

Your average intake

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

Antioxidants from diet

Vitamin A	1773.98 RAE
Beta-carotene	15243.95 mcg
Vitamin C	176.11 mg
Vitamin E	13.57 mg

RDA for you: 700.00 RAE

5000-6000 micrograms from food

A good diet can provide 200-400 milligrams

RDA: 12.00 mg.

Sodium
 Low-fat salad dressing
 Other fish
 Pizza

B-Vitamins from diet

B1, B2	2.17 mg
Niacin	27.79 mg
Folate	1158.88 mcg
Vitamin B6	2.94 mg

RDA: 1.10 milligrams

RDA: 14.00 milligrams

RDA: 400.00 micrograms

RDA: 1.30 milligrams

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

Minerals from diet

Calcium	1324.03 mg
Zinc	13.50 mg
Iron	21.59 mg
Potassium	4160.00 mg
Sodium (salt)	3322.50 mg
Magnesium	493.15 mg

RDA: 1000.00 milligrams

RDA: 8.00 milligrams

RDA: 15 milligrams

3000 milligrams or more

2400 milligrams or less

320.00 milligrams or less

Vitamin C
 Green salad
 Broccoli
 Oranges

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

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

Your Food Group Servings

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

USDA My Pyramid Recommendations

6.00 oz. -equiv per day

3.00 oz. -equiv per day

2.50 cups per day

2.00 cups per day

1.50 cups per day

3.00 cups per day

5.00 oz. -equiv per day

5.00 "teaspoons" per day

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.