

Dietary Analysis Project: Assessment

Name: Amanda Ladner

Please answer all questions. Partially completed projects will not be accepted.

Using the nutrient intake printout:

1. List your weekday and weekend intake of kcal.

Weekday kcal	Weekend kcal
1601	1816

- a. Why do you think kcal intake differed or did not differ? Be specific.

There was not a drastic difference in the two days. Most of the extra kcal on the weekend came from the burger I had for dinner and the ice cream I had for a snack. These are not everyday splurges and are usually saved for weekends around my house.

- b. Look at your kcal recommendations and consider your usual physical activity levels. If this intake is maintained for the entire semester, do you think you would gain weight, lose weight, or stay the same weight? Why?

These numbers are pretty normal for me and are what I have found to keep my weight steady within a 2-3 pound fluctuation range. I'm usually fairly active but have not been working out as much this summer. I have had to make adjustments in my kcal intake and will have to readdress this when my activity goes up in order to maintain my weight with the fluctuations in kcal output.

- c. Discuss how the types and quantity of food varied based on who you ate with, your mood, or other such factors.

I am not working this summer so the difference between my weekdays and my weekends are not that drastic right now. I did not eat out for any of the meals on these two days and that is usually where I see a bigger change in what I eat. I definitely eat larger portions of less healthy foods when I go out to eat. On Friday, I ate a pretty large breakfast. This does not happen often but I was in the mood to put the effort into it that morning. My snacks were not as often throughout the day on Saturday as I was busy all day and didn't really stop until meal time.

2. For the both days, what percent of your calories came from protein? From fat? From carbohydrate? How does this compare to the **AMDR recommendations**?

On Saturday, my fat intake was a little higher than recommended and my carbohydrates a little less than recommended. Once again, I think this had a lot to do with the burger for dinner and the ice cream afterward.

Weekday	
% kcal	AMDR Recommendations
Protein: 18%	10-35%
Fat: 29%	20-35%
Carbohydrate: 49%	45-65%

Weekend	
% kcal	AMDR Recommendations
Protein: 17%	10-35%
Fat: 38%	20-35%
Carbohydrate: 39%	45-65%

3. List your fiber intake for both days.

Fiber Intake (grams)	Recommended Intake (grams)
Weekday: 20g	25g
Weekend: 19g	

- a. Did you meet the recommendations for either day?

I did not reach the recommended intake for either day.

- b. If not, what could you do to better meet the recommendations? Be specific.

I do not eat a lot of whole grains besides rice and quinoa, and I do not eat legumes. Therefore, I have to get my fiber from fruits, vegetables and nuts. My fruit intake is sufficient so I will try to take in more through vegetables such as broccoli and artichokes, and through nuts and seeds such as almonds, walnuts, pumpkin and sunflower seeds.

c. If so, what foods do you think contributed to your success?

Most of the fiber I took in was through kale, brown rice, apples, cherries, sweet potatoes, and carrots. I eat these foods pretty regularly and will continue to keep them in my diet.

4. List your total fat and saturated fat intake for both days. How does your intake for both days compare to the recommendations?

My weekday fat and saturated fat intakes were good, however, my weekend was pretty high. Both of the saturated fat numbers could be improved upon.

Weekday	
	Recommended Intake (grams)
Total fat: 52g	44-78g (based on 2000 kcals/day)
Saturated fat: 21g	22g

Weekend	
Fat intake (grams)	Recommended Intake (grams)
Total fat: 77g	44-78g (based on 2000 kcals/day)
Saturated fat: 36g	22g

a. What advice would you give someone with your fat intake? (Discuss total and saturated fat amounts, sources, etc. Think about how someone could do what you're telling them to do.)

Decreasing fats from dairy and higher fat meats would be my first step. The half and half used in coffee could be replaced with a fat-free version or with skim or 2% milk. Pork bacon can be replaced with turkey bacon or omitted altogether. It is okay as an occasional part of a meal but should not be eaten on a regular basis. Using a leaner ground beef for hamburgers would be a better choice or use ground turkey. I put goat cheese on my hamburgers. A good substitute would be avocado which has a little more total fat but much less saturated fat. Ice cream is high in total and saturated fat and should be eaten sparingly as a treat and not as a daily part of your diet. It would also probably be best to eat it on a day when your fat intake is relatively low otherwise.

