

# Nutritics for Siobhan Sample

From Meal Plan: Sample Day copy

Meals 1 2 3 4 5 6

13th Mar 2017

NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	1624kcal	2042kcal					
Energy(Kj)	6828kJ	8544kJ					
- MACRONUTRIENTS -							
Carbohydrate	190g	255g					
Protein	83g	45g					
Fat	59g		<79g				
Water	1078g			N/A			
> water from drinks	379g			N/A			
Alcohol	0g		<14.6g				
- MINERALS & TRACE ELEMENTS -							
<b>! Sodium</b>	2756mg	1600mg	>575mg <2400mg				
Potassium	2906mg	3500mg	>2000mg				
Chloride	4787mg	2500mg					
Calcium	1017mg	700mg	>400mg				
Phosphorus	1502mg	550mg					
Magnesium	348mg	270mg	>150mg				
Iron	16.2mg	14.8mg	>8mg				
Zinc	12.4mg	7mg	>4mg				
Copper	1.2mg	1.2mg					
Manganese	4.7mg		>1.4mg				
<b>! Selenium</b>	33.9ug	60ug	>40ug				
Iodine	134ug	140ug	>70ug				

### Total % contribution to Iodine:

Milk, semi-skimmed, pasteurised, average	45%	Chicken, breast, grilled without skin, meat only	2.6%	Breakfast cereal, bran flakes, fortified	%
Yogurt, low fat, plain	31.8%	Bananas, flesh only	2.2%	Carrots, old, raw	%
Beef, braising steak, braised, lean only	5.6%	Tomatoes, standard, raw	1.3%	Biscuits, digestive, plain	%
Bread, brown, average	3.3%	Peas, frozen, boiled in unsalted water	0.9%	Oil, olive	trace%
Apples, eating, raw, flesh and skin	3%	Onions, raw	0.9%		
Nuts, mixed	3%	Marmalade	0.42%		

### Top sources of Iodine include:

Egg yolk, 1 egg yolk (18g)	25ug	Yogurt, 1 pot (125g)	43ug	Haddock, 1 fillet (170g)	391ug
Cod, 1 fillet (120g)	156ug	Seaweed (wakame), 1 teaspoon (5g)	842ug	Drinking chocolate powder, 1 serving (18g)	30ug
Fish fingers, 3 fingers (84g)	101ug	Chlorella, 1 teaspoon (5g)	14ug	Ice-cream, 1 scoop (50g)	29ug
Semi-skimmed milk, 1 cup (250g)	75ug	Wheatgrass, 1 teaspoon (5g)	14ug		

- VITAMINS -

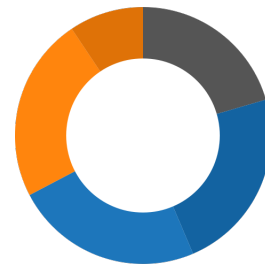
NUTRIENT	INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT
Vitamin A (ret eq)	1509ug	600ug	>250ug				
Vitamin D	4.4ug	10ug					
Vitamin E	12.8mg		>3mg				
Vitamin K <sub>1</sub>	22.6ug	60ug					
Thiamin (B <sub>1</sub> )	2.1mg	0.8mg	>0.23mg				
Riboflavin (B <sub>2</sub> )	2.3mg	1.1mg	>0.8mg				
Niacin total (B <sub>3</sub> )	48mg	13.5mg	>9mg				
Pantothenic Acid (B <sub>5</sub> )	5.6mg	3-7mg					
Vitamin B <sub>6</sub>	2.5mg	1.2mg	>0.84mg				
Folic Acid (B <sub>9</sub> )	465ug	200ug	>100ug				
Vitamin B <sub>12</sub>	5.5ug	1.5ug	>1ug				
Biotin (B <sub>7</sub> )	43ug	10-200ug					
Vitamin C	60mg	40mg	>10mg				
- OTHER -							
GL	104			N/A			
Caffeine	0mg			N/A			

Figures from UK: SACN 2017 / COMA guidelines for female 25-35 years old

Generated by Nutritics v5.029

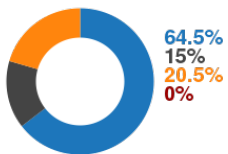
## Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	190.1g	93.8g	83.2g	59g	16.9g	0g
g/kg body-weight	3.2	1.6	1.4	1	0.3	0
Kilocal	760	375	333	531	153	0
Kilocal %	46.8%	23.1%	20.5%	32.7%	9.4%	0%

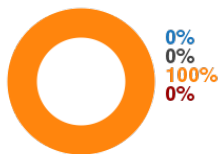


46.8% Carbs  
20.5% Protein  
32.7% Fat

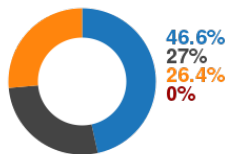
MEALTEST



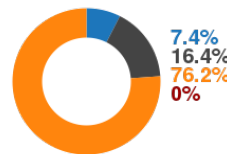
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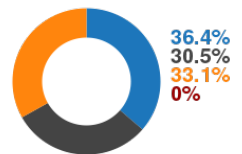
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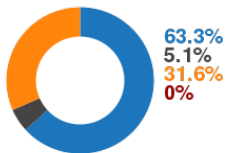
MEALS 4



MEALS 5



MEALS 6



## Diet Log

<p><b>MEALTEST</b></p> <p>Omega Fish Oil, Aldi, Health Essentials 1g  Breakfast cereal, bran flakes, fortified 64g  Marmalade 8g  Fat spread, reduced fat (62-75%), polyunsaturated 5g  Milk, semi-skimmed, pasteurised, average 200g  Bread, wholemeal, toasted 31g</p>	<p><b>MEALS 2</b></p> <p>Omega Fish Oil, Aldi, Health Essentials 4g</p>
<p><b>MEALS 3</b></p> <p>Bread, brown, average 74g  Chicken, breast, grilled without skin, meat only 50g  Tomatoes, standard, raw 85g  Fat spread, reduced fat (41-62%), not polyunsaturated, with olive oil 10g  Cheese, Cheddar type, 30% less fat 25g  Yogurt, low fat, plain 125g  Bananas, flesh only 100g</p>	<p><b>MEALS 4</b></p> <p>Nuts, mixed 25g</p>
<p><b>MEALS 5</b></p> <p>Beef, braising steak, braised, lean only 50g  Oil, olive 4.2g  Onions, raw 60g  Peas, frozen, boiled in unsalted water 60g  Carrots, old, raw 60g  Turnip, flesh only, raw 60g  knorr gravy pot, Beef 28g  Water, tap, drinking 200g</p>	<p><b>MEALS 6</b></p> <p>Apples, eating, raw, flesh and skin 100g  Biscuits, digestive, plain 26g</p>