

Recommendations

The Recommendations Report lists the recommended daily nutrient intake for a person based on the information entered. Often referred to as the DRI (Dietary Reference Intake). Actual intake values are found on other reports.

Profile Info

Personal: Test Student	Female	45 yrs	5 ft 2 in	135.00 lb
Activity Level: Active	Strive for an Active activity level.			
Weight Change: None	Best not to exceed 2 lbs per week.			
BMI: 24.7	Normal is 18.5 to 25. Clinically Obese is 30 or higher.			

Nutrient

Target Notes

Basic Components

Total Calories	2,222.96	
Protein (g)	48.99	10% - 35% of Calories (adults 19-70 years) *
Carbohydrates (g)	305.66	45% - 65% of Calories (adults 19-70 years) *
Added Sugar (g)	27.79	Less than 10% of Calories+
Dietary Fiber (g)	31.12	
Total Fat (g)	69.16	20% - 35% of Calories (adults 19-70 years) *
Saturated Fat (g)	22.23	Less than 10% of Calories +
Polyunsaturated Fat (g)	22.23	
Monounsaturated Fat (g)	24.70	
Cholesterol (mg)	300.00	Less than 300 mg per day ^
Water (ltr)	2.70	

Vitamins

Vitamin A - RAE (mcg)	700.00	Do not exceed 3000mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	Do not exceed 1000mg *
Vitamin K (mcg)	90.00	
Vitamin B1 - Thiamin (mg)	1.10	
Vitamin B2 - Riboflavin (mg)	1.10	
Vitamin B3 - Niacin (mg)	14.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	75.00	
Folate (mcg DFE)	400.00	
Choline (mg)	425.00	

Minerals

Calcium (mg)	1,000.00	Do not exceed 2500 mg *
Copper (mg)	0.90	
Iron (mg)	18.00	Do not exceed 45 mg *
Magnesium (mg)	320.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *

Potassium (mg)	4,700.00	
Selenium (mcg)	55.00	
Sodium (mg)	2,300.00	Less than 2300 mg per day - lower for some people +
Zinc (mg)	8.00	Do not exceed 40 mg *
Other		
Linoleic Acid (g)	12.00	
Alpha-linolenic Acid (g)	1.10	
MyPlate Values		
MyPlate - Fruits (cup)	2.00	
MyPlate - Vegetables (cup)	3.00	
MyPlate - Grains (oz eq)	7.00	
MyPlate - Protein Foods (oz eq)	6.00	
MyPlate - Dairy (cup)	3.00	
MyPlate - Oils (tsp)	6.00	

Sources:

* Dietary Reference Intakes

+ Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Reference Daily Intake