Fat / Protein Breakdown



- Fats 38.9%
- Carbohydrates 35.4%
- Proteins 25.7%

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