

# Meal Plan for Marie Case Study

Female , 35, 95kg, 1.58m, 38.1 BMI,

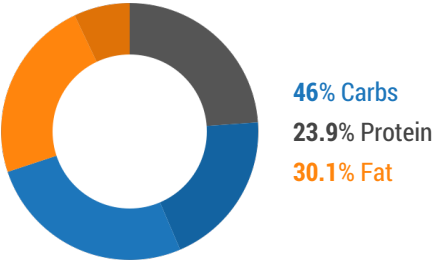
Supplementary Material 1 - Nutrition Plan

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Breakfast						
Onions, red, raw	5.3g	1x homemade sandwich fillin	1.8kcal	0.39g	0.05g	0.01g
Curly kale, raw	18g	1x cup, 1 inch pieces, loosele	6kcal	0.25g	0.61g	0.29g
Spinach, baby, raw	20g	1x cup	3.3kcal	0.04g	0.52g	0.12g
Warburton Protein Thin Bagels	60g	1x Bagel	154kcal	23.5g	8.5g	2.8g
Flora Pro-active	5g	1x teaspoon	27.1kcal	0.03g	0.01g	3g
Organico Extra Virgin Olive Oil 500ml	6g	0x Per pack	54kcal	0g	0g	6g
Eggs, chicken, whole, scrambled, without milk	120g	2x egg	182kcal	0g	17.5g	12.5g
Meal Totals:			428kcal	24.2g	27.2g	24.7g
Mid Morning Snack						
Oat flakes, rolled	60g	1x 3/4 cup	224kcal	38.6g	6.5g	4.9g
Brazil nuts, kernel only	10g	2x average	68kcal	0.29g	1.4g	6.8g
Wheatgerm	5g	1x tablespoon	17.5kcal	2.1g	1.4g	0.42g
Hemp seeds, shelled, linwoods	3g	1x teaspoon (milled)	18.4kcal	0.21g	1.1g	1.5g
Summer fruits berry mix	100g		26.2kcal	5.2g	1.1g	0.13g
Bananas, flesh only	100g	1x Medium	86kcal	20g	1.2g	0.1g
Meal Totals:			440kcal	66g	12.7g	13.8g
Lunch						
Apples, eating, raw, flesh and skin	120g	1x Small	63kcal	13.8g	0.72g	0.6g
Salmon, baked	100g	1x average darne	205kcal	0g	22.9g	12.5g
Sweet potato, baked	174g	1x medium 6	203kcal	46g	2.8g	0.7g
Carrots, old, boiled in unsalted water	60g	2x heaped tablespoon (slice:	17.8kcal	3.5g	0.3g	0.3g
Broccoli, green, boiled in salted water	60g	1x Small portion	17.1kcal	1.6g	2g	0.3g
Meal Totals:			506kcal	65g	28.7g	14.4g
Mid Afternoon Snack						
Yogurt, whole milk, plain	125g	1x average pot	100kcal	9.5g	7.1g	3.8g
Fruit salad, homemade	60g	2x tablespoon	36.9kcal	8.4g	0.42g	0.18g

Kiwi fruit, flesh and seeds	60g	1x Average Portion	30.5kcal	6.3g	0.66g	0.3g
Meal Totals:			168kcal	24.2g	8.2g	4.2g
Dinner						
Chicken thigh, grilled, without skin	110g		177kcal		30.6g	6.1g
Rice, brown, wholegrain, boiled in unsalted water	160g	1x Medium portion	206kcal	43g	5.8g	1.4g
Beans, green, boiled in unsalted water	40g	2x tablespoon	10.7kcal	1.6g	0.84g	0.12g
Asparagus, boiled in unsalted water	84g	1x Serving	22.2kcal	1.2g	2.9g	0.67g
Meal Totals:			416kcal	45g	40g	8.3g
Add to main meals						
Salt	1.5g	3x average pinch of salt	0kcal	0g	0g	0g
Meal Totals:			0kcal	0g	0g	0g
Plan Total:			1958kcal	225g	117g	65g
Target:			2014kcal	252g	71g	<78g

## Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	225.4g	96.6g	116.9g	65.5g	15.3g	0g
g/kg body-weight	2.4	1	1.2	0.7	0.2	0
Kilocal	902	386	467	589	138	0
Kilocal %	46%	19.7%	23.9%	30.1%	7%	0%