5. For both days, analyze your intake of the following vitamins compared to the recommendations: vitamin A, vitamin C, folate.

My vitamin A was exceptionally high while my folate is significantly lacking. Vitamin C was good on the weekday but low on the weekend.

Vitamin A	Recommended Intake (mcg RAE)
Weekday: 1,692mcg	700mcg RAE
Weekend: 1,988mcg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

My intake was adequate. My only concern would be the excess intake of a fat soluble vitamin but I am still well below the Upper Limit of 3,000mcg. I will just be sure to be aware of this when adding any new foods high in vitamin A on a regular basis.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

Sweet potatoes, kale and carrots are all very good sources of vitamin A that I eat on a regular basis. I usually eat the carrots raw and only cook the kale minimally or have it raw in a salad or smoothie.

Vitamin C	Recommended Intake (mg)
Weekday: 108mg	75mg
Weekend: 44mg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

My vitamin C intake was pretty low on the weekend but I do not feel like this is very representative of my normal intake. I eat quite a bit of fruit on a regular basis but this day's was abnormally low.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

The vitamin C in my diet mostly comes from the amount of fruits and green vegetables I eat. I try to eat them raw or minimally cooked and purchase them as fresh as possible to retain all of the nutrients possible.

Folate	Recommended Intake (mcg DFE)
Weekday: 240mcg	400mcg
Weekend: 263mcg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

Folate is really important for me at this stage in life, as I am in my childbearing years. I did not realize how little I get through my diet. I do not eat much processed food, which is where a lot of people get their folate through fortification. I have been trying to add more raw spinach and broccoli to my diet lately and they are both good sources of folate. Romaine lettuce is also a good source. Eating a salad with dinner every night seems like it could correct this deficiency pretty easily.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

I definitely did not eat enough folate. Fortunately, I take a daily supplement to combat this.

6. For both days, analyze your intake of the following minerals compared to the recommendations: calcium, iron, sodium.

Calcium	Recommended Intake (mg)
Weekday: 558mg	1,000mg
Weekend: 1017mg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

My calcium intake was fairly low on the weekday, which is fairly representative of my normal diet. This concerns me, as I do not eat a lot of dairy products. I will begin paying more attention to eating non-fat yogurt on a regular basis and more raw spinach. I eat a smoothie on occasion with both of these ingredients. I think I will start having it on a daily basis after seeing these numbers.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

On the weekend I met the recommended amount of calcium but I ate a lot of cheese on that day. This is a good way of getting calcium but came at the cost of increased saturated fats which are not a good trade-off. My daily vitamin has a small amount of calcium but not enough to make up for the deficiency I am having in my diet and I would much rather get it through food sources.

Iron	Recommended Intake (mg)
Weekday: 10mg	<i>18mg</i>
Weekend: 12mg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

I was surprised, again to see how low my iron intake was even on the day I ate red meat. I have already mentioned the need to add more spinach, broccoli and nuts to my diet for other reasons. They would have an impact here as well.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

I am not really eating any foods that are high in iron besides red meat. My daily supplement contains 18 mcg of iron but as we learned in our textbook, supplements are not as easily absorbed as food sources. One thing I do, however, that adds iron to food is cooking in an iron skillet. Whether it adds a significant amount or not, I'm not sure, but it's worth any extra it might provide.

Sodium	Recommended Intake (mg)
Weekday: 2,096mg	<i>2,300mg</i>
Weekend: 1,785mg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

I was actually pretty pleased to see that my sodium intake is within an acceptable range. I have been trying to switch to sodium free seasonings and broths then just salting to taste after cooking.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

I think the biggest factor in my acceptable sodium intake is that I do not eat processed foods on a regular basis. This has drastically reduced the amount of sodium in my diet. I also use salt sparingly both in cooking and at the dinner table.

Using the MyPyramid stats printout, assess your intake of each of the food groups:

- 1. How does your grain intake compare to the recommendations?

My grain intake was much less than the recommended intake on both days.

Grain Intake (oz equivalents)	Recommended Intake (oz equivalents)
Weekday: 2oz	6oz
Weekend: 2.5oz	

- a. Do you think half of your servings came from whole grains?

Yes, I try to avoid refined grains in my diet as much as possible.

- b. Why or why not? (Talk about the grains you consumed. Be thorough.)

