Nutritics for John Smith

Average of 7 day log

50 year old male, 98kg, 1.79m |

27th Feb 2022 - 5th Mar 2022

NUTRIENT	AVG. INTAKE	TARGET	LIMITS	LOWER LIMIT / ACTUAL INTAKE / YOUR TARGET / UPPER LIMIT
- ENERGY -				
Energy(kcal)	1963kcal	1947kcal		
Energy(Kj)	8243kJ	8147kJ		
- MACRONUTRIENTS -				
Carbohydrate	228g	243g		
Protein	86g	73g		
Fat	81g	76g		
Water	2042g	3700g		
! › *water from drinks*	1275g	1850g		
Alcohol	0g		<13.9g	
- CARBOHYDRATE -				
Starch	137g			N/A
Oligosaccharide	0g			N/A
Fibre	14.5g	30g		
NSP	12.6g			N/A
! Sugars	91g		<54g	

Sugars

Your sugar intake is above the recommended intake. Sugars are the general term used to describe simple soluble carbohydrates, that are classified as either monosaccharides (e.g. glucose, fructose, galactose) or disaccharides (e.g. sucrose, lactose, maltose). Some sugars are found naturally within foods such as fruit or vegetables. Other types of sugars (free sugars) are artificially incorporated into foods such as confectionary (cakes, biscuits, sweets & chocolate), honey and fruit juices (13). High sugar intake is associated with increased dietary energy intake which can lead to weight gain over time and an increased risk of dental caries (7).

Sugars are the general term used to describe simple soluble carbohydrates, that are classified as either monosaccharides (e.g. glucose, fructose, galactose) or disaccharides (e.g. sucrose, lactose, maltose). Some sugars are found naturally within foods such as fruit or vegetables. Other types of sugars (free sugars) are artificially incorporated into foods such as confectionary (cakes, biscuits, sweets & chocolate), honey and fruit juices (13).

! Free Sugars	49g		<24.3g	
› *glucose*	9.8g			N/A
› *galactose*	0.64g			N/A
› *fructose*	9.2g			N/A
› *sucrose*	25.4g			N/A
› *maltose*	6.7g			N/A
› *lactose*	14.9g			N/A
- LIPID COMPONENTS -				

! Saturated Fat	27.7g		<21.6g	
› *monounsaturated fat*	35.3g	28.1g		
› *cis-mono*	0g			N/A
Polyunsaturated fat	10.6g		>6.5g <21.6g	
! › *omega3(n-3)*	0.26g		>0.43g	
› *omega6(n-6)*	2.9g		>2.2g	
› *cis-poly*	0g			N/A
Trans-fatty acids	0.77g		<4.3g	
Cholesterol	289mg		<300mg	
- MINERALS & TRACE ELEMENTS -				
Sodium	1684mg	1600mg	>575mg <2400mg	
Potassium	2765mg	3500mg	>2000mg	
Chloride	2919mg	2500mg		
Calcium	827mg	700mg	>400mg	
Phosphorus	1264mg	550mg		
Magnesium	282mg	300mg	>190mg	
Iron	9.7mg	8.7mg	>4.7mg	
Zinc	9.4mg	9.5mg	>5.5mg	
Copper	1.1mg	1.2mg		
Manganese	2.7mg		>1.4mg	
Selenium	64ug	75ug	>40ug	
Iodine	229ug	140ug	>70ug	
- VITAMINS -				
Vitamin A (ret eq)	779ug	700ug	>300ug	
› *retinol*	297ug			N/A
› *carotene*	2903ug			N/A
! Vitamin D	1.9ug	15ug	>2.5ug <80ug	

Vitamin D

Your vitamin D intake is below the minimum recommended intake. Inadequate bone mineralisation or demineralisation of bone are consequences of Vitamin D deficiency (3). Vitamin D deficiency can lead to rickets in children, osteomalacia and osteoporosis in adults. Adequate calcium intake is also required for the optimal utilisation of vitamin D in the body. Both calcium and vitamin D play important roles in bone health. Food sources of vitamin D are limited and include salmon, sardines, fish oils, egg yolks, fortified milk and dairy products and fortified breakfast cereals. The skin can synthesise vitamin D when exposed to the sun, however this is dependent on many factors, including the UVB rays wavelength, skin type, smog or cloud cover, season, clothing and time of day (13). Several countries in northern latitudes do not receive enough sunlight for many months of the year. In this case many health authorities now recommend their population to take a vitamin D supplement for these particular months (5).