## Nutritics for Marie Case Study

35 year old female, 95kg, 1.58m | From Meal Plan: Supplementary Material 1 - Nutrition Plan

Meals ① ② ③ ④ ⑤ ⑥

11th May 2020

NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	1958kcal	2014kcal					
Energy(Kj)	8240kJ	8427kJ					
- MACRONUTRIENTS -							
Carbohydrate	225g	252g					
Protein	117g	71g					
Fat	65g		<78g				
Water	1212g			N/A			
› water from drinks	0g			N/A			
Alcohol	0g		<14.4g				
- CARBOHYDRATE -							
Starch	128g			N/A			
Oligosaccharide	0.39g			N/A			
Fibre	33g	30g					
NSP	26.2g			N/A			
Sugars	97g			N/A			
Free Sugars	0g		<25.2g				
› glucose	19.6g			N/A			
› galactose	3.9g			N/A			
› fructose	25.8g			N/A			
› sucrose	14.2g			N/A			
› maltose	0g			N/A			
› lactose	5.6g			N/A			
- LIPID COMPONENTS -							
Saturated Fat	15.3g		<24.6g				
› monounsaturated fat	18.7g	29.1g					
› cis-mono	0g			N/A			
Polyunsaturated fat	16.1g		>6.5g <22.4g				
› omega3(n-3)	3.7g		>0.45g				

› omega6(n-6)	9.1g		>2.2g	<div><div></div><div></div></div>
› cis-poly	0g			N/A
Trans-fatty acids	0.2g		<4.5g	
Cholesterol	687mg			N/A
- MINERALS & TRACE ELEMENTS -				
Sodium	1591mg	1600mg	>575mg <2400mg	<div><div></div><div></div></div>
Potassium	4336mg	3500mg	>2000mg	<div><div></div><div></div></div>
Chloride	2514mg	2500mg		<div><div></div><div></div></div>
Calcium	699mg	700mg	>400mg	<div><div></div><div></div></div>
Phosphorus	1905mg	550mg		<div><div></div><div></div></div>
Magnesium	486mg	270mg	>150mg	<div><div></div><div></div></div>
Iron	14mg	14.8mg	>8mg	<div><div></div><div></div></div>
Zinc	12.6mg	7mg	>4mg	<div><div></div><div></div></div>
Copper	1.7mg	1.2mg		<div><div></div><div></div></div>
Manganese	7.4mg		>1.4mg	<div><div></div><div></div></div>
Selenium	124ug	60ug	>40ug	<div><div></div><div></div></div>
Iodine	208ug	140ug	>70ug	<div><div></div><div></div></div>
- VITAMINS -				
Vitamin A (ret eq)	3186ug	600ug	>250ug	<div><div></div><div></div></div>
› retinol	256ug			N/A
› carotene	16466ug			N/A
Vitamin E	21.7mg		>3mg	<div><div></div><div></div></div>
Vitamin K <sub>1</sub>	314ug	95ug		<div><div></div><div></div></div>
Thiamin (B <sub>1</sub> )	2.1mg	0.8mg	>0.23mg	<div><div></div><div></div></div>
Riboflavin (B <sub>2</sub> )	1.8mg	1.1mg	>0.8mg	<div><div></div><div></div></div>
Niacin total (B <sub>3</sub> )	46mg	13.3mg	>8.9mg	<div><div></div><div></div></div>
› niacin	16mg			N/A
› tryptophan	1061mg			N/A
Pantothenic Acid (B <sub>5</sub> )	6.3mg	3-7mg		<div><div></div><div></div></div>
Vitamin B <sub>6</sub>	3.3mg	1.8mg	>1.3mg	<div><div></div><div></div></div>
Folates (B <sub>9</sub> ) Total	452ug	200ug	>100ug	<div><div></div><div></div></div>
Vitamin B <sub>12</sub>	8.6ug	1.5ug	>1ug	<div><div></div><div></div></div>
Biotin (B <sub>7</sub> )	62ug	10-200ug		<div><div></div><div></div></div>
Vitamin C	244mg	40mg	>10mg	<div><div></div><div></div></div>
- OTHER -				
GL	105			N/A
Caffeine	0mg			N/A

Total % contribution to Caffeine:

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