The grains in my diet come mostly through brown rice, quinoa, breads made with sprouted whole grains and crackers made with rice flour. Occasionally I eat products made with refined flour but did not on either of these days. The Kashi bar was the closest substitute I could find for the actual Kind Bars I usually eat. The Kind bars actually have very little grains.

- c. If your whole grain intake can be improved, what products could you add, or what products could you replace with whole grains?

I intentionally eat the low amount of grains that are reflected here. However, my carbohydrate level usually stays within the recommended percentage of my total kcals because I supplement through fruits and vegetables. The only concern with this for me, as seen earlier in this analysis, is that I have to make sure to get enough fiber, vitamins, and minerals through other food choices.

- 2. How does your meat and beans intake compare to the recommendations?

It was pretty close to recommendations on both days. When measured in ounces, the weekend day appears low but my protein values were at 17% and still fell in the 10-35% of my kcal intake.

Meat and Beans Intake (oz equivalents)	Recommended Intake (oz equivalents)
Weekday: 5.5oz	5.5oz
Weekend: 4.5oz	

- a. What, if anything, could you do differently for this group? (Be specific about what you would change. Include the types of meat, beans, or other meat substitutes, etc.)

I would start by adding more nuts and seeds into my diet. My second change would be to eat less red meat and replace it with fish.

3. For both the fruits and the vegetables group, compare your intake to the recommendations.

On the weekday I got plenty of fruits but fell a little short on the weekend. My vegetable intake was rather low on both days.

Vegetable Intake	
Cup equivalents	Recommended Intake (cup equivalents)
Weekday: 1.75 cups	2.5 cups
Weekend: 1.5 cups	

Fruit Intake	
Cup equivalents	Recommended Intake (cup equivalents)
Weekday: 3.25 cups	2 cups
Weekend: 1.5 cups	

- a. Assess the variety of your fruit and vegetable intake.

Depending on what is in season, I eat a lot of the same fruits each day but try to make sure to eat a little of a lot of different fruits. These include apples, grapes, pineapple, cherries, and plums when they are in season. My vegetable intake is not as regular. Kale and sweet potatoes are on my menu pretty often but outside of that, I have to make an effort to add in variety. Broccoli, zucchini and squash are on fairly regular rotation and during the winter months, I do eat a good bit of winter squashes of all types.

- b. If you did not meet the recommendations, would you like to improve your fruit and vegetable intake?

My main focus would be on increasing the amount of vegetables I eat. I think my normal fruit intake is more represented by the weekday in this analysis than the weekend.

- c. What ways and what products would you use to increase your intake? (Think realistically about what you will actually do? Include specific fruits or vegetables you like and have access to. Also discuss how you will work these into your diet.

It is hard for me to think of ways to eat vegetables throughout the day instead of just at dinner but I think my first step will be to eat some sort of salad each day. Lately, I have been trying to pick up a new vegetable every week or two to try out. I would like to add in more spinach, artichokes, and beets to add more variety. I mentioned earlier that I would like to drink a smoothie with spinach in it on a more regular basis and this would add significantly more fruit and vegetable servings.

- 4. How does your milk (dairy) intake compare to the recommendations?

It is definitely well below the recommended amounts on a regular basis. The weekday is very representative of my normal intake.

Milk Intake	
Cup equivalents	Recommended Intake (cup equivalents)
Weekday: .25 cups	<i>3 cups</i>
Weekend: 2 cups	

- a. If you cannot increase intake of this group, what are other foods or other ways to obtain the nutrients this food groups provides? (Discuss at least 2 nutrients that could be lacking if dairy is excluded, and include some alternative, non-dairy sources.)

I choose to limit the dairy in my diet as much as possible and what I do eat comes mostly through yogurt and cheese. This is a problem when it comes to calcium intake, however. My calcium was significantly low on the weekday. Adding yogurt to my diet on a more regular basis would help with this as well as adding more spinach. I also learned that sesame seeds are high in calcium, as well as a lot of herbs and garlic. These are easy things to add to dishes. My vitamin D intake levels were significantly low on both days. My daily vitamin supplements this and I get adequate exposure to sunlight but adding more cold water fish to my diet such as wild salmon and tuna would help.

