

# Nutritics for Mrs Sample

Female, 46, 70kg, 160cm, 27.3 BMI.

26th Apr 2016 - 29th Apr 2016

Showing Day(s) - ALL of 3

NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	RECOMMENDED	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	2236kcal	1571kcal					
Energy(Kj)	9355kJ	6573kJ					
- MACRONUTRIENTS -							
Carbohydrate	249g	209g					
Protein	69g	56-98g	<140g				
<b>! Fat</b>	94g	35-61g	>26g				
<b>! Water</b>	2134ml	1257-1885ml					
› water from drinks	1721ml			N/A			
<b>! Alcohol</b>	22g		<11.2g				
- CARBOHYDRATE -							
Starch	173g			N/A			
Oligosaccharide	0.04g			N/A			
<b>! NSP</b>	12.9g	18-24g					
<b>! Sugars</b>	75g		<46g				
<b>! Free Sugars</b>	49g		<21g				
- LIPID COMPONENTS -							
<b>! Saturated fat</b>	40g		<17.5g				
› monounsaturated fat	31g	23-35g					
Polyunsaturated fat	11.8g		>6.5g <17.5g				
<b>! › omega3(n-3)</b>	0.5g	1-2.1g	>0.3g				
› omega6(n-6)	6.4g		>1.7g				
Trans-fatty acids	0.8g		<1.7g				
Cholesterol	175mg		<300mg				
- MINERALS & TRACE ELEMENTS -							
<b>! Sodium</b>	3075mg	1600mg	>500mg <2300mg				
Potassium	3266mg	4700mg	>1600mg				
Chloride	4707mg	2500mg					
Calcium	985mg	700mg	>400mg				
Phosphorus	1242mg	550mg					
Magnesium	246mg	270mg	>150mg				
Iron	8.6mg	14.8mg	>8mg				
Zinc	7.3mg	8mg	>4mg <25mg				

NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	RECOMMENDED	UPPER LIMIT
<b>Copper</b>	1mg	1.2mg	>0.4mg <10mg				
<b>Manganese</b>	4mg		>1.4mg				
<b>Selenium</b>	33µg	60µg	>20µg <400µg				
<b>Iodine</b>	230µg	150µg	>70µg <1100µg				
- VITAMINS -							
<b>Vitamin A (ret eq)</b>	427µg	1220µg	>400µg <7500µg				
<b>! Vitamin D</b>	0.9µg	10-20µg	>2.5µg <80µg				
<b>Vitamin E</b>	8.3mg	14mg	>3mg <540mg				
<b>Vitamin K<sub>1</sub></b>	17.4µg	105µg					
<b>Thiamin (B<sub>1</sub>)</b>	1.1mg	0.6mg	>0.5mg <100mg				
<b>Riboflavin (B<sub>2</sub>)</b>	1.3mg	1.1mg	>0.8mg <40mg				
<b>Niacin total (B<sub>3</sub>)</b>	22mg	10.4mg	>6.9mg				
<b>Pantothenic Acid (B<sub>5</sub>)</b>	3.9mg	3-7mg					
<b>Vitamin B<sub>6</sub></b>	1.1mg	1.2mg	>0.6mg				
<b>! Folic Acid (B<sub>9</sub>)</b>	196µg	300-600µg	>100µg <1000µg				
<b>Vitamin B<sub>12</sub></b>	3.6µg	2.4µg	>1µg <2000µg				
<b>Biotin (B<sub>7</sub>)</b>	34µg	25-60µg	<900µg				
<b>Vitamin C</b>	41mg	190mg	>40mg <2000mg				
- OTHER -							
<b>GL</b>	110				N/A		
<b>PRAL</b>	-8.1				N/A		
<b>Caffeine</b>	233mg				N/A		

Figures from Nutritics guidelines for females 45-50 years old

Generated by Nutritics v4.109 on 26th Apr 2016

## Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
<b>Intake</b>	248.8g	68.9g	93.7g	22g
<b>g/kg body-weight</b>	3.6	1	1.3	0.3
<b>Kilocal</b>	963	276	844	154
<b>Kilocal %</b>	43%	12%	38%	7%

