Diet Nutrient Analysis

Note: values below are averged to reflect intake over a single day

FEMALE

Practitioner: Hartmut Günther B.Sc. Hons. Biochem., Grad. Cert. Nutrition Medicine. Ph: 07 5545 2153, Mob: 0439 54 7788 Email: hart@hopeville.com.au, Clinic: Mt Tamborine

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Client Code: **JS**

Number of Days of Diet recording >> 4

Key: fruit (magenta) and vegetables (teal green) are in colour; NM = Not Measured; Red = undesirable values and **Red Bold** = VERY undesirable values, AI = Adequate Intake

MacroNutrient Intake Energy Ratios *(NOTE 4)*

PROTEIN	FAT	CHO	ALCOHOL
14.0%	**31.3%**	**50.2%**	**4.6%**

Serving Size	Number of servings	Food Items in 4 day Diet	Total Weight of portions (gr)	Total Weight of portions / # of days (gr)
1 glass	3.00	ALCOHOLIC BEV,WINE,TABLE,ALL	510	128
med serve	1.25	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY	150	38
1 rash	1.00	PORK,CURED,BACON,RAW	35	9
3 oz	0.50	PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),I	42.5	11
3 oz	1	WHITING,MIXED SPECIES,RAW	85	21
1 chop, excluding refuse (yield	2.00	LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	130	33
1 cup	6.00	COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2(	1440	360
1 cup	8.00	TEA,HERB,OTHER THAN CHAMOMILE,BREWED	1920	480
3/4 cup	0.5	CEREALS RTE,KELLOGG,KELLOGG'S JUST RIGHT FR	26.5	7
1 cup, sliced	0.30	CHEESE,BRIE	43.2	11
1 cube 1 inch	5.00	CHEESE,CHEDDAR	85	21
1 tbsp	1.00	CHEESE,PARMESAN,GRATED	5	1
1 cup, fluid (yields 2 cups whipp	0.20	CREAM,FLUID,HVY WHIPPING	47.6	12
1 cup	0.75	MILK,WHL,3.25% MILKFAT	187.5	47
1 cup	1.75	YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	428.75	107
1 large egg	2.00	EGG,WHOLE,RAW,FRESH	100	25
1 pie	0.15	PIZZA HUT 14" SUPER SUPREME PIZZA,REG CRUST	196.95	49
1 tablespoon	2.00	OIL,OLIVE,SALAD OR COOKING	28	7
1 cup	0.10	OIL,VEG,SUNFLOWER,LINOLEIC,(APPROX. 65%)	21.8	5
1 cup, slices	1.00	APPLES,RAW,WITH SKIN	109	27
1 med Banana w skin	3.00	BANANAS,RAW	450	113
1 cup, without pits	0.70	CHERRIES,SWEET,RAW	107.8	27
1 date, pitted	2.00	DATES,DEGLET NOOR	14	4
1 fruit, (2-7/8" dia)	2.00	ORANGES,RAW,NAVELS	280	70
1 small, (2-1/2" dia)	0.30	PEACHES,RAW	39	10
1 medium	0.20	PEARS,RAW	35.6	9
2 heaped tbls	0.50	RAISINS,SEEDLESS	10	3
1 cup, pureed	1.50	STRAWBERRIES,RAW	348	87
1 cup, dry, yields	0.50	COUSCOUS,COOKED	264	66
1 cup	0.50	OATS	78	20
1 cup	0.75	NOODLES,EGG,CKD,ENR	120	30
1 slice, regular	2.00	BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	52	13
1 slice	2.00	BREAD,WHEAT	50	13
5 nuts	1.00	ALMONDS	5	1
1 tbsp	1.00	CASHEW NUTS,DRY RSTD,WO/SALT	9	2
1 piece	2.00	CAKE,SHORTCAKE,BISCUIT-TYPE,PREP FROM RECIF	56	14
1 cupcake	2.50	Cake, snack cakes, creme-filled, chocolate with frosting	125	31
1 oz	5.00	COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL	140	35

Macro-Nutrients, Vitamins and Mineral content of this Diet

(Averaged so as to reflect intake over a single day)

