



# ASA24

Automated Self-Administered 24-Hour Dietary Assessment Tool

## Nutrition Profile

Your specific food and nutrient needs are unique and can change based on your height, weight, and how much you exercise. To give you an idea of how you are doing, the following tables and graphs compare your intake for the day to the Dietary Guidelines for Americans and nutrient requirements from the Institute of Medicine, National Academy of Sciences. Calorie targets in this report assume you have a moderate level of activity.

The researcher and his/her staff who requested you to complete ASA24 will have access to this nutrition profile. They will not have access to your responses to the questions about age, sex, if female, pregnancy and breastfeeding.

**Note:** Calorie requirements vary widely for pregnant and lactating women based on trimester and other factors. As a result, the estimate for daily calorie goal in this report may not reflect your actual calorie needs. However, if you indicated you are pregnant or breastfeeding in ASA24, the nutrient targets in this report will be adjusted to reflect your additional needs.

# Food, Drinks, and Supplements Consumed on Feb 20, 2024

## Just a Drink | 6:10 AM

Water. 16.9 fl oz

## Breakfast | 12:00 PM

Bagel. 1 bagel

2% milk. 12 fl oz

Eggs. More than 1 egg (2)

Cheddar cheese. 1 slice (1 ounce)

Bacon. 2 slices

## Snack | 2:00 PM

Cucumber. 4 pieces

Celery. 3 pieces

Carrots. 4 pieces

## Snack | 4:00 PM

Water. 11.83 fl oz

Protein bar (unknown brand). 1 bar

Mandarin orange. More than 1 fruit (2)

## Dinner | 6:00 PM

Black beans. 3/4 cup

Quinoa. 3/4 cup

Hummus. 1/4 cup

Chicken breast. 1/2 cup

Lime juice. 0.5 fl oz (no ice)

Pico de gallo. Less than 1/4 cup

Cilantro. Less than 1/4 cup

Water. 10.14 fl oz

**Hummus.** 1/4 cup

**Water.** 15.21 fl oz

**Avocado.** 1/4 cup

**Just a Supplement** | 8:00 PM

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**Iron.** Dose(s) (1)

**Multivitamin / Multimineral.** Dose(s) (1)

**Water.** 13.52 fl oz

## Total Calorie Consumption

CALORIES

CARBOHYDRATE

FAT

46%

33%

EATEN

2124

TARGET RANGE

TARGET RANGE

65-45%

35-25%

PROTEIN

ALCOHOL

21%

0%

2000

TARGET

TARGET RANGE

TARGET RANGE

30-10%

Limit Intake

## Calories

Most foods and many beverages contain calories. A person's calorie needs each day depends on factors such as age, gender, height, weight, and level of physical activity. In addition, a need to lose, maintain, or gain weight affects how many calories should be consumed. The target range for percent of calories from carbohydrates, protein, and fat listed here represent the range that is associated with providing adequate intakes of essential nutrients and a reduced risk of chronic disease.

## Alcohol

Alcoholic beverage intake is not recommended in the Dietary Guidelines for Americans. If alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are also many circumstances in which individuals should not drink, such as during pregnancy.

## Sources

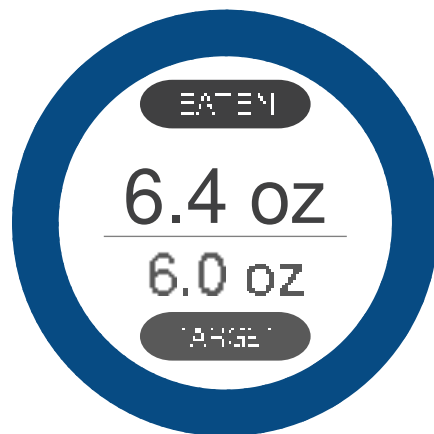
2015-2020 Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>) and Dietary Reference Intakes (<https://www.nal.usda.gov/fnic/macronutrients>).

