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iProfile / Macronutrient Distribution

Taylor Jo Campbell

Start date: Sun Feb 23 2020 End date: Wed Feb 26 2020

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	3126 kCal	1500 kCal	
Fat, Total	20 - 35 %	528 kCal	35.2 
Carbohydrate	45 - 65 %	733 kCal	48.9 
Protein	10 - 35 %	238 kCal	15.9 



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