Vitamin D is a fat soluble vitamin which promotes calcium and phosphorous absorption in the gut which aids in its primary function of maintaining appropriate calcium concentrations in the body (2,3). Vitamin D is also required for bone growth and bone remodelling. Vitamin D deficiency can lead to rickets in children, osteomalacia and osteoporosis in adults. Food sources of vitamin D are limited and include salmon, sardines, fish oils, egg yolks, fortified milk and dairy products and fortified breakfast cereals. The skin can synthesise vitamin D when exposed to the sun, however this is dependent on many factors, including the UVB rays wavelength, skin type, smog or cloud cover, season, clothing and time of day (13). Several countries in northern latitudes do not receive enough sunlight for many months of the year. In this case many health authorities now recommend their population to take a vitamin D supplement (e.g. FSAI in Ireland recommends 5µg per day for those aged 5-50 years and 10µg per day for those aged 51 years and over from October to March) for these particular months (5).

Top sources of Vitamin D include:

Cod liver oil, 1 teaspoon (3g)	6.3ug	**Tuna**, 1 small can (72g)	2.6ug	**Eggs**, 1 medium (50g)	1ug
Salmon, 1 steak (average) (210g)	14.9ug	**Fortified Milk**, 1 glass (200g)	2ug	**Shiitake mushrooms**, 3 average (85g)	0.5ug
Herring, 1 fillet (medium) (80g)	15.2ug	**Fortified breakfast cereal**, 1 cup (35g)	1.3ug	**Pork**, 2 slices (80g)	0.6ug
Mackerel, 1 fillet (medium) (80g)	7ug	**Oysters**, 5 oysters (50g)	0.5ug	**Ricotta cheese**, 1 tablespoon (30g)	0.2ug

Vitamin E	**10.8mg**		>4mg	
Vitamin K_1	**73ug**	98ug		
Thiamin (B_1)	**1.4mg**	0.9mg	>0.23mg	
Riboflavin (B_2)	**1.4mg**	1.3mg	>0.8mg	
Niacin total (B_3)	**45mg**	12.9mg	>8.6mg	
› niacin	**26.2mg**			N/A
› tryptophan	**1113mg**			N/A
Pantothenic Acid (B_5)	**5.5mg**	5mg		
Vitamin B_6	**2.1mg**	1.4mg	>0.8mg	
Folates (B_9) Total	**214ug**	200ug	>100ug	
Vitamin B_{12}	**4.9ug**	1.5ug	>1ug	
Biotin (B_7)	**45ug**	105ug		
Vitamin C	**89mg**	40mg	>10mg	
- OTHER -				
GL	**133**			N/A
Caffeine	**206mg**			N/A

Figures from Nutritics guidelines for male, 50-55 years old

Generated by Nutritics v5.72 on 27th Feb 2022

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	227.6g	90.8g	86.2g	81.3g	27.7g	0g
g/kg body-weight	2.3	0.9	0.9	0.8	0.3	0
Kilocal	886	363	345	732	249	0
Kilocal %	45.1%	18.5%	17.6%	37.3%	12.7%	0%

45.1% Carbs
17.6% Protein
37.3% Fat

DAYS 1

45.7%
15.4%
38.9%
0%

DAYS 2

54%
14.1%
31.9%
0%

DAYS 3

44%
18.7%
37.4%
0%

DAYS 4

45.2%
22.5%
32.3%
0%

DAYS 5

40%
21.3%
38.7%
0%

DAYS 6

52.5%
14.9%
32.6%
0%

DAYS 7

32.8%
18.5%
48.7%
0%

Notes