

Nutritics for Mary

Average of 3 day log

54 year old female, 72.1kg, 1.52m | Diary

2nd Jun 2019 - 4th Jun 2019

NUTRIENT	AVG. INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	1950kcal	1609kcal					
Energy(Kj)	8177kJ	6732kJ					
- MACRONUTRIENTS -							
Carbohydrate	205g	201g					
Protein	69g	58-101g	<144g				
! Fat	68g	35.8-63g	>26.8g				
Water	2331g	2700g					
› water from drinks	1904g	1126-1931g					
! Alcohol	35g		<11.5g				
- CARBOHYDRATE -							
Starch	128g				N/A		
Oligosaccharide	0.24g				N/A		
Fibre	23.3g	30g					
! Sugars	76g		<44g				
! Free Sugars	38.7g		<20.1g				
- LIPID COMPONENTS -							
! Saturated Fat	24.1g		<17.9g				
! › monounsaturated fat	21.8g	23.2-35.8g					
Polyunsaturated fat	12.4g		>6.5g <17.9g				
› omega3(n-3)	1.9g	1.1-2.1g	>0.36g				
› omega6(n-6)	4.4g		>1.8g				
Trans-fatty acids	0.54g		<1.8g				
Cholesterol	154mg		<300mg				
- MINERALS & TRACE ELEMENTS -							
! Sodium	2915mg	1600mg	>500mg <2300mg				
Potassium	3252mg	4700mg	>1600mg				
Chloride	4267mg	2500mg					
Calcium	539mg	700mg	>400mg				

Phosphorus	1112mg	550mg		
Magnesium	409mg	270mg	>150mg	

Total % contribution to Magnesium:

Coffee, Americano, single, black	15.1%	Wine, white, dry	3.3%	Mixed berries, frozen	1.5%
Full English Breakfast Builder	9.9%	Brownies, chocolate, homemade	3.2%	Cake, sponge, soft iced, retail	1.5%
Coffee, Americano, single, black	7.5%	Salmon, baked	3%	Soup, vegetable, canned	1.4%
Coffee, Americano, single, black	7.5%	Sandwich, white bread, ham salad	2.8%	Tea, black, infusion, average	1.2%
Noodles, egg, thick, dried, boiled in unsalted w	5%	Spinach, sauteed, without oil	2.7%	Bread, white, average	1.2%
Potato chips, homemade, fried in sunflower oi	4.7%	Flapjacks, retail	2.7%	Mushrooms, fried in sunflower oil	0.91%
Wine, red	4.5%	Beef, fillet steak, grilled, lean and fat	2.4%	Tea, black, infusion, average	0.59%
Chicken stir fry, home prepared	4.1%	Potato crisps, fried in sunflower oil	2.3%	Water, tap, drinking	0.01%
Roasted Vegetables	3.8%	Chocolate Bar, Milk	1.9%		
Porridge oats, unfortified, cooked, made up wi	3.7%	Cereal bars, with fruit and/or nuts, with chocol	1.6%		

Iron	12.2mg	8.7mg	>4.7mg	
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Total % contribution to Iron:

Full English Breakfast Builder	16%	Cake, sponge, soft iced, retail	3.3%	Potato chips, homemade, fried in sunflower oi	1.5%
Wine, red	12.2%	Brownies, chocolate, homemade	3.1%	Salmon, baked	1.4%
Noodles, egg, thick, dried, boiled in unsalted w	7.2%	Bread, white, average	2.7%	Coffee, Americano, single, black	0.82%
Wine, white, dry	6.8%	Porridge oats, unfortified, cooked, made up wi	2.6%	Coffee, Americano, single, black	0.41%
Beef, fillet steak, grilled, lean and fat	6.8%	Mixed berries, frozen	2.4%	Coffee, Americano, single, black	0.41%
Roasted Vegetables	5.8%	Soup, vegetable, canned	2.4%	Tea, black, infusion, average	0.02%
Sandwich, white bread, ham salad	5.1%	Chocolate Bar, Milk	2.2%	Tea, black, infusion, average	0.01%
Chicken stir fry, home prepared	4.1%	Mushrooms, fried in sunflower oil	2%		
Flapjacks, retail	3.6%	Potato crisps, fried in sunflower oil	1.8%		
Spinach, sauteed, without oil	3.5%	Cereal bars, with fruit and/or nuts, with chocol	1.7%		

Zinc	7.4mg	8mg	>4mg <25mg	
Copper	1.4mg	1.2mg	>0.4mg <10mg	
Manganese	4.1mg		>1.4mg	
Selenium	49ug	60ug	>20ug <400ug	
! Iodine	45ug	150ug	>70ug <1100ug	

- VITAMINS -

Vitamin A (ret eq)	616ug	1220ug	>400ug <7500ug	
! Vitamin D	4.7ug	10-20ug	>2.5ug <80ug	
Vitamin E	10.3mg	14mg	>3mg <540mg	
Vitamin K ₁	96ug	108ug		
Thiamin (B ₁)	1.2mg	0.64mg	>0.5mg <100mg	
Riboflavin (B ₂)	1.2mg	1.1mg	>0.8mg <40mg	
Niacin total (B ₃)	42mg	10.6mg	>7.1mg	
Pantothenic Acid (B ₅)	5.2mg	3-7mg		
Vitamin B ₆	1.8mg	1.2mg	>0.66mg	
! Folates (B₉) Total	203ug	300-600ug	>100ug <1000ug	
Vitamin B ₁₂	3.5ug	2.4ug	>1ug <2000ug	
Biotin (B ₇)	32.4ug	25-60ug	<900ug	
Vitamin C	68mg	190mg	>40mg <2000mg	

