

# nunni's Nutrients Report 02/06/16 - 02/06/16

Your plan is based on a **2800 Calorie** allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2800 Calories	1650 Calories	Under
Protein (g)***	56 g	105 g	OK
Protein (% Calories)***	10 - 35% Calories	25% Calories	OK
Carbohydrate (g)***	130 g	159 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	39% Calories	Under
Dietary Fiber	38 g	10 g	Under
Total Sugars	No Daily Target or Limit	93 g	No Daily Target or Limit
Added Sugars	< 70 g	33 g	OK
Total Fat	20 - 35% Calories	24% Calories	OK
Saturated Fat	< 10% Calories	9% Calories	OK
Polyunsaturated Fat	No Daily Target or Limit	4% Calories	No Daily Target or Limit
Monounsaturated Fat	No Daily Target or Limit	8% Calories	No Daily Target or Limit
Linoleic Acid (g)***	17 g	6 g	Under
Linoleic Acid (% Calories)***	5 - 10% Calories	3% Calories	Under
α-Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0.4% Calories	Under
α-Linolenic Acid (g)***	1.6 g	0.7 g	Under
Omega 3 - EPA	No Daily Target or Limit	12 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	26 mg	No Daily Target or Limit
Cholesterol	< 300 mg	471 mg	Over
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	1092 mg	OK
Potassium	4700 mg	3050 mg	Under
Sodium**	< 2300 mg	1957 mg	OK
Copper	900 µg	814 µg	Under
Iron	8 mg	6 mg	Under
Magnesium	400 mg	314 mg	Under
Phosphorus	700 mg	1500 mg	OK
Selenium	55 µg	136 µg	OK
Zinc	11 mg	7 mg	Under
Vitamins	Target	Average Eaten	Status
Vitamin A	900 µg RAE	953 µg RAE	OK

Vitamin B6	1.3 mg	2.9 mg	OK
Vitamin B12	2.4 µg	4.1 µg	OK
Vitamin C	90 mg	98 mg	OK
Vitamin D	15 µg	8 µg	Under
Vitamin E	15 mg AT	5 mg AT	Under
Vitamin K	120 µg	55 µg	Under
Folate	400 µg DFE	244 µg DFE	Under
Thiamin	1.2 mg	0.9 mg	Under
Riboflavin	1.3 mg	2.2 mg	OK
Niacin	16 mg	36 mg	OK
Choline	550 mg	509 mg	Under

Information about dietary supplements.

\*\*\* 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.