

PERSONAL HEALTH AND NUTRITION SUMMARY



NAME

10/18/2024
REPORT DATE

10/18/2024
COMPLETED ON

Female	55	2219	1326	26.9	62 in. (157 cm)	147 lbs. (66.7 kg)	Moderately Active
GENDER	AGE	EER ¹	BMR ²	BMI ³	HEIGHT	WEIGHT	ACTIVITY LEVEL

EER¹ Estimated Energy Requirement (EER) is the number of calories needed daily to maintain your current body weight. EER is calculated based on your age, height, weight, gender (including pregnancy or lactation if applicable), and activity level.

BMR² Basal metabolic rate (BMR) is the energy (kcal) required to perform basic, life-sustaining functions.

BMI³ Body mass index (BMI) is calculated from your height and weight. BMI is a reliable indicator of body fat for most people.

NUTRIENTS

ENERGY (KCAL) 1742 kcal RECOMMENDED 45 - 65 % of Calories	CARBOHYDRATE (131 g) 29 % of Calories RECOMMENDED 45 - 65 % of Calories	FIBER 29.4 g RECOMMENDED 21 g	ADDED SUGAR (14 g) 3 % of Calories RECOMMENDED <= 10 % of Calories	PROTEIN (78 g) 17 % of Calories RECOMMENDED 10 - 35 % of Calories
FAT (85 g) 43 % of Calories RECOMMENDED 20 - 35 % of Calories	SATURATED FAT (28 g) 15 % of Calories RECOMMENDED <= 10 % of Calories	MONOUNSATURATED FAT (MUFA) (32 g) 17 % of Calories	OMEGA-3 (ALA) (1.5 g) 0.8 % of Calories RECOMMENDED 0.6 - 1.2 % of Calories	OMEGA-6 (LA) (13.3 g) 7 % of Calories RECOMMENDED 5 - 10 % of Calories
VITAMIN A (RAE) 2182 mcg RECOMMENDED 700 mcg	VITAMIN D 242 IU RECOMMENDED 600 IU	VITAMIN E 16.8 IU RECOMMENDED 22.5 IU	VITAMIN K 465 mcg RECOMMENDED 90 mcg	VITAMIN C 225 mg RECOMMENDED 75 mg
VITAMIN B-12 (COBALAMIN) 5.1 mcg RECOMMENDED 2.4 mcg	TOTAL FOLATE 424 mcg RECOMMENDED 400 mcg	CHOLINE 592 mg RECOMMENDED 425 mg	CALCIUM 914 mg RECOMMENDED 1200 mg	MAGNESIUM 333 mg RECOMMENDED 320 mg
IRON 12.5 mg RECOMMENDED 8 mg	ZINC 11.8 mg RECOMMENDED 8 mg	SODIUM 3670 mg RECOMMENDED <= 2300 mg		

Notes:

- Nutrient intakes shown here reflect only those from food and beverage sources (not from supplement intakes).
- Nutrients are highlighted in the following colors based on intake:
 - Black, shown for Energy intake, can be compared to the value for EER above to determine how close it falls with estimates for energy intake requirements.
 - Green, when intake meets the recommended intake value and falls below the established Tolerable Upper Intake Level (UL).
 - Yellow, when intake is within 10%-20% above or below the recommended value, depending on the nutrient.
 - Red, when intake is more than 10%-20% above or below the recommended value, depending on the nutrient.
 - Gray, when intake is greater than 200% of the recommended intake when no Tolerable Upper Intake Level (UL) is established.
 - Blue, shown for MUFA, since there are currently no set dietary guidelines for MUFA intake. Speak to your healthcare provider to determine what level of MUFA is optimal for you.