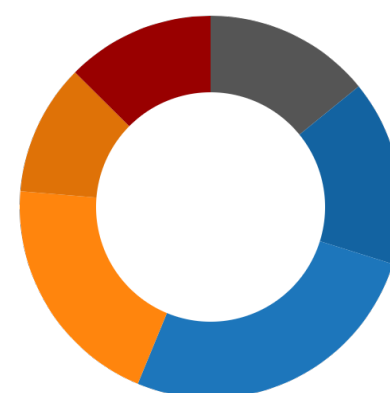
GL	97			N/A
Caffeine	279mg			N/A

Figures from Nutritics guidelines for female, 50-55 years old

Generated by Nutritics v5.094 on 15th Jun 2019

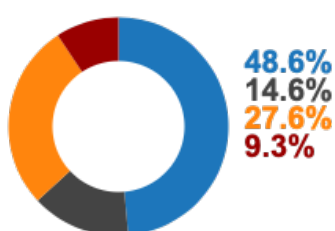
Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	204.9g	76.4g	68.9g	67.6g	24.1g	35g
g/kg body-weight	2.8	1.1	1	0.9	0.3	0.5
Kilocal	821	306	276	608	217	245
Kilocal %	42.1%	15.7%	14.1%	31.2%	11.1%	12.6%

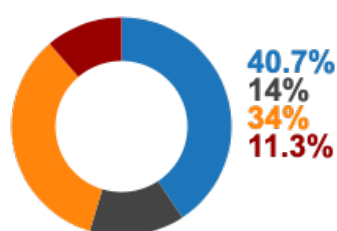


42.1% Carbs
14.1% Protein
31.2% Fat
12.6% Alcohol

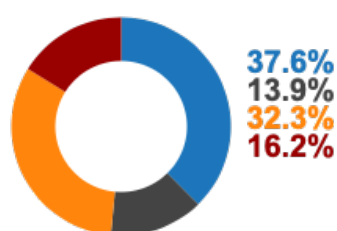
DAYS 1



DAYS 2



DAYS 3



Diet Log

DAYS 1	DAYS 2
<p>Breakfast</p> <ul style="list-style-type: none"> • Porridge oats, unfortified, cooked, made up with semi-skimmed milk 80g • Mixed berries, frozen 60g • Coffee, Americano, single, black 180g <p>Lunch</p> <ul style="list-style-type: none"> • Sandwich, white bread, ham salad 180g • Brownies, chocolate, homemade 65g • Coffee, Americano, single, black 180g • Tea, black, infusion, average 180g <p>Dinner</p> <ul style="list-style-type: none"> • Chicken stir fry, home prepared 180g • Noodles, egg, thick, dried, boiled in unsalted water 280g • Wine, white, dry 250ml <p>Snacks</p> <ul style="list-style-type: none"> • Chocolate Bar, Milk 40g • Cake, sponge, soft iced, retail 67g • Water, tap, drinking 400g • Coffee, Americano, single, black 360g • Tea, black, infusion, average 180g 	<p>Breakfast</p> <ul style="list-style-type: none"> • Porridge oats, unfortified, cooked, made up with semi-skimmed milk 80g • Mixed berries, frozen 60g • Coffee, Americano, single, black 180g <p>Lunch</p> <ul style="list-style-type: none"> • Soup, vegetable, canned 220g • Bread, white, average 65g • Flapjacks, retail 70g • Coffee, Americano, single, black 180g • Tea, black, infusion, average 180g <p>Dinner</p> <ul style="list-style-type: none"> • Wine, white, dry 250ml • Salmon, baked 122g • Roasted Vegetables 180g <p>Snacks</p> <ul style="list-style-type: none"> • Water, tap, drinking 400g • Cereal bars, with fruit and/or nuts, with chocolate, unfortified 33g • Potato crisps, fried in sunflower oil 45g • Coffee, Americano, single, black 540g • Tea, black, infusion, average 180g
<p>DAYS 3</p> <p>Breakfast</p> <ul style="list-style-type: none"> • Full English Breakfast Builder 448g • Coffee, Americano, single, black 180g <p>Lunch</p> <ul style="list-style-type: none"> • Coffee, Americano, single, black 180g <p>Dinner</p> <ul style="list-style-type: none"> • Wine, white, dry 0ml • Mushrooms, fried in sunflower oil 70g • Sainsbury's Chocolate Sponge Pudding 115g • Wine, red 500ml • Beef, fillet steak, grilled, lean and fat 108g • Potato chips, homemade, fried in sunflower oil 165g • Spinach, sauteed, without oil 60g <p>Snacks</p> <ul style="list-style-type: none"> • Cake, sponge, soft iced, retail 67g • Water, tap, drinking 800g • Coffee, Americano, single, black 180g • Tea, black, infusion, average 360g 	