# Daily Food Group Recommendations

c = cups oz = ounce

## GRAINS

ACHIEVED



SUBGROUPS EATEN

Whole grains (e.g. whole wheat bread)

3.0 oz

## FRUITS

UNDER



SUBGROUPS EATEN

Fruits

1.0 c

Juices

## DAIRY

UNDER



SUBGROUPS EATEN

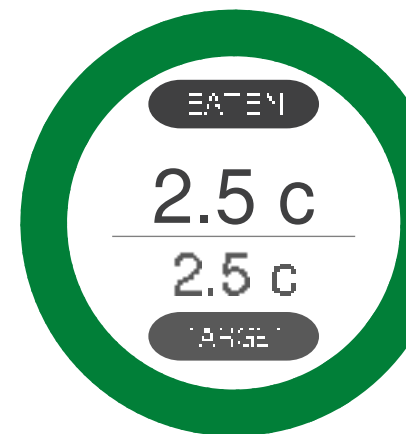
Milk and Soy Milk

1.6 c

Yogurt

## VEGETABLES

ACHIEVED



SUBGROUPS EATEN

Dark Green vegetables

0.1 c

Red and Orange

Refined grains (e.g. white bread)

3.4 oz

0.1 c

0.0 c

Cheese

0.5 c

vegetables

0.4 c

Legumes (e.g. beans and peas)

1.3 c

Starchy vegetables (e.g. potatoes, corn)

0.0 c

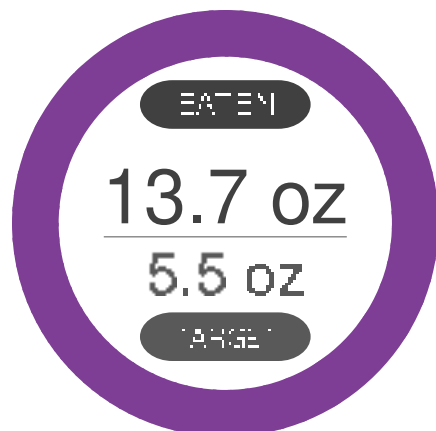
Other vegetables (e.g. celery and onions)

0.7 c

## PROTEIN FOODS

ACHIEVED





#### SUBGROUPS EATEN

Meat, Poultry and Eggs

4.9 oz

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Seafood

0.0 oz

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Nuts, Seeds, Soy and  
Legumes

8.8 oz

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Portion sizes for foods within a food group varies. To learn more about portion sizes, visit <https://www.myplate.gov/eat-healthy/food-group-gallery>.

To achieve a healthy eating pattern, the Dietary Guidelines for Americans encourage you to:

- **Make half your grains whole grains. Limit products made with refined grains, especially those high in fat, sugars, and/or sodium, such as cookies, cakes, and some snack foods.**
- **Eat a variety of fruits, emphasizing whole fruits. When consuming juice, choose 100% juices without added sugars.**
- **Eat a variety of colors and types of vegetables, including dark green, red and orange, and legumes (beans and peas).**
- **Choose fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.**
- **Eat a variety of protein foods, with an emphasis on seafood and plant proteins, such as legumes (beans and peas), nuts, seeds, and soy products.**

