

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).

Nutrient	DRI Goal	Notes
Basic Components		
Calories	1,744.69	
Protein (g)	76.00	10% - 35% of Calories (adults 19-70 yrs) *
Carbohydrates (g)	239.89	45% - 65% of Calories (adults 19-70 yrs) *
Dietary Fiber (g)	24.43	
Fat (g)	54.28	20% - 35% of Calories (adults 19-70 yrs) *
Saturated Fat (g)	17.45	Less than 10% of Calories +
Mono Fat (g)	19.39	
Poly Fat (g)	17.45	
Cholesterol (mg)	300.00	Less than 300 mg per day +
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	Do not exceed 2000 mg *
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin E - Alpha Tocopherol (mg)	15.00	
Folate (mcg)	400.00	Women of child bearing age should take a supplement *
Minerals		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *
Iron (mg)	18.00	Do not exceed 45 mg *