Macro-Nutrients	Values	Aust. RDI or Prefered Values	Upper Limit	% of Total or Aust. RDI
		Prefered Values		
Total Weight of Daily Diet (gr)	**2281.5**			
Water (g)	1857.2	3400.0		55%
Total Energy Intake (Kj)	8282.9	11057.4		75%
Tota Energy Intake (from adding weights) (Kj)	8466.5			
Energy Requirement based on daily activity (Kj)	11057.4			
Protein (g)	**70.8**	93.0		76%
Daily **Protein Requirement (ADPR)** (gr) *see NOTE 1*	**93.0**			
Carbohydrate (g)	**254.5**			
Sugars, total (g) see Note 3	109.0			
Sugars / Carbohydrate	**43%**	at least < 25%		
Fiber, total dietary (g)	**22.5**	28.0		81%
Alcohol (g)	**13.3**	< 20gr		
Cholesterol (mg)	267.5			
Fat, total (g)	**70.4**			
Saturated fatty acids, total (g)	24.4			
Saturated Fat Energy / Total Energy	**11%**	< 10%		
Monounsaturated fatty acids, total (g)	27.7			
Polyunsaturated fatty acids, total (g)	12.9			
Saturated Fat / Unsaturated Fat	60.1%	40% - 70%		
20:5 **Ω3** (g) eicosapentaenoic acid **(EPA from fish oil)**	0.0			
22:6 **Ω3** (g) docosahexaenoic acid **(DHA from fish oil)**	0.0			
18:3 Ω3 (g) alpha-linolenic acid (Main Ω3 Fatty Acid)	0.1	about 1% of total energy		
18:2 Ω6 (g) linoleic acid (Main Ω6 Fatty Acid)	1.0			
Ratio Ω3 / Ω6	0.1	> 0.3		
18:3 Ω6 gamma-linolenic acid **(GLA)**	NM			
Calcium (mg)	770.3	1300.0	2500.0	59%
Copper (mg)	1.3	1.2	10.0	111%
Iron (mg)	15.0	18.0	45.0	83%
Magnesium (mg)	335.4	320.0	350.0	105%
Phosphorus (mg)	1249.7	1000.0	4000.0	125%
Potassium (mg)	3097.5	4700.0		66%
Manganese(mg) as AI	4.6	5.0		92%
Selenium (mcg)	98.9	60.0	400.0	165%
Sodium (mg) as AI	**1760.0**	690.0	1600.0	**255%**
Iodine ug	NM	150.0	1100.0	NM
Zinc (mg)	8.9	8.0	40.0	111%

18/02/10

Serving Size	Number of servings	Food Items in 4 day Diet	Total Weight of portions (gr)	Total Weight of portions / # of days (gr)
1 small	1.00	MUFFINS,OAT BRAN	66	17
1 piece, (1/8 of 9" crust)	3.00	PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	60	15
1 tbsp	5.00	HONEY	105	26
1 packet, (0.5 oz)	1.00	JAMS AND PRESERVES	14	4
1 tsp	2.50	SUGARS,BROWN	25	6
1 spear, small (5" long or less)	2.00	ASPARAGUS,RAW	24	6
1 sprout	6.00	BRUSSELS SPROUTS,RAW	114	29
1 cup, grated	0.10	CARROTS,RAW	11	3
1 med stalk	1.00	CELERY,RAW	40	10
1 sprig	1.00	CRESS,GARDEN,RAW	1	0
1 eggplant, peeled (yield from 1	0.20	EGGPLANT,RAW	91.6	23
1 tsp	1.00	GARLIC,RAW	3	1
1 cup shredded	0.30	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	21.9	
1 cup, sliced	0.75	ONIONS,RAW	86.25	22
1 tbsp	1.00	PARSLEY,RAW	4	1
1/3 cup grated	0.20	PARSNIPS,RAW	6	2
1 cup, sliced	0.75	PEPPERS,SWT,GRN,RAW	69	17
1 potato, (2-1/3" x 4-3/4")	1.00	POTATOES,BKD,FLESH,WO/SALT	156	39
1 cup shredded	2.00	SPINACH,RAW	80	20
1 medium	3.00	TOMATOES,RED,RIPE,CKD	360	90
1 sprig	3.00	WATERCRESS,RAW	6	2
1 cup	0.05	PEPPERS,CHILI,GRN,CND	6.95	2

Macro-Nutrients, Vitamins and Mineral content of this Diet (Averaged so as to reflect intake over a single day)	Values	Aust. RDI or Prefered Values	Upper Limit	% of Total or Aust. RDI
Vitamin A, RAE (mcg)	430.9	1220.0	900.0	35%
Retinol (mcg)	244.8			
Carotene, beta (mcg)	2129.8	5000.0		
Lycopene (mcg)	2744.8			
Vitamin D ug	NM	15.0		NM
Vitamin C (mg)	184.5	190.0		97%
Vitamin B6 (mg)	2.0	1.5	50.0	135%
Pantothenic_Acid (mg) as AI	5.7	4.0		142%
Choline, total (mg) as AI	252.9	425.0		60%
Vitamin B12 (mcg)	3.9	2.4		164%
Vitamin E (mg) as AI	8.0	14.0		57%
Ratio Vit E (mg) /Total Fat (gr)	0.11	0		50%
Ratio Vit E (mg) /PolyUnsaturated Fat (gr)	0.62	at least > 0.4		
Folate, dietary folate equivalents (DFEs) (mcg)	512.6	600.0		85%
Vitamin K (mcg)	204.6	60.0		341%
Niacin (mg)	19.1	14.0	35.0	136%
Riboflavin (mg)	1.9	1.3		144%
Thiamin (mg)	1.5	1.1		135%
Caffeine (mg)	144.0	< 200mg		
Biotin (ug)	NM	30.0		
Molybdenum (ug)	NM	45		
Chromium (ug)	NM	35		