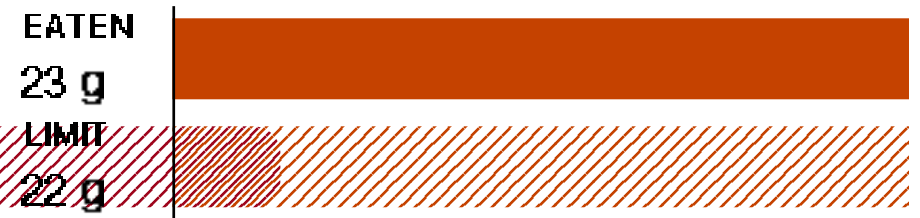
# Nutrients and Foods to Limit

g = grams mg = milligram

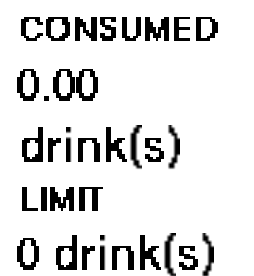
## Added Sugars



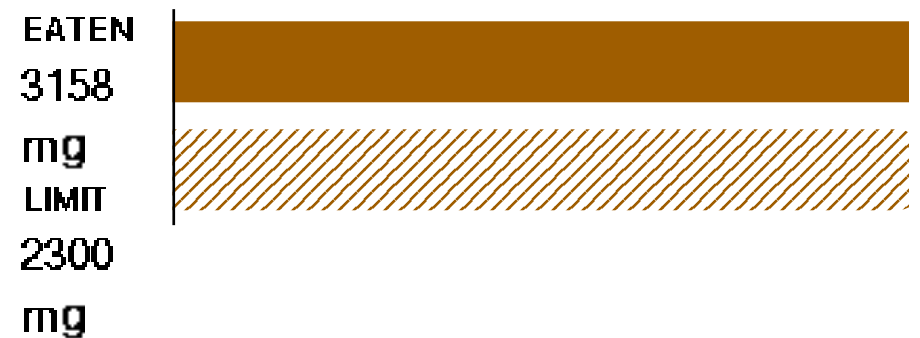
## Saturated Fat



## Alcohol



## Sodium



Many of the foods and beverages we eat contain sodium, saturated fats, and added sugars (sweeteners added to foods/beverages during processing or by consumers). Making careful choices keeps amounts of these components within their limits while meeting nutrient needs to achieve a healthy eating pattern.

Source: <https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus>

One alcoholic drink-equivalent is defined as containing 14 grams (0.6 fl oz) of pure alcohol. The following are reference beverages that are one alcoholic drink equivalent: 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol). For more information, see <https://www.myplate.gov/eat-healthy/more-key-topics#mp-container-709543>

# Nutrient Intake From Food and Drinks

g = grams   mg = milligrams   mcg = microgram

The human body needs the right “mix” of nutrients for good health. This includes eating the right amount of carbohydrate, protein, and fat (these are macronutrients), and vitamins and minerals (these are micronutrients). Micronutrients help your body use macronutrients and support many body processes.

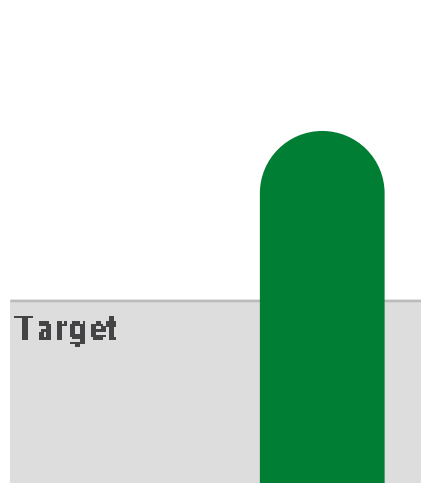
To learn more about the functions of various vitamins and minerals in your body, and examples of foods containing these nutrients, go to <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/vitamins.cfm>

## SELECTED MACRONUTRIENTS AND FIBER

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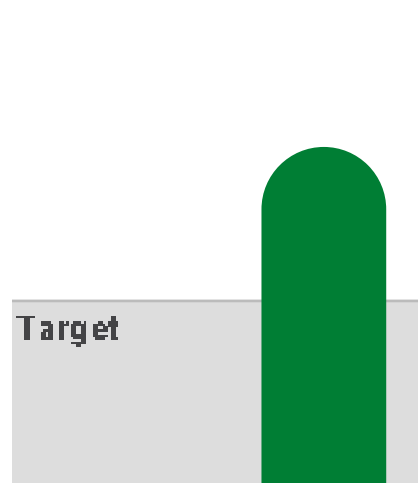
### Carbohydrate (g)

EATEN	246
TARGET	130



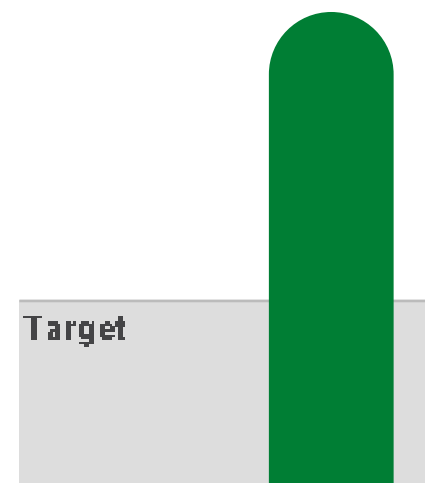
### Total Fiber (g)

