

Nutrients Report 05/22/18 - 05/22/18

Your plan is based on a default **2000 Calorie** allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	1699 Calories	Under
Protein (g) ^{***}	46 g	66 g	OK
Protein (% Calories) ^{***}	10 - 35% Calories	15% Calories	OK
Carbohydrate (g) ^{***}	130 g	300 g	OK
Carbohydrate (% Calories) ^{***}	45 - 65% Calories	71% Calories	Over
Dietary Fiber	25 g	20 g	Under
Total Sugars	No Daily Target or Limit	85 g	No Daily Target or Limit
Added Sugars	< 50 g	3 g	OK
Total Fat	20 - 35% Calories	16% Calories	Under
Saturated Fat	< 10% Calories	4% Calories	OK
Polyunsaturated Fat	No Daily Target or Limit	4% Calories	No Daily Target or Limit
Monounsaturated Fat	No Daily Target or Limit	6% 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 (% Calories) ^{***}	0.6 - 1.2% Calories	0.2% Calories	Under
α-Linolenic Acid (g) ^{***}	1.1 g	0.5 g	Under
Omega 3 - EPA	No Daily Target or Limit	0 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	0 mg	No Daily Target or Limit
Cholesterol	< 300 mg	90 mg	OK
Minerals			
Calcium	1000 mg	116 mg	Under
Potassium	4700 mg	1821 mg	Under
Sodium	< 2300 mg	5138 mg	Over
Copper	900 µg	954 µg	OK
Iron	18 mg	17 mg	Under
Magnesium	310 mg	134 mg	Under
Phosphorus	700 mg	591 mg	Under
Selenium	55 µg	122 µg	OK
Zinc	8 mg	8 mg	OK

Vitamins			
Vitamin A	700 µg RAE	95 µg RAE	Under
Vitamin B6	1.3 mg	0.9 mg	Under
Vitamin B12	2.4 µg	1.8 µg	Under
Vitamin C	75 mg	4 mg	Under
Vitamin D	15 µg	0 µg	Under
Vitamin E	15 mg AT	4 mg AT	Under
Vitamin K	90 µg	70 µg	Under
Folate	400 µg DFE	595 µg DFE	OK
Thiamin	1.1 mg	2.0 mg	OK
Riboflavin	1.1 mg	1.7 mg	OK
Niacin	14 mg	23 mg	OK
Choline	425 mg	49 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.