

Nutritics for Ann Example

46 year old female, 0kg, cm |



27th Jul 2017 - 27th Jul 2017

Days 1

NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	RECOMMENDED	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	2110kcal	2103kcal					
Energy(Kj)	8830kJ	8799kJ					
- MACRONUTRIENTS -							
Carbohydrate	164g	263g					
Protein	81g	0.04g					
! Fat	99g		<82g				
Water	1395ml			N/A			
› water from drinks	1059ml			N/A			
! Alcohol	31.9g		<15g				
- CARBOHYDRATE -							
Starch	89g			N/A			
Oligosaccharide	0g			N/A			
Fibre	13.6g	30g					
Sugars	77g			N/A			
! Free Sugars	48g		<26.3g				
- LIPID COMPONENTS -							
! Saturated Fat	47g		<25.7g				
› monounsaturated fat	39.1g	30.4g					
Polyunsaturated fat	12.9g		>6.5g <23.4g				
! › omega3(n-3)	0.2g		>0.5g				
! › omega6(n-6)	1.3g		>2.3g				
Trans-fatty acids	0.5g		<4.7g				
Cholesterol	215mg			N/A			
- MINERALS & TRACE ELEMENTS -							
Sodium	1528mg	1600mg	>575mg <2400mg				
Potassium	3599mg	3500mg	>2000mg				
Chloride	1778mg	2500mg					
Calcium	570mg	700mg	>400mg				
Phosphorus	1180mg	550mg					
Magnesium	350mg	270mg	>150mg				
Iron	12.9mg	14.8mg	>8mg				

NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	RECOMMENDED	UPPER LIMIT
Zinc	14.7mg	7mg	>4mg				
Copper	1.1mg	1.2mg					
Manganese	3.4mg		>1.4mg				
! Selenium	24.6µg	60µg	>40µg				
Iodine	204µg	140µg	>70µg				
- VITAMINS -							
Vitamin A (ret eq)	294µg	600µg	>250µg				
Vitamin D	2.1µg	10µg					
Vitamin E	5.4mg		>3mg				
Vitamin K ₁	18.2µg	0.1µg					
Thiamin (B ₁)	0.5mg	0.8mg	>0.2mg				
Riboflavin (B ₂)	1.2mg	1.1mg	>0.8mg				
Niacin total (B ₃)	37.2mg	13.9mg	>9.3mg				
Pantothenic Acid (B ₅)	4.4mg	3-7mg					
Vitamin B ₆	1.1mg	1.2mg	>0.9mg				
Folic Acid (B ₉)	177µg	200µg	>100µg				
Vitamin B ₁₂	6.6µg	1.5µg	>1µg				
Biotin (B ₇)	65µg	10-200µg					
Vitamin C	36.8mg	40mg	>10mg				
- OTHER -							
GL	62				N/A		
PRAL	-11.2				N/A		
Caffeine	282mg				N/A		

Figures from UK: SACN 2015 / COMA guidelines for female 45-50 years old

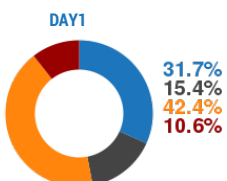
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Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
Intake	164.1g	81g	99.4g	31.9g
g/kg body-weight	0	0	0	0
Kilocal	669	324	895	223
Kilocal %	31.7%	15.4%	42.4%	10.6%



31.7% Carbs
15.4% Protein
42.4% Fat
10.6% Alcohol



Diet Log

DAY 1

Warburtons Seeded Batch Five Seeds	29.9g
Butter, salted	9g
Peanut butter Kelkin, no added sugar	20g
Coffee, infusion, average, with whole milk	780g
Lasagne beef, homemade	180g
Chocolate, dark, 70-84% Cocoa	14g
Strawberries, raw	32g
Magnum Classic HB	90g
Bananas, flesh only	100g
Snack-a-jacks	35g
Biscuits, fully coated with chocolate	18g
Sausages, pork, chilled, grilled	80g
Potato chips, fried in commercial oil, from takeaway fish and chip shops	100g
Wine, white, medium	350g

Notes