

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: Phong Le Male 21 yrs 5 ft 65.00 lb
 Activity Level: Low Active Strive for an Active activity level.
 Weight Change: None Best not to exceed 2 lbs per week.
 BMI: 12.7 Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Nutrient	Target	Notes
Basic Components		
Total Calories	1,894.35	
Protein (g)	23.59	10% - 35% of Calories (adults 19-70 years) *
Carbohydrates (g)	260.47	45% - 65% of Calories (adults 19-70 years) *
Added Sugar (g)	23.68	Less than 10% of Calories+
Dietary Fiber (g)	26.52	
Total Fat (g)	58.94	20% - 35% of Calories (adults 19-70 years) *
Saturated Fat (g)	18.94	Less than 10% of Calories +
Monounsaturated Fat (g)	21.05	
Polyunsaturated Fat (g)	18.94	
Cholesterol (mg)	300.00	Less than 300 mg per day ^
Water (ltr)	3.70	
Vitamins		
Vitamin B1 - Thiamin (mg)	1.20	
Vitamin B2 - Riboflavin (mg)	1.30	
Vitamin B3 - Niacin (mg)	16.00	
Vitamin B6 (mg)	1.30	Do not exceed 100 mg *
Vitamin B12 (mcg)	2.40	Over 50 should take a supplement *
Vitamin C (mg)	90.00	
Vitamin D - mcg (mcg)	15.00	Do not exceed 100 mcg *
Vitamin K (mcg)	120.00	
Vitamin E - Alpha Tocopherol (mg)	15.00	
Folate (mcg DFE)	400.00	
Vitamin A - RAE (mcg)	900.00	
Minerals		
Calcium (mg)	1,000.00	Do not exceed 2500 mg *
Copper (mg)	0.90	
Iron (mg)	8.00	Do not exceed 45 mg *
Magnesium (mg)	400.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	4,700.00	

Selenium (mcg)	55.00	
Sodium (mg)	2,300.00	Less than 2300 mg per day - lower for some people +
Zinc (mg)	11.00	Do not exceed 40 mg *
Other		
Linoleic Acid (g)	17.00	
Alpha-linolenic Acid (g)	1.60	
Choline (mg)	550.00	
MyPlate Values		
MyPlate - Fruits (cup)	1.50	
MyPlate - Vegetables (cup)	2.50	
MyPlate - Grains (oz eq)	6.00	
MyPlate - Protein Foods (oz eq)	5.00	
MyPlate - Dairy (cup)	3.00	
MyPlate - Oils (tsp)	5.00	

Sources:

* Dietary Reference Intakes

+ Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

^ Reference Daily Intake