Additional Information from Diet Analysis	Negligable	Low	Moderate	High
Trans-Fat Intake		+		
Food additive Intake (Colourings, Preservatives, etc)			+	
Probiotic Intake		+		
Fruit and Vegetable Intake			+	
Variety of Foods Eaten			> 45	
Omega 3 Intake	+			

NOTE 1: Ideal Body Weight (IBW) is the projected wieght of the client at a BMI of 23. Daily protein requirement is calculated as Ideal Body Weight (Kg) x 0.9 and is expressed in grams. Adjusted daily protein requirement (ADPR) takes into account an Extra Factor (EF) as follows: if BMI is 19 or below OR if exercise level is high OR if MSQ digestive score is 7 or above OR if chronic low grade infection, inflamation or allergy present,OR if overal MSQ score is high OR if Trauma/Surgery/Injury/Chronic Illness or Stress is present or just happened or about to happen, OR if lean body mass is below minimum recommended lean body mass, OR if mal-absorption or Mal-digestion is indicated (as in Celiac or SIBO) or acute or chronic protein deficiency or Mal-nutrition signs are present in the physical exam, OR if age for the man or women is over 70yrs, then the Daily Protein Requirement is further multiplied by this EF of 1.2 or 20%. If more than one condition is present at the same time, then the EF increases accumulatively i.e. if the person has a chronic illness, has a lean body mass deficit and has a high digestive MSQ score, then their EF would be 1.6 This EF can also be used when wanting to build lean muscle mass. Pregnancy (20%) and Lactation (30%) also significantly increase Daily Protein requirements and Infants under 12 months of age have huge protein requiremnts of approx 1.55 gr protein per kg of their body weight per day. (REF: [1] USDA SR21 Foods and Nutrient database at http://www.ars.usda.gov/Services/docs.htm?docid=17478 , [2] Australian Government, NH&MRC, Nutrient Reference Values for Australia and New Zealand at http://www.nhmrc.gov.au/publications/synopses/n35syn.htm and [3] Groff and Gropper, Advanced Nutrition and Metabolism, Fourth Edition, page 541 using Harris - Benedict Equations)

NOTE 2: Caffeine is only measured in tea and coffee, Alcohol is only measured in Beer, Red and White Wine and a selection of Spirits, not all foods have been measured for Ω6 and Ω3 fatty acids, Iodine only measured in seaweed and kelp. Also the Iodine content of foods is in flux as fortification legislation and practices is currently changing with Australia set to introduce iodine into baked goods by the end of the year. The accuracy of this analysis is largely dependent both on the reporting of quantities by the client and subsequent estimation and conversion of those quantities into actual grams of food by the practitioner. Most nutrient values are from the USDA databases. Other values taken directly from food lables, supplement data sheets and the Australian AUSNUT database.

NOTE 3 Total sugars is the term used for the sum of the individual monosaccharides (galactose, glucose, and fructose) and disaccharides (sucrose, lactose, and maltose) The Australian RDI requires that the intake of simple sugers (mono and di-saccharides like glucose and sucrose) comprise a minimal amount of the total carbohydrate intake, while the US RDI's limit them to <25% of total Carbohydrate

NOTE 4 RDI's for MacroNutrient Ratios as follows: **Protein** between 15% - 30%, **Carbohydrate** between 45% - 65% and **Fat** between 20% -35% and obviously the more energy consumed as Alcohol the less is available for the other Macronutrients

NOTE 5 Alcohol intake is remmended at no greater than 2 stardard drinks/day or 20gr Alcohol and no more than 4 standard drinks in one sitting or 80 gr alcohol REF: http://www.nhmrc.gov.au/media/media/rel09/090306-alcohol-guidelines.htm and http://en.wikipedia.org/wiki/Recommended_maximum_intake_of_alcoholic_beverages#cite_note-ozPress-14

NOTE 6 Vit A, Vit C, Vit E, Selenium, Folate, Potassium, Sodium, Fibre and Ω3 values of RDI's above are the values used by Australia to reduce chronic didease risk. REF http://www.nhmrc.gov.au/publications/synopses/n35syn.htm

Practitioner: Hartmut Günther B.Sc. Hons. Biochem., Grad. Cert. Nutrition Medicine. Ph: 07 5545 2153, Mob: 0439 54 7788 Email: hart@hopeville.com.au, Clinic: Mt Tamborine