

Nutrient Analysis Report

Site ID: 1111
 Participant ID: 22222222
 Participant Name: Doe, Jane

Major Nutrients and Fiber	Your Average Daily Intake	% of Total Energy	Recommended Intake
Energy (kcal)*	2,752	--	--
Total Fat (gm)	122	40	≤30% of energy
Saturated Fat (gm)	41	14	≤10% of energy
Protein (gm)	149	22	10-15% of energy
Carbohydrate (gm)	266	39	60-70% of energy
Alcohol (gm)	2	0	--
Fruit and Vegetables (servings)	4	--	5+ servings
Cholesterol (gm)	501	--	100 mg per 1000 kcal
Fiber (gm)	20	--	20-30 gm
Vitamins and Minerals	Your Average Daily Intake	% of Recommended Daily Intake	Recommended Daily Intake**
Vitamin E (mg)	13	89	15
Selenium (mcg)	209	380	55
Vitamin A (mcg)	1,371	196	700
Beta-Carotene (mcg)	4,839	--	--
Lutein + Zeaxanthin (mcg)	3,051	--	--
Lycopene (mcg)	12,364	--	--
Folate (mcg)	452	113	400
Calcium (mg)	1,062	106	1000
Vitamin C (mg)	155	206	75
Thiamin (B-1, mg)	2.0	177	1.1
Riboflavin (B-2, mg)	2.4	221	1.1
Niacin (mg)	36	258	14
Iron (mg)	20	109	18
* If your energy intake is less than 1,000 kcal or greater than 4,000 kcal, our questionnaire may have underestimated or overestimate your actual intake of all nutrients.			
** These RDIs do not include additional nutrients required during pregnancy, lactation, or for other special needs.			