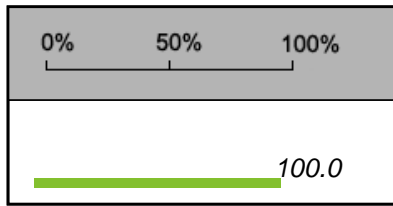


iProfile / Single Nutrient / Sodium

Kelly Watson

Start date: Tue Mar 17 2020 End date: Tue Mar 17 2020

Single Nutrient Intake in Relation to DRI



Single Nutrient Content in Your Food Sources

Item Name	Amount	Sodium, mg	%	0% 50% 100%
Totals		1517	100	
Bread, 100% Whole Wheat	2 slcs	588.7	38.8	39.0
Yogurt, Fruit, Low Fat (11 grams protein per 8 ounces)	1 cups	159.3	10.5	10.0
Crackers, Graham, Plain	4 items	128.5	8.5	8.0
Spinach, Chopped, Boiled, Drained	1 cups	126.0	8.3	8.0
Mayonnaise, Low Calorie	1 tbsp	107.7	7.1	7.0
Milk, Low Fat, 1%	8 fl.oz	107.4	7.1	7.0
Halibut, Atlantic and Pacific, Cooked, Dry Heat	3 oz	69.7	4.6	5.0
Peanut Butter, Smooth	1 tbsp	68.2	4.5	4.0
Chicken, Breast, Meat Only, Boneless, Skinless, Roasted	3 oz	62.9	4.1	4.0
HORIZON ORGANIC Sour Cream, Low Fat	2 tbsp	30.0	2.0	2.0
Cantaloupe	1 cups	25.6	1.7	2.0
Potatoes, Baked	1 items	17.3	1.1	1.0
Juice, Apple, Unsweetened, Canned	8 fl.oz	9.9	0.7	1.0
Cheese, Cheddar or Colby, Low Sodium	1 oz	5.9	0.4	0.0
Juice, Orange	8 fl.oz	2.5	0.2	0.0
Tomatoes, Red	2 slcs	2.0	0.1	0.0

Item Name	Amount	Sodium, mg	%	0% 50% 100%
<i>Lettuce, Romaine, Shredded</i>	<i>0.5 cups</i>	<i>1.9</i>	<i>0.1</i>	<i>0.0</i>
<i>Rice, Brown, Medium Grain, Cooked</i>	<i>0.75 cups</i>	<i>1.5</i>	<i>0.1</i>	<i>0.0</i>
<i>Banana</i>	<i>1 items</i>	<i>1.2</i>	<i>0.1</i>	<i>0.0</i>
<i>Butter, Unsalted</i>	<i>1 tsp</i>	<i>0.5</i>	<i>0.0</i>	<i>0.0</i>
<i>Cereal, Shredded Wheat, Small Biscuit</i>	<i>0.75 cups</i>	<i>0.4</i>	<i>0.0</i>	<i>0.0</i>
<i>Juice, Lemon</i>	<i>1 tsp</i>	<i>0.1</i>	<i>0.0</i>	<i>0.0</i>