EATEN	47
TARGET	26



### Protein (g)

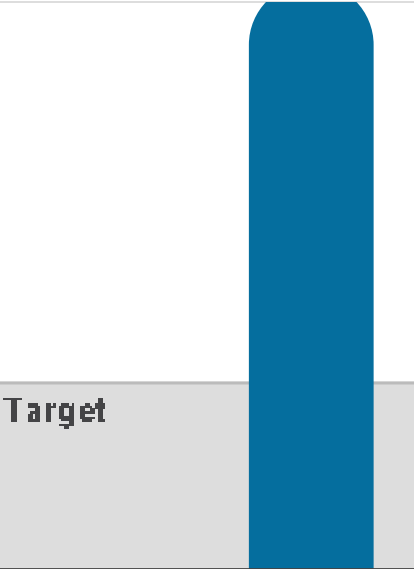
EATEN	116
TARGET	46



# VITAMINS

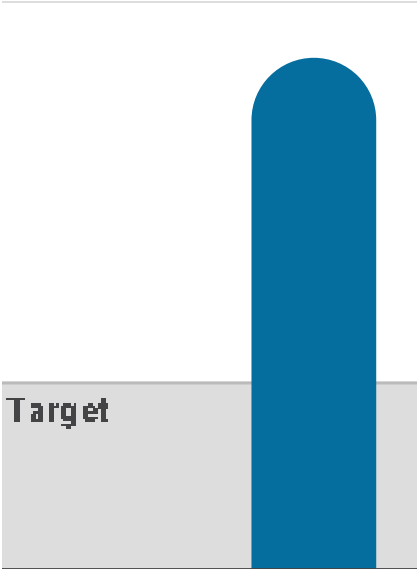
## Folate

EATEN	1245
TARGET	400



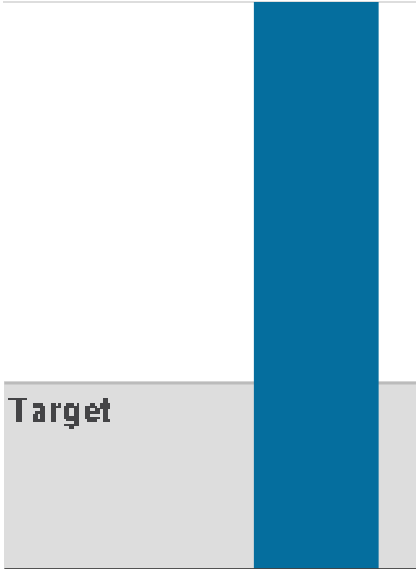
## Niacin (mg)

EATEN	38
TARGET	14



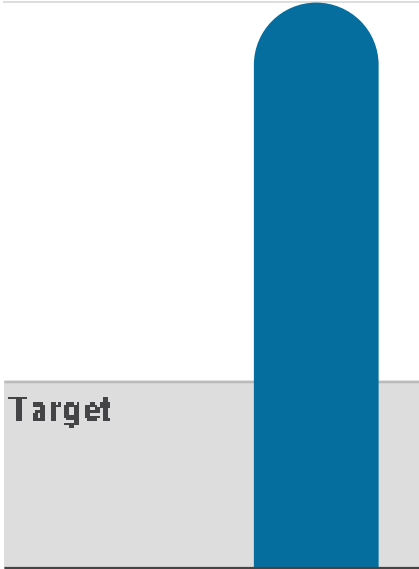
## Riboflavin (mg)

EATEN	4
TARGET	1



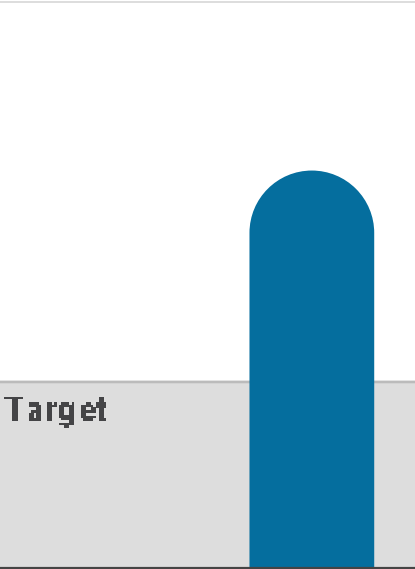
Thiamin (mg)

EATEN	3
TARGET	1



Vitamin A

EATEN	1478
TARGET	700



Vitamin B6 (mg)

