

Nutrition & Diet Services

P.O. Box 67070, Portland, OR 97268
Phone: (503) 654-3583 Fax: (503) 654-3669

Diet Report

Sample Diet Collection
Edna Smith

RDA Absolute Value Standards
Female 15 - 18 yrs

Height (in): 64 Height (cm): 163 Age: 17
Weight (lb): 115 Weight (kg): 52 BMI: 20
From 1/1/2007 to 1/2/2007

<i>Nutrient</i>	<i>Unit</i>	<i>Day 1</i>	<i>Day 2</i>	<i>RDA</i>		
				<i>Avg</i>	<i>std</i>	<i>%</i>
Energy, Calories	kcal	1217	856	1036	2200	47%
Fat, Total	g	89.64	41.69	65.67		
Monounsaturated FA, MUFA	g	20.95	14.44	17.70		
Polyunsaturated FA, PUFA	g	6.14	5.02	5.58		
Saturated Fat	g	43.47	19.02	31.24		
Cholesterol	mg	598.19	123.08	360.64		
Carbohydrates	g	68.98	87.66	78.32		
Protein	g	37.16	38.78	37.97	44	86%
Vitamin A	IU	5029.08	2221.26	3625.17	2664	136%
Vitamin C, total ascorbic acid	mg	35.00	28.05	31.53	60	53%
Calcium	mg	640.00	535.95	587.98	1200	49%
Thiamin	mg	0.45	0.95	0.70	1.1	64%
Riboflavin	mg	1.64	1.49	1.57	1.3	120%
Niacin	mg	4.06	12.99	8.53	15	57%
Iron	mg	4.82	15.19	10.00	15	67%
Sodium	mg	2248	1790	2019		
Potassium	mg	1367.04	1351.35	1359.20		
Zinc	mg	4.11	11.24	7.68	12	64%