

PERSONAL HEALTH AND NUTRITION SUMMARY



10/4/2024
REPORT DATE

9/30/2024
COMPLETED ON

Female 38 2469 1442 23.5 67 in. (170 cm) 150 lbs. (68.0 kg) Moderately Active
GENDER AGE EER BMR BMI HEIGHT WEIGHT ACTIVITY LEVEL

EATING PATTERNS

NUTRIENTS

VEGETABLES 2.1 cups	FRUIT INCLUDING JUICE 4.4 cups	PROTEIN (212 g) 24 % of Calories RECOMMENDED 10 - 35 % of Calories	FAT (152 g) 39 % of Calories RECOMMENDED 20 - 35 % of Calories OVER	CARBOHYDRATE (326 g) 37 % of Calories RECOMMENDED 45 - 65 % of Calories UNDER
NUTS AND SEEDS 0.1 ounces	COOKED BEANS AND PEAS 0 cups	OMEGA 6/3 8.2	OMEGA-3 (ALA) (2.8 g) 0.7 % of Calories RECOMMENDED 0.6 - 1.2 % of Calories	OMEGA-6 (LA) (24.4 g) 7 % of Calories RECOMMENDED 5 - 10 % of Calories
FATS - SOLIDS 65.5,	FATS - OILS 36.1,	FIBER 28.2, RECOMMENDED 25 g	MAGNESIUM 393 mg RECOMMENDED 320 mg	ZINC 28.5 mg RECOMMENDED 8 mg
EGGS 1.0 ounces	MEAT, POULTRY & FISH 20.4 ounces	VITAMIN C 284 mg RECOMMENDED 75 mg	VITAMIN A (RAE) 832 mcg RECOMMENDED 700 mcg	IRON 24.0 mg RECOMMENDED 18 mg
TOTAL DAIRY 1.2 cups	ALCOHOL 0 drinks	VITAMIN E 16.0 mg RECOMMENDED 15 mg	VITAMIN D 187 IU RECOMMENDED 600 IU UNDER	CALCIUM 1127 mg RECOMMENDED 1000 mg
REFINED GRAINS 7.3 ounces	WHOLE GRAINS 0.1 ounces	ADDED SUGAR (90 g) 10 % of Calories RECOMMENDED <= 10 % of Calories	VITAMIN K 222 mcg RECOMMENDED 90 mcg	CHOLINE 816 mg RECOMMENDED 425 mg

Note: Nutrient intakes shown here reflect only those from food and beverage sources (not from supplement intakes).