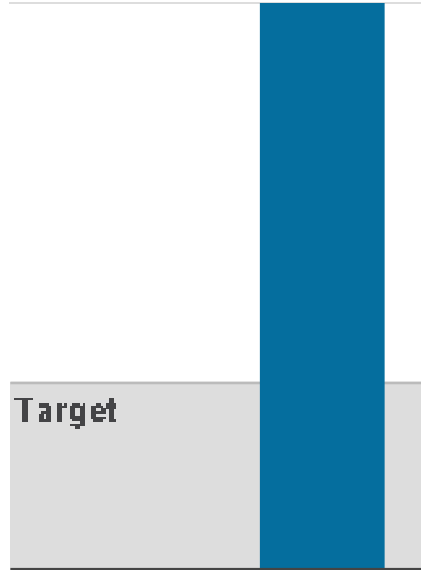
EATEN	4
TARGET	12





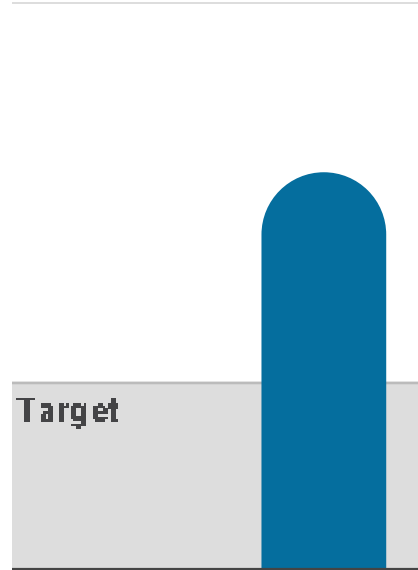
## Vitamin B12

EATEN	9
TARGET	2.4



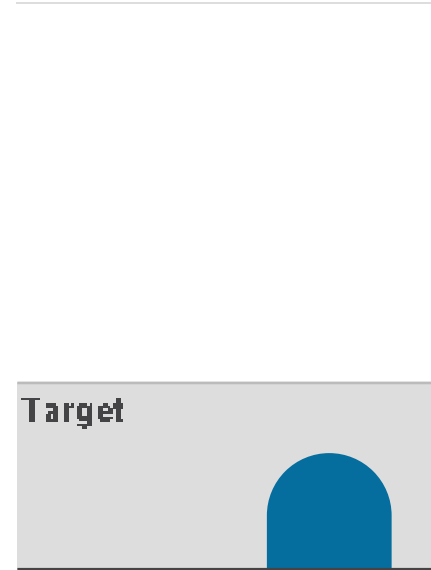
## Vitamin C

EATEN	137
TARGET	65



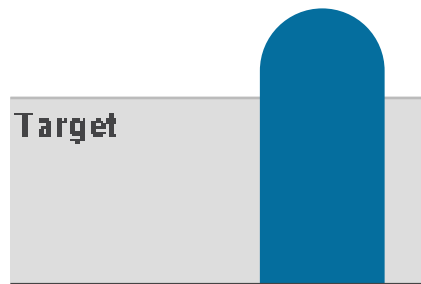
## Vitamin D

EATEN	373
TARGET	600



## Vitamin E

EATEN	22
TARGET	15



## Vitamin K (mcg)

EATEN	65
TARGET	75



# MINERALS

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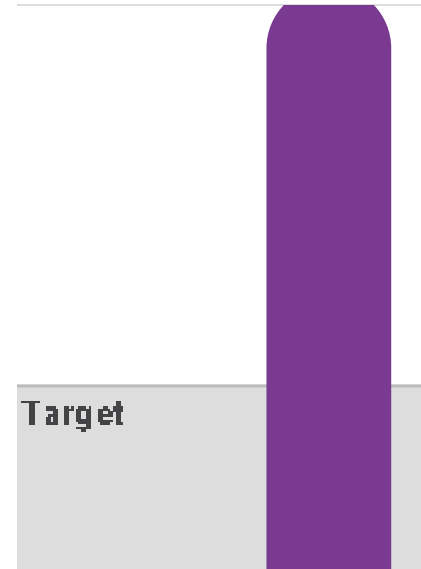
## Calcium

