

**Your average intake**

Calories	1941.91 Kcal
Fat	67.29 g
as % of cals	31.18%
Saturated fat	19.37 g
as % of cals	8.98%
Monounsaturated fat	26.63 g
Polyunsaturated fat	17.16 g
Protein	91.73 g
as % of cals	18.90%
Carbohydrate	257.84 g
as % of cals	53.11%
Cholesterol	141.31 mg
Dietary Fiber	38.43 g
Alcohol % of cals	2.10%
Sweets % of cals	14.26%

**Your Recommended levels**

Depends on your age, sex, body size and physical activity  
 25-35% of total calories  
  
 Less than 7% of calories  
  
 10-20% of total calories. For you  
 49.00 - 97.00 grams  
 50-60% of total calories  
 (primarily from whole grains, vegetables and fruits)  
 Less than 200 milligrams  
 20-35 grams  
 1 drink/day or less  
 Use sparingly. Full of empty calories and fat

**Where the nutrients are coming from in your diet**

**Calories**  
 Low-carb energy bars  
 Other fish  
 2% milk

**Total Fat**  
 Olive oil  
 Other fish  
 Low-carb energy bars

**Saturated Fat**  
 2% milk  
 Low-carb energy bars  
 Cheese

**Cholesterol**  
 Other fish  
 Nonfried Chicken w/o skin  
 2% milk

**Sodium**  
 Low-fat salad dressing  
 Other fish  
 Pizza

**Fiber**  
 Fiber One brand cereal  
 Green salad  
 Low-carb energy bars

**Vitamin C**  
 Green salad  
 Broccoli  
 Oranges

**Potassium**  
 Fiber One brand cereal  
 Green salad  
 Low-carb energy bars

**Antioxidants from diet**

Vitamin A	1773.98 RAE	RDA for you: 700.00 RAE
Beta-carotene	15243.95 mcg	5000-6000 micrograms from food
Vitamin C	176.11 mg	A good diet can provide 200-400 milligrams
Vitamin E	13.57 mg	RDA: 12.00 mg.

**B-Vitamins from diet**

B1, B2	2.17 mg	RDA: 1.10 milligrams
Niacin	27.79 mg	RDA: 14.00 milligrams
Folate	1158.88 mcg	RDA: 400.00 micrograms
Vitamin B6	2.94 mg	RDA: 1.30 milligrams

**Minerals from diet**

Calcium	1324.03 mg	RDA: 1000.00 milligrams
Zinc	13.50 mg	RDA: 8.00 milligrams
Iron	21.59 mg	RDA: 15 milligrams
Potassium	4160.00 mg	3000 milligrams or more
Sodium (salt)	3322.50 mg	2400 milligrams or less
Magnesium	493.15 mg	320.00 milligrams or less

**Your Food Group Servings**

Bread, pasta, rice	6.74 1 oz. equiv.	6.00 oz. -equiv per day
Whole grains	2.35 1 oz. equiv.	3.00 oz. -equiv per day
Vegetables group	4.01 cups	2.50 cups per day
without potatoes	3.81 cups	2.00 cups per day
Fruits, fruit juices	1.52 cups	1.50 cups per day
Milk, cheese, yogurt	1.62 cups	3.00 cups per day
Meat, eggs, or beans	6.12 1 oz. equiv.	5.00 oz. -equiv per day
Good oils, in foods	2.94 "teaspoons"	5.00 "teaspoons" per day

**USDA My Pyramid Recommendations**

**Vitamins from supplements**

Vitamin A	1515.00 RAE
Vitamin C	60.00 mg
Vitamin E	13.50 mg a-toc
Folate	400.00 mcg
Calcium	240.00 mg
Iron	18.00 mg
Zinc	15.00 mg

## Suggestions about your diet:

**For better health, lower your saturated fat intake to less than 7% of total calories.** To achieve this goal, eat more vegetables, fruits and grains, and fewer fatty foods. Look at your top three sources of fat. Try eating these less often or switching to smaller portions or low-fat types.

**Congratulations! You are getting a good amount of calcium.** It is needed for strong bones, and for regulating blood pressure, transmitting nerve impulses, and in blood clotting. Keep eating those low-fat dairy products and low-fat milk, and perhaps try calcium-fortified juice. Calcium supplements are also valuable, to ensure that you are getting enough.

**Congratulations! You are eating your fruits and vegetables!** They can lower the risk of cancer and heart disease. And of course, they are usually low in fat. Experts recommend eating at least five servings, of a combination of fruits and vegetables, every day. Salads count, and vegetable soups and stews, and vegetable or fruit juices. A big bowl of salad, or a big plate of stew with lots of vegetables, might count as two or even three servings.

## My Pyramid Food Groups:

Learn how your diet compares to USDA My Pyramid recommendations for your calorie level. Half of all your grain servings (breads, pasta, rice) should be whole grains. Since 2006 USDA gives fruit and vegetable advice as "cups" of food. Beneficial oils are from natural (unhydrogenated) vegetable oils and some foods, like avocados, nuts, seeds, and fish. My Pyramid has a website, <http://www.mypyramid.gov/>.

## Body Mass Index (BMI):

**Your self-reported height is 5 feet 08 inches.**

**Your self-reported weight is 125 pounds.**

**Your Body Mass Index (BMI) is 19.01.**

Body Mass Index (BMI) is one of many factors that may be related to developing a chronic disease such as heart disease, cancer, or diabetes.

BMI	Weight Status
Below 18.5	Underweight
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 and above	Obese

If your BMI is below 18.5 or above 25, you might want to talk to a doctor to see if you need to lose (or gain) weight. For overweight people, even a small weight loss (just 10% of your current weight) may help to lower the risk of disease. Physical activity and good nutrition are key factors in leading a healthy lifestyle and reducing risk of disease.