NHM 101 Dietary Analysis Project: Food Diary

Name: Amanda Ladner

Day of the Week/Date: Friday, 7.20.12

Time	Foods Consumed	Amounts	Where and With Whom
8:00am	Thick sliced bacon Butter Fresh Cherries Coffee Half and half Sugar Boiled egg Kale (sauteed) Peach	1 slice 1/2 tbsp 1.5 cups 16oz 1 tbsp 1 tsp 1 large 1 cup 1 medium	Home, by myself
12:30pm	Chicken salad (Whole Foods Classic) Rice crackers Grapes	1/4 cup 8 1 cup	Home, by myself
7:00pm	Baked pork chop, fat trimmed off Brown whole grain rice cooked with salt Beer	1 medium 1/2 cup 12 oz	Home, with my husband
10:00am	Kind Bar: Almond & Coconut	1 bar	Home, by myself
3:00pm	Carrot Greek Yogurt	1 large 1/4 cup	Home, by myself
8:00pm	Hersheys Kisses	4 pieces	Home, with my husband

Meals from 07/20/12 - 07/20/12

alad08's Meals

alad08, your plan is based on a **2000 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Snacks
07/20/12	<ul style="list-style-type: none"> ■ 1 thick slice Bacon, pork, smoked or cured, cooked ■ ½ tablespoon Butter, stick, salted ■ 1½ cup, with pits Cherries, sweet, raw (Queen Anne, Bing) ■ 2 mug (8 fl oz) Coffee, brewed, regular ■ 1 tablespoon Cream, half and half ■ 1 large egg(s) Egg, boiled ■ 1 cup Kale, fresh, cooked (with salt, no fat added) ■ 1 medium (2-2/3" across) Peach, raw ■ 1 teaspoon Sugar, white, granulated or lump 	<ul style="list-style-type: none"> ■ ¼ cup Chicken or turkey salad, with mayonnaise ■ 8 cracker Crackers, rice salted ■ 1 cup, seedless Grapes, raw 	<ul style="list-style-type: none"> ■ 1 can or bottle (12 fl oz) Beer ■ 1 medium chop (3 per pound) Pork chop, broiled or baked, lean only eaten ■ ½ cup Rice, brown, regular, cooked (with salt, no fat added) 	<ul style="list-style-type: none"> ■ 1 large carrot (7-1/4" to 8-1/2" long) Carrots, raw ■ 4 piece or miniature bar Chocolate candy, sweet or dark (Hershey's Special Dark) ■ ¼ cup Greek yogurt, plain, fat free ■ 1 bar (1.6 oz) Kashi GOLEAN Crunchy Bars

alad08's Food Groups and Calories Report 07/20/12 - 07/20/12

Your plan is based on a 2000 Calorie allowance.

Food Groups	Target	Average Eaten	Status
Grains	6 ounce(s)	2 ounce(s)	Under
Whole Grains	≥ 3 ounce(s)	1 ounce(s)	Under
Refined Grains	≤ 3 ounce(s)	1 ounce(s)	OK
Vegetables	2½ cup(s)	1¾ cup(s)	Under
Dark Green	1½ cup(s)/week	1 cup(s)	Under
Red & Orange	5½ cup(s)/week	½ cup(s)	Under
Beans & Peas	1½ cup(s)/week	0 cup(s)	Under
Starchy	5 cup(s)/week	0 cup(s)	Under
Other	4 cup(s)/week	0 cup(s)	Under
Fruits	2 cup(s)	3¼ cup(s)	Over
Whole Fruit	No Specific Target	3¼ cup(s)	No Specific Target
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target
Dairy	3 cup(s)	¼ cup(s)	Under
Milk & Yogurt	No Specific Target	¼ cup(s)	No Specific Target
Cheese	No Specific Target	0 cup(s)	No Specific Target
Protein Foods	5½ ounce(s)	5½ ounce(s)	OK
Seafood	8 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	5 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	½ ounce(s)	No Specific Target
Oils	6 teaspoon	2 teaspoon	Under
Limits	Allowance	Average Eaten	Status
Total Calories	2000 Calories	1601 Calories	OK
Empty Calories*	≤ 258 Calories	453 Calories	Over
Solid Fats	*	231 Calories	*
Added Sugars	*	123 Calories	*
Alcohol	*	98 Calories	*

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Note: If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.

