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iProfile / Macronutrient Distribution

JILLIAN MCILWAIN

Start date: Wed May 24 2017 End date: Wed May 24 2017

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	2967 kCal	4403 kCal	
Fat, Total	20 - 35 %	1925 kCal	43.7 
Carbohydrate	45 - 65 %	1634 kCal	37.1 
Protein	10 - 35 %	843 kCal	19.2 



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