

Nutrients Report 06/10/13 - 06/10/13

Your plan is based on a default 2000 Calorie allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	2763 Calories	Over
Protein (g) ^{***}	46 g	115 g	OK
Protein (% Calories) ^{***}	10 - 35% Calories	17% Calories	OK
Carbohydrate (g) ^{***}	130 g	403 g	OK
Carbohydrate (% Calories) ^{***}	45 - 65% Calories	58% Calories	OK
Dietary Fiber	25 g	32 g	OK
Total Fat	20 - 35% Calories	26% Calories	OK
Saturated Fat	< 10% Calories	9% Calories	OK
Monounsaturated Fat	No Daily Target or Limit	10% Calories	No Daily Target or Limit
Polyunsaturated Fat	No Daily Target or Limit	6% Calories	No Daily Target or Limit
Linoleic Acid (g) ^{***}	12 g	16 g	OK
Linoleic Acid (% Calories) ^{***}	5 - 10% Calories	5% Calories	OK
α -Linolenic Acid (g) ^{***}	1.1 g	2.2 g	OK
α -Linolenic Acid (% Calories) ^{***}	0.6 - 1.2% Calories	0.7% Calories	OK
Omega 3 - EPA	No Daily Target or Limit	9 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	18 mg	No Daily Target or Limit
Cholesterol	< 300 mg	209 mg	OK
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	1696 mg	OK
Potassium	4700 mg	4636 mg	Under
Sodium ^{**}	< 2300 mg	3688 mg	Over
Copper	900 μ g	1546 μ g	OK
Iron	18 mg	30 mg	OK
Magnesium	310 mg	410 mg	OK
Phosphorus	700 mg	2009 mg	OK
Selenium	55 μ g	114 μ g	OK
Zinc	8 mg	22 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	700 μ g RAE	1222 μ g RAE	OK
Vitamin B6	1.3 mg	4.0 mg	OK
Vitamin B12	2.4 μ g	6.2 μ g	OK
Vitamin C	75 mg	259 mg	OK
Vitamin D	15 μ g	6 μ g	Under
Vitamin E	15 mg AT	8 mg AT	Under
Vitamin K	90 μ g	207 μ g	OK
Folate	400 μ g DFE	1317 μ g DFE	Over
Thiamin	1.1 mg	2.3 mg	OK
Riboflavin	1.1 mg	4.0 mg	OK
Niacin	14 mg	40 mg	OK
Choline	425 mg	521 mg	OK

