

REPORT : NUTRITION ANALYSIS



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

CALORIE DISTRIBUTION (%)			
Proteins	11,8 %		
Lipids	22,7 %	PFA	6,2 %
Carbohydrates	50,9 %	MFA	9,2 %
Alcohol	14,6 %	SFA	5,2 %
TOTAL	100 %	TOTAL	20,6 %

‡ : missing values

<u>Nutrients</u>	<u>Total</u>	<u>Standard</u>	<u>% Standard</u>
Alcohol (g)	41,10 ‡		
Water (g)	2 050,64	2700	75,95
Energy (kcal)	1 946,8	2557,7	76,11
Protein (g)	58,05	46	126,19
Fat (g)	49,57		
Cholesterol (mg)	77,2		
Polyunsaturated (g)	13,57		
Monounsaturated (g)	20,03		
Saturated (g)	11,33		
«Trans» (g)	0,23 ‡		
Omega-3 fatty acids (g)	0,758 ‡	1,1	68,94
Omega-6 fatty acids (g)	8,303 ‡	12	69,19
Carbohydrates (g)	250,22	130	192,47
Total Sugars (g)	44,89 ‡		
Added Sugars (g)	‡		
Dietary fibre (g)	14,20	25	56,80
Betaine (mg)	1,04 ‡		
Biotin (µg)	‡	30	
Choline (mg)	197,22 ‡	425	46,40
Folate (µg DFE)	374,14 ‡	400	93,53
Niacin (mg NE)	31,79	14	227,05
Pantothenate (mg)	3,316 ‡	5	66,32

<u>Nutrients</u>	<u>Total</u>	<u>Standard</u>	<u>% Standard</u>
Riboflavin (mg)	1,401	1,1	127,34
Thiamin (mg)	1,048	1,1	95,29
Vitamin A (µg RAE)	46,1 ‡	700	6,58
Vitamin A (IU)	400,2 ‡	2333	17,15
Vitamin B 6 (mg)	1,877	1,3	144,40
Vitamin B 12 (µg)	2,965	2,4	123,55
Vitamin C (mg)	118,5	75	158,01
Vitamin D (µg)	0,11 ‡	15	0,70
Vitamin E (mg)	3,345 ‡	15	22,30
Vitamin K (µg)	25,679 ‡	90	28,53
Calcium (mg)	525,4	1000	52,54
Copper (mg)	0,990	0,9	109,97
Iron (mg)	9,802	18	54,45
Iodine (µg)	‡	150	
Magnesium (mg)	240,6	320	75,19
Manganese (mg)	1,535 ‡	1,8	85,29
Phosphorus (mg)	793,3	700	113,33
Potassium (mg)	2 446,7	4700	52,06
Selenium (µg)	87,4	55	158,88
Sodium (mg)	1 966,3	1500	131,09
Zinc (mg)	7,568	8	94,60