

Chris's Nutrients Report 10/07/15 - 10/07/15

Your personal Calorie goal is **2000**. Your plan amounts are based on meeting your nutrient needs.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	1898 Calories	OK
Protein (g)***	56 g	98 g	OK
Protein (% Calories)***	10 - 35% Calories	21% Calories	OK
Carbohydrate (g)***	130 g	144 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	30% Calories	Under
Dietary Fiber	38 g	10 g	Under
Total Sugars	No Daily Target or Limit	12 g	No Daily Target or Limit
Added Sugars	No Daily Target or Limit	1 g	No Daily Target or Limit
Total Fat	20 - 35% Calories	48% Calories	Over
Saturated Fat	< 10% Calories	14% Calories	Over
Polyunsaturated Fat	No Daily Target or Limit	13% Calories	No Daily Target or Limit
Monounsaturated Fat	No Daily Target or Limit	18% Calories	No Daily Target or Limit
Linoleic Acid (g)***	17 g	23 g	OK
Linoleic Acid (% Calories)***	5 - 10% Calories	11% Calories	Over
α-Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	1.2% Calories	OK
α-Linolenic Acid (g)***	1.6 g	2.5 g	OK
Omega 3 - EPA	No Daily Target or Limit	332 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	704 mg	No Daily Target or Limit
Cholesterol	< 300 mg	325 mg	Over
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	1044 mg	OK
Potassium	4700 mg	2165 mg	Under
Sodium**	< 2300 mg	3571 mg	Over
Copper	900 µg	675 µg	Under
Iron	8 mg	12 mg	OK
Magnesium	400 mg	209 mg	Under
Phosphorus	700 mg	1501 mg	OK
Selenium	55 µg	135 µg	OK
Zinc	11 mg	9 mg	Under
Vitamins	Target	Average Eaten	Status
Vitamin A	900 µg RAE	428 µg RAE	Under

Vitamin B6	1.3 mg	1.4 mg	OK
Vitamin B12	2.4 µg	9.8 µg	OK
Vitamin C	90 mg	13 mg	Under
Vitamin D	15 µg	11 µg	Under
Vitamin E	15 mg AT	8 mg AT	Under
Vitamin K	120 µg	79 µg	Under
Folate	400 µg DFE	471 µg DFE	OK
Thiamin	1.2 mg	1.5 mg	OK
Riboflavin	1.3 mg	2.0 mg	OK
Niacin	16 mg	24 mg	OK
Choline	550 mg	344 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.