

JessaG's Nutrients Report 07/01/13 - 07/07/13

Your plan is based on a 2200 Calorie allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2200 Calories	1949 Calories	OK
Protein (g)***	46 g	86 g	OK
Protein (% Calories)***	10 - 35% Calories	18% Calories	OK
Carbohydrate (g)***	130 g	136 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	28% Calories	Under
Dietary Fiber	25 g	46 g	OK
Total Fat	20 - 35% Calories	56% Calories	Over
Saturated Fat	< 10% Calories	11% Calories	Over
Monounsaturated Fat	No Daily Target or Limit	19% Calories	No Daily Target or Limit
Polyunsaturated Fat	No Daily Target or Limit	22% Calories	No Daily Target or Limit
Linoleic Acid (g)***	12 g	25 g	OK
Linoleic Acid (% Calories)***	5 - 10% Calories	12% Calories	Over
α -Linolenic Acid (g)***	1.1 g	20.1 g	OK
α -Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	9.3% Calories	Over
Omega 3 - EPA	No Daily Target or Limit	473 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	587 mg	No Daily Target or Limit
Cholesterol	< 300 mg	339 mg	Over
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	861 mg	Under
Potassium	4700 mg	3863 mg	Under
Sodium**	< 2300 mg	1912 mg	OK
Copper	900 μ g	2641 μ g	OK
Iron	18 mg	18 mg	OK
Magnesium	320 mg	684 mg	OK
Phosphorus	700 mg	1850 mg	OK
Selenium	55 μ g	132 μ g	OK
Zinc	8 mg	12 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	700 μ g RAE	1369 μ g RAE	OK
Vitamin B6	1.3 mg	2.3 mg	OK
Vitamin B12	2.4 μ g	7.3 μ g	OK

Vitamin C	75 mg	134 mg	OK
Vitamin D	15 µg	7 µg	Under
Vitamin E	15 mg AT	19 mg AT	OK
Vitamin K	90 µg	307 µg	OK
Folate	400 µg DFE	408 µg DFE	OK
Thiamin	1.1 mg	2.4 mg	OK
Riboflavin	1.1 mg	1.7 mg	OK
Niacin	14 mg	26 mg	OK
Choline	425 mg	412 mg	Under

Information about dietary supplements.

** If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

*** Nutrients that appear twice (*protein, carbohydrate, linoleic acid, and α-linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.