

# MNT Profile

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## Nutrient Analysis Results

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Rec #: 1 555-11-0101 202001

Based on a food record or dietary recall, the information below describes your estimated consumption of nutrients along with recommended dietary intakes or goals.

### Nutrient Analysis

	Estimated	Goals
<b>Resting Energy Expenditure REE (kcal) -</b>	1727	
<b>Total Energy Expenditure (kcal) -</b>	2249	
<b>Energy Intake (kcal) -</b>	3166	2200
<b>Fat Intake (g) -</b>	145	73
<b>Percent fat (% kcal) -</b>	39	30
<b>Monounsaturated fat (% kcal) -</b>	15	20
<b>Saturated fat (% kcal) -</b>	6	7
<b>Cholesterol intake (mg) -</b>	75	150
<b>Protein intake (g) -</b>	89	83
<b>Percent protein (% kcal) -</b>	10	15
<b>Carbohydrate intake (g) -</b>	406	303
<b>Percent carbohydrate (% kcal) -</b>	48	55
<b>Vitamin B6 (mg) -</b>	3.1	1.7
<b>Calcium (mg) -</b>	366	1200
<b>Fiber (mg) -</b>	49	25
<b>Folate (mcg) -</b>	421	400
<b>Iron (mg) -</b>	12	10
<b>Phosphorous (mg) -</b>	1682	1200
<b>Potassium (mg) -</b>	4392	
<b>Sodium (mg) -</b>	2338	2400
<b>Vitamin E (mg) -</b>	22.8	8.0
<b>Alcohol (drinks per day) -</b>	3	1
<b>Caffeine (servings per day) -</b>	2	2
<b>Water (8 oz glasses per day) -</b>	5	10

### Servings from Food Groups

	Reported	Goals
<b>Breads -</b>	10.5	9.0
<b>Fruit -</b>	6.0	3.0
<b>Vegetables -</b>	4.0	5.0
<b>Milk/Alternates -</b>	2.0	2.0
<b>Meat -</b>	2.0	2.0
<b>Fats -</b>	2.0	1.0
<b>High fat and sugar -</b>	1.0	1

### Supplements

Calcium -	250 mg
Chromium -	200 mg
Folate -	400 mcg
Vitamin B6 -	2.5 mg
Vitamin C -	200 mg
Vitamin D -	400 mg
Vitamin E -	10 mg

Other Supplements:

Mult-antioxidants