EATEN	1690
TARGET	1300



## Copper (mg)

EATEN	2.8
TARGET	0.9



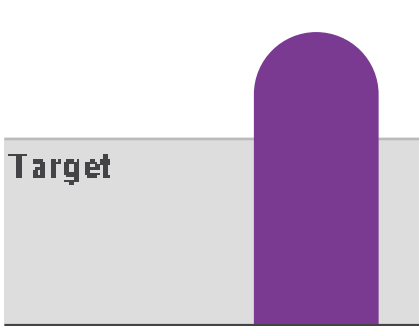
## Iron

EATEN	24
TARGET	15



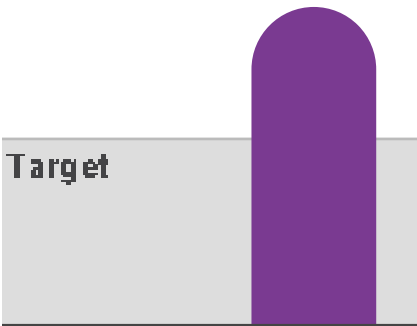
Magnesium

EATEN	561
TARGET	360



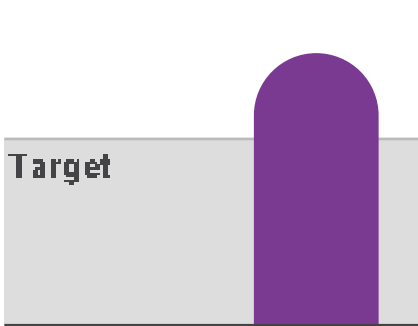
Phosphorus (mg)

EATEN	2114
TARGET	1250



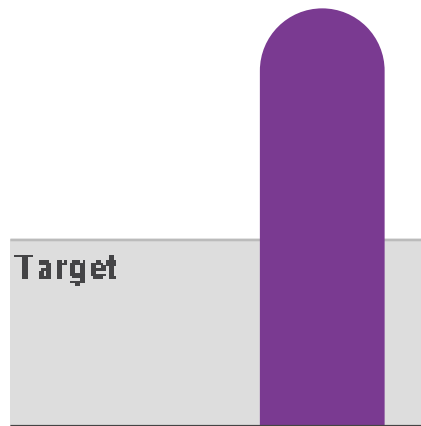
Potassium

EATEN	3328
TARGET	2300



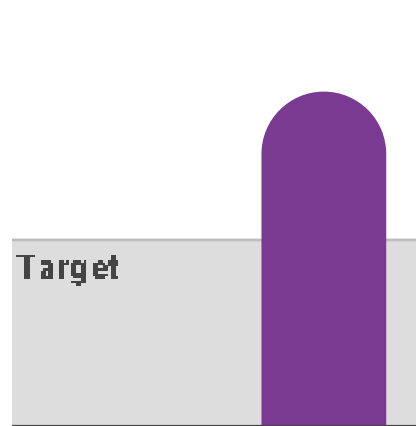
## Selenium (mcg)

EATEN	122
TARGET	55



## Zinc (mg)

EATEN	16
TARGET	9



<sup>1</sup>DFE - Dietary Folate Equivalents

<sup>2</sup>RAE - Retinol Activity Equivalents

<sup>3</sup>IU - International Units



<sup>4</sup>AT - alpha-tocopherol




# Nutrient Intake From Food, Drinks, And Supplements

g = grams    mg = milligrams    mcg = micrograms

The following graph compares your total nutrient intake (from foods, beverages, and now including dietary supplements) to your daily needs according to the National Academy of Sciences. This page lists nutrients that are commonly under consumed by Americans. Target is the amount that meets your daily nutrient needs for your age and sex and if you're pregnant or lactating. Limit is the highest amount of a nutrient that you can safely consume in a day. Consuming amounts greater than the limit may put you at risk for certain adverse health effects. If you have questions or concerns, please consider discussing your total nutrient intake with your healthcare provider.



NUTRIENT	FOOD	SUPPLEMENT	TOTAL	TARGET	LIMIT
Calcium	1,690 mg	500 mg	2,190 mg		
Folate	1,245 mcg	680 mcg	1,925 mcg		

Iron	24 mg	83 mg	107 mg	
Magnesium	561 mg	0 mg	561 mg	
Potassium	3,328 mg	0 mg	3,328 mg	
Vitamin A	1,478 mcg	751 mcg	2,229 mcg	
Vitamin B12	9 mcg	6 mcg	15 mcg	
Vitamin C	137 mg	60 mg	197 mg	
Vitamin D	373 IU	1,000 IU	1,373 IU	

Vitamin E

22 mg

15 mg

37 mg



Sources: National Institutes of Health Office of Dietary Supplements (<https://ods.od.nih.gov/HealthInformation/healthinformation.aspx>) and 2015-2020 Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>)

\*Please note: Nutrients from supplements are included in the graphs only if the amounts from foods do not meet the target amounts.