alad08's Nutrients Report 07/20/12 - 07/20/12

Your plan is based on a 2000 Calorie allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	1601 Calories	OK
Protein (g)***	46 g	72 g	OK
Protein (% Calories)***	10 - 35% Calories	18% Calories	OK
Carbohydrate (g)***	130 g	197 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	49% Calories	OK
Dietary Fiber	25 g	20 g	Under
Total Fat	20 - 35% Calories	29% Calories	OK
Saturated Fat	< 10% Calories	12% Calories	Over
Monounsaturated Fat	No Daily Target or Limit	10% Calories	No Daily Target or Limit
Polyunsaturated Fat	No Daily Target or Limit	5% Calories	No Daily Target or Limit
Linoleic Acid (g)***	12 g	7 g	Under
Linoleic Acid (% Calories)***	5 - 10% Calories	4% Calories	Under
α -Linolenic Acid (g)***	1.1 g	0.8 g	Under
α -Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0.5% Calories	Under
Omega 3 - EPA	No Daily Target or Limit	5 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	29 mg	No Daily Target or Limit
Cholesterol	< 300 mg	335 mg	Over
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	558 mg	Under
Potassium	4700 mg	2929 mg	Under
Sodium**	< 2300 mg	2096 mg	OK
Copper	900 μ g	1568 μ g	OK
Iron	18 mg	10 mg	Under
Magnesium	320 mg	292 mg	Under
Phosphorus	700 mg	999 mg	OK
Selenium	55 μ g	90 μ g	OK
Zinc	8 mg	9 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	700 μ g RAE	1692 μ g RAE	OK
Vitamin B6	1.3 mg	2.1 mg	OK
Vitamin B12	2.4 μ g	3.2 μ g	OK

Vitamin C	75 mg	108 mg	OK
Vitamin D	15 μ g	2 μ g	Under
Vitamin E	15 mg AT	10 mg AT	Under
Vitamin K	90 μ g	1108 μ g	OK
Folate	400 μ g DFE	240 μ g DFE	Under
Thiamin	1.1 mg	1.5 mg	OK
Riboflavin	1.1 mg	1.7 mg	OK
Niacin	14 mg	17 mg	OK
Choline	425 mg	362 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.

NHM 101 Dietary Analysis Project: Food Diary

Name: Amanda Ladner

Day of the Week/Date: Saturday, 7.21.12

Time	Foods Consumed	Amounts	Where and With Whom
7:30am	Ezekiel 4:9 Cinnamon Raisin Bread Goat Cheese Coffee Half and half Sugar	1 slice 2 tbsp 16 oz 1 tbsp 1 tsp	Home, by myself
12:00pm	Chicken salad (Whole Foods Classic) Ezekiel Whole Grain Bread Carrot Baby Bell Mini Light Cheese Roasted red pepper hummus	1/4 cup 1 slice 1 large 1 piece 2 tbsp	Home, by myself
6:30pm	Hamburger (no bun) 85% lean Sweet potato fries (baked with olive oil & salt) Goat cheese Pepper jelly Sweet tea	1 medium 1/2 large potato 2 tbsp 1 tbsp 8 oz	Home, with my husband
2:30pm	Kind Bar: Almond & Coconut	1 bar	Home, by myself
8:00pm	Bryers Mint Chocolate Chip Ice Cream Red wine	1 lg scoop 5 oz	Home, with my husband

Meals from 07/21/12 - 07/21/12

alad08's Meals

alad08, your plan is based on a **2000 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Snacks
07/21/12	<ul style="list-style-type: none"> • 1 large slice Bread, multigrain, with raisins • 2 mug (8 fl oz) Coffee, brewed, regular • 1 tablespoon Cream, half and half • 1½ inch cube Goat cheese • 1 teaspoon Sugar, white, granulated or lump 	<ul style="list-style-type: none"> • 1 medium (2-3/4" across) Apple, raw • 1 large slice Bread, multigrain • 1 large carrot (7-1/4" to 8-1/2" long) Carrot, raw • ½ string cheese stick Cheese, Mozzarella, part skim • ¼ cup Chicken or turkey salad, with mayonnaise • 2 tablespoon Hummus 	<ul style="list-style-type: none"> • 2 inch cube Goat cheese • 1 medium patty (3-1/2 per pound of raw meat) Ground beef, 85% - 89% lean, cooked (ground sirloin, ground round) • 1 tablespoon Jelly, all flavors • ½ tablespoon Olive oil • 1 dash (1/16 of a teaspoon) Salt, table • ½ large potato Sweet potato, baked (no salt added), peel eaten • 8 fluid ounce(s) Tea, brewed, sweetened with sugar 	<ul style="list-style-type: none"> • 1 large scoop Ice cream, regular, vanilla or other flavors • 1 bar (1.6 oz) Kashi GOLEAN Crunchy Bars • 1 standard wine glass (5 fl oz) Wine, table, red

alad08's Food Groups and Calories Report 07/21/12 - 07/21/12

Your plan is based on a 2000 Calorie allowance.

