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Nutrients Report

Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose. See which of your food selections were highest or lowest in a nutrient by clicking the heading.

Export Report As: PDF Excel Word

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

View Report from: thru

Create Report

hwestgate's Nutrients Report 11/05/15 - 11/07/15

Your plan is based on a 2000 Calorie allowance.

| Nutrients | Target | Average Eaten | Status |
|---|--------------------------|---------------|--------------------------|
| <input type="checkbox"/> Total Calories | 2000 Calories | 860 Calories | Under |
| <input type="checkbox"/> Protein (g)*** | 46 g | 39 g | Under |
| <input type="checkbox"/> Protein (% Calories)*** | 10 - 35% Calories | 18% Calories | OK |
| <input type="checkbox"/> Carbohydrate (g)*** | 130 g | 92 g | Under |
| <input type="checkbox"/> Carbohydrate (% Calories)*** | 45 - 65% Calories | 43% Calories | Under |
| <input type="checkbox"/> Dietary Fiber | 25 g | 10 g | Under |
| <input type="checkbox"/> Total Sugars | No Daily Target or Limit | 22 g | No Daily Target or Limit |
| <input type="checkbox"/> Added Sugars | No Daily Target or Limit | 6 g | No Daily Target or Limit |
| <input type="checkbox"/> Total Fat | 20 - 35% Calories | 39% Calories | Over |
| <input type="checkbox"/> Saturated Fat | < 10% Calories | 8% Calories | OK |
| <input type="checkbox"/> Polyunsaturated Fat | No Daily Target or Limit | 11% Calories | No Daily Target or Limit |
| <input type="checkbox"/> Monounsaturated Fat | No Daily Target or Limit | 18% Calories | No Daily Target or Limit |
| <input type="checkbox"/> Linoleic Acid (g)*** | 12 g | 9 g | Under |
| <input type="checkbox"/> Linoleic Acid (% Calories)*** | 5 - 10% Calories | 10% Calories | OK |
| <input type="checkbox"/> α-Linolenic Acid (% Calories)*** | 0.6 - 1.2% Calories | 1.0% Calories | OK |
| <input type="checkbox"/> α-Linolenic Acid (g)*** | 1.1 g | 0.9 g | Under |
| <input type="checkbox"/> Omega 3 - EPA | No Daily Target or Limit | 91 mg | No Daily Target or Limit |
| <input type="checkbox"/> Omega 3 - DHA | No Daily Target or Limit | 105 mg | No Daily Target or Limit |
| <input type="checkbox"/> Cholesterol | < 300 mg | 126 mg | OK |
| Minerals | Target | Average Eaten | Status |
| <input type="checkbox"/> Calcium | 1000 mg | 202 mg | Under |
| <input type="checkbox"/> Potassium | 4700 mg | 1095 mg | Under |
| <input type="checkbox"/> Sodium** | < 2300 mg | 1407 mg | OK |
| <input type="checkbox"/> Copper | 900 µg | 555 µg | Under |
| <input type="checkbox"/> Iron | 18 mg | 7 mg | Under |
| <input type="checkbox"/> Magnesium | 310 mg | 122 mg | Under |
| <input type="checkbox"/> Phosphorus | 700 mg | 488 mg | Under |

| | | | |
|-----------------|---------------|----------------------|---------------|
| ⊕ Selenium | 55 µg | 59 µg | OK |
| ⊕ Zinc | 8 mg | 5 mg | Under |
| Vitamins | Target | Average Eaten | Status |
| ⊕ Vitamin A | 700 µg RAE | 540 µg RAE | Under |
| ⊕ Vitamin B6 | 1.3 mg | 1.0 mg | Under |
| ⊕ Vitamin B12 | 2.4 µg | 1.5 µg | Under |
| ⊕ Vitamin C | 75 mg | 21 mg | Under |
| ⊕ Vitamin D | 15 µg | 1 µg | Under |
| ⊕ Vitamin E | 15 mg AT | 4 mg AT | Under |
| ⊕ Vitamin K | 90 µg | 90 µg | OK |
| ⊕ Folate | 400 µg DFE | 278 µg DFE | Under |
| ⊕ Thiamin | 1.1 mg | 0.7 mg | Under |
| ⊕ Riboflavin | 1.1 mg | 0.6 mg | Under |
| ⊕ Niacin | 14 mg | 14 mg | OK |
| ⊕ Choline | 425 mg | 137 mg | Under |

Information about dietary supplements.

** If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

*** Nutrients that appear twice (*protein, carbohydrate, linoleic acid, and α -linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.