

DIETARY EVALUATION : NUTRITION ANALYSIS



Name	Test
Description	#1
Standard	Canada/USA - RNI female - (31 to 50 years)

Age	35 years
Activity	Level 3: Active
Height	175 cm
Weight	70 kg
BMI	23 Normal weight

‡ missing values
■ Insufficient Intake
■ Excessive Intake
■ Compliant Intake

Nutrients	Total	% of standard	
Alcohol (g)	41 ‡		
Water (g)	2 051	76 %	
Energy (kcal)	1 947	76 %	
Protein (g)	58	126 %	
Fat (g)	50		
Cholesterol (mg)	77		
Polyunsaturated (g)	14		
Monounsaturated (g)	20		
Saturated (g)	11		
«Trans» (g)	0 ‡		
Omega-3 fatty acids (g)	0,8 ‡	69 %	
Omega-6 fatty acids (g)	8,3 ‡	69 %	
Carbohydrates (g)	250	192 %	
Total Sugars (g)	45 ‡		
Dietary fibre (g)	14	57 %	
Biotin (µg)	0 ‡	0 %	
Choline (mg)	197 ‡	46 %	
Folate (µg DFE)	374 ‡	94 %	
Niacin (mg NE)	32	227 %	
Pantothenate (mg)	3 ‡	66 %	

Nutrients	Total	% of standard	
Riboflavin (mg)	1,4	127 %	
Thiamin (mg)	1,0	95 %	
Vitamin A (µg RAE)	46 ‡	7 %	
Vitamin A (IU)	400 ‡	17 %	
Vitamin B 6 (mg)	1,9	144 %	
Vitamin B 12 (µg)	3,0	124 %	
Vitamin C (mg)	119	158 %	
Vitamin D (µg)	0 ‡	1 %	
Vitamin E (mg)	3 ‡	22 %	
Vitamin K (µg)	26 ‡	29 %	
Calcium (mg)	525	53 %	
Copper (mg)	0,99	110 %	
Iron (mg)	10	54 %	
Iodine (µg)	0 ‡	0 %	
Magnesium (mg)	241	75 %	
Manganese (mg)	1,5 ‡	85 %	
Phosphorus (mg)	793	113 %	
Potassium (mg)	2 447	52 %	
Selenium (µg)	87	159 %	
Sodium (mg)	1 966	131 %	
Zinc (mg)	8	95 %	