Food Groups	Target	Average Eaten	Status
Grains	6 ounce(s)	2½ ounce(s)	Under
Whole Grains	≥ 3 ounce(s)	2 ounce(s)	Under
Refined Grains	≤ 3 ounce(s)	½ ounce(s)	OK
Vegetables	2½ cup(s)	1½ cup(s)	Under
Dark Green	1½ cup(s)/week	0 cup(s)	Under
Red & Orange	5½ cup(s)/week	1¼ cup(s)	Under
Beans & Peas	1½ cup(s)/week	¼ cup(s)	Under
Starchy	5 cup(s)/week	0 cup(s)	Under
Other	4 cup(s)/week	0 cup(s)	Under
Fruits	2 cup(s)	1½ cup(s)	Under
Whole Fruit	No Specific Target	1¼ cup(s)	No Specific Target
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target
Dairy	3 cup(s)	2 cup(s)	Under
Milk & Yogurt	No Specific Target	¼ cup(s)	No Specific Target
Cheese	No Specific Target	1¾ cup(s)	No Specific Target
Protein Foods	5½ ounce(s)	4½ ounce(s)	Under
Seafood	8 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	4 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	½ ounce(s)	No Specific Target
Oils	6 teaspoon	3 teaspoon	Under
Limits	Allowance	Average Eaten	Status
Total Calories	2000 Calories	1816 Calories	OK
Empty Calories*	≤ 258 Calories	722 Calories	Over
Solid Fats	*	397 Calories	*
Added Sugars	*	216 Calories	*
Alcohol	*	109 Calories	*

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Note: If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.

alad08's Nutrients Report 07/21/12 - 07/21/12

Your plan is based on a 2000 Calorie allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	1816 Calories	OK
Protein (g)***	46 g	79 g	OK
Protein (% Calories)***	10 - 35% Calories	17% Calories	OK
Carbohydrate (g)***	130 g	178 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	39% Calories	Under
Dietary Fiber	25 g	19 g	Under
Total Fat	20 - 35% Calories	38% Calories	Over
Saturated Fat	< 10% Calories	18% Calories	Over
Monounsaturated Fat	No Daily Target or Limit	13% Calories	No Daily Target or Limit
Polyunsaturated Fat	No Daily Target or Limit	4% Calories	No Daily Target or Limit
Linoleic Acid (g)***	12 g	7 g	Under
Linoleic Acid (% Calories)***	5 - 10% Calories	4% Calories	Under
α -Linolenic Acid (g)***	1.1 g	0.8 g	Under
α -Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0.4% Calories	Under
Omega 3 - EPA	No Daily Target or Limit	5 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	10 mg	No Daily Target or Limit
Cholesterol	< 300 mg	222 mg	OK
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	1017 mg	OK
Potassium	4700 mg	2448 mg	Under
Sodium**	< 2300 mg	1785 mg	OK
Copper	900 μ g	1777 μ g	OK
Iron	18 mg	12 mg	Under
Magnesium	320 mg	251 mg	Under
Phosphorus	700 mg	1232 mg	OK
Selenium	55 μ g	54 μ g	Under
Zinc	8 mg	13 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	700 μ g RAE	1988 μ g RAE	OK
Vitamin B6	1.3 mg	2.0 mg	OK
Vitamin B12	2.4 μ g	4.7 μ g	OK

Vitamin C	75 mg	44 mg	Under
Vitamin D	15 μ g	1 μ g	Under
Vitamin E	15 mg AT	9 mg AT	Under
Vitamin K	90 μ g	34 μ g	Under
Folate	400 μ g DFE	263 μ g DFE	Under
Thiamin	1.1 mg	0.8 mg	Under
Riboflavin	1.1 mg	2.0 mg	OK
Niacin	14 mg	15 mg	OK
Choline	425 mg	229 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.