

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).

Profile Info

Personal: Female 5 ft 4 in 150 lb
 Activity Level: Low Active Strive for an Active activity level.
 Weight Change: None Best not to exceed 2 lbs per week.
 BMI: 25.7 Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Nutrient	Value	Notes
Basic Components		
Calories	2,204.94	
Protein (g)	54.43	10-35% of Calories (adult 19+ yrs)*
Carbohydrates (g)	303.18	45-65% of Calories (adult 19+ yrs)*
Added Sugar (g) ++		Less than 10% of Calories+
Dietary Fiber (g)	30.87	
Fat (g)	68.60	20-35% of Calories (adult 19+ yrs)*
Saturated Fat (g)	22.05	Less than 10% of Calories +
Mono Fat (g)	24.50	
Poly Fat (g)	22.05	
Cholesterol (mg)	300.00	Limit+
Water (g)	2,700.00	
Vitamins		
Vitamin A - RAE (mcg)	700.00	
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	
Vitamin D - mcg (mcg)	15.00	15 to no more than 100 mcg*
Vitamin E - Alpha Toc. (mg)	15.00	
Folate (mcg)	400.00	Women of child-bearing age should take a supplement or fortified foods with 400 mcg*
Minerals		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *
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	At least 4700 mg per day*