

# Nutrition & Diet Services

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## Percent Calories Report

Sample Diet Collection  
Edna Smith

Height (in): 64 Height (cm): 163 Age: 17  
Weight (lb): 115 Weight (kg): 52 BMI: 20

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RDA Absolute Value Standards  
Female 15 - 18 yrs

### Percent of Calories from ... From 1/1/2007 to 1/2/2007

<b>Protein:</b>	14.7%
<b>Fat:</b>	57.1%
<b>Monounsaturated Fat:</b>	15.4%
<b>Saturated Fat:</b>	27.2%
<b>Polyunsaturated Fat:</b>	4.9%
<b>Trans Fat:</b>	0.0%
<b>Carbohydrates:</b>	30.3%
<b>Sugar:</b>	6.8%
<b>Alcohol:</b>	0.0%