

Nutritics for Trial Me

Average of 3 day log

34 year old female, 52kg, 1.58m |

19th Jul 2019 - 21st Jul 2019

NUTRIENT	AVG. INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	571kcal	1871kcal					
Energy(Kj)	2398kJ	7828kJ					
- MACRONUTRIENTS -							
Carbohydrate	65g	234g					
! Protein	29.3g	42-73g	<104g				
! Fat	21.7g	42-73g	>31.2g				
Water	336g	2700g					
! > water from drinks	0g	1310-2245g					
Alcohol	0g		<13.4g				
- CARBOHYDRATE -							
Starch	37.8g						
Oligosaccharide	1g						
Fibre	10.8g	30g					
Sugars	25.6g		<51g				
Free Sugars	11g		<23.4g				
- LIPID COMPONENTS -							
Saturated Fat	7.6g		<20.8g				
! > monounsaturated fat	5.1g	27-42g					
! Polyunsaturated fat	3g		>6.5g <20.8g				
! > omega3(n-3)	1.1g	1.2-2.5g	>0.42g				
! > omega6(n-6)	1.5g		>2.1g				
Trans-fatty acids	0.31g		<2.1g				
Cholesterol	213mg		<300mg				
- MINERALS & TRACE ELEMENTS -							
Sodium	1174mg	1600mg	>500mg <2300mg				
! Potassium	1091mg	4700mg	>1600mg				

Potassium Intake:

Squash, butternut, baked	700mg	Mixed Salad Leaves	129mg	Houmous	57mg
Salmon, smoked (hot-smoked)	552mg	Beans, mung, whole, dried, boiled in unsalted w	108mg	Houmous	19mg
Broccoli, green, steamed	522mg	Beetroot, pickled, drained	95mg	Butter, unsalted	4.6mg
Crumpets, toasted	269mg	Mixed Salad Leaves	81mg	Butter, unsalted	2.4mg
Beans, mung, whole, dried, boiled in unsalted w	216mg	Bread, pumpernickel	62mg	Butter, unsalted	1.4mg
Eggs, chicken, whole, scrambled, without milk	202mg	Bread, pumpernickel	62mg		
Blueberries	132mg	Jam, fruit with no seeds	59mg		

Potassium

Your potassium intake is below the safe lower limit. A potassium deficiency can cause headaches, confusion, lethargy, fatigue, loss of appetite, muscle weakness, cramps, spasms, and decreased consciousness.

Potassium is an essential nutrient required for normal cell function. It is involved in fluid, acid & electrolyte balance and nerve transmission. Good sources of potassium include beans, lentils, potatoes, sweet potatoes, spinach, papaya and dates. It is quite rare to be deficient in potassium due to the widespread occurrence of potassium in foods.

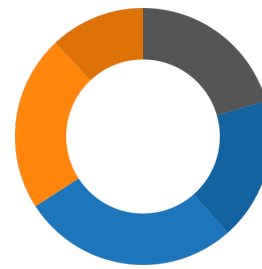
Top sources of Potassium include:

Dried apricots, 5 apricots (40g)	752mg	Salmon, 1 steak (210g)	903mg	Kidney beans, 1 can (drained) (240g)	672mg
Avocado, 1/2 avocado (70g)	315mg	Spinach, 1 cup (60g)	138mg	Baked potato, 1 medium (180g)	1134mg
Bananas, 1 medium (100g)	400mg	Sweet potato, 1/2 medium (228g)	844mg	Plain yogurt, 3 tablespoons (120g)	274mg
Kale, 1 cup (67g)	302mg	Adzuki beans, 1 cup (203g)	1157mg	Lentils, 1 cup (boiled) (203g)	639mg

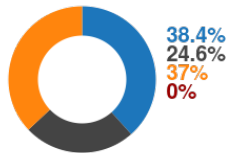
Chloride	1367mg	2500mg		
! Calcium	202mg	700mg	>400mg	
Phosphorus	489mg	550mg		
! Magnesium	109mg	270mg	>150mg	
! Iron	4.7mg	14.8mg	>8mg	
! Zinc	2.5mg	8mg	>4mg <25mg	
Copper	0.43mg	1.2mg	>0.4mg <10mg	
Manganese	1.5mg		>1.4mg	
Selenium	31.7ug	60ug	>20ug <400ug	
! Iodine	33.9ug	150ug	>70ug <1100ug	
- VITAMINS -				
Vitamin A (ret eq)	782ug	1220ug	>400ug <7500ug	
! Vitamin D	6ug	10-20ug	>2.5ug <80ug	
Vitamin E	5.1mg	14mg	>3mg <540mg	
Vitamin K ₁	102ug	78ug		
Thiamin (B ₁)	0.69mg	0.75mg	>0.5mg <100mg	
! Riboflavin (B₂)	0.51mg	1.1mg	>0.8mg <40mg	
Niacin total (B ₃)	13.5mg	12.3mg	>8.2mg	
! Pantothenic Acid (B₅)	2.3mg	3-7mg		
! Vitamin B₆	0.56mg	1.2mg	>0.77mg	
! Folates (B₉) Total	124ug	300-600ug	>100ug <1000ug	
Vitamin B ₁₂	3ug	2.4ug	>1ug <2000ug	
! Biotin (B₇)	15.5ug	25-60ug	<900ug	
Vitamin C	47mg	190mg	>40mg <2000mg	
- OTHER -				
GL	35			N/A
Caffeine	0mg			N/A

Macronutrient Analysis

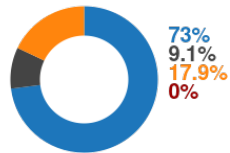
	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	64.6g	25.6g	29.3g	21.7g	7.6g	0g
g/kg body-weight	1.2	0.5	0.6	0.4	0.1	0
Kilocal	258	102	117	195	68	0
Kilocal %	45.3%	18%	20.6%	34.2%	12%	0%



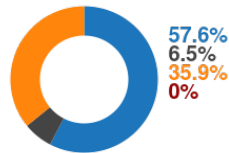
DAY 1



DAY 2



DAY 3



Notes