

VBa2a's Nutrients Report 03/09/15 - 03/09/15

Your plan is based on a **2600 Calorie** allowance during your 3rd trimester of pregnancy.

| Nutrients | Target | Average Eaten | Status |
|--|--------------------------|------------------|--------------------------|
| Total Calories | 2600 Calories | 2815 Calories | Over |
| Protein (g) ^{***} | 71 g | 99 g | OK |
| Protein (% Calories) ^{***} | 10 - 35% Calories | 14% Calories | OK |
| Carbohydrate (g) ^{***} | 175 g | 374 g | OK |
| Carbohydrate (% Calories) ^{***} | 45 - 65% Calories | 53% Calories | OK |
| Dietary Fiber | 28 g | 29 g | OK |
| Total Sugars | No Daily Target or Limit | 78 g | No Daily Target or Limit |
| Added Sugars | No Daily Target or Limit | 38 g | No Daily Target or Limit |
| Total Fat | 20 - 35% Calories | 34% Calories | OK |
| Saturated Fat | < 10% Calories | 17% Calories | Over |
| Polyunsaturated Fat | No Daily Target or Limit | 4% Calories | No Daily Target or Limit |
| Monounsaturated Fat | No Daily Target or Limit | 10% Calories | No Daily Target or Limit |
| Linoleic Acid (g) ^{***} | 13 g | 12 g | Under |
| Linoleic Acid (% Calories) ^{***} | 5 - 10% Calories | 4% Calories | Under |
| α -Linolenic Acid (% Calories) ^{***} | 0.6 - 1.2% Calories | 0.5% Calories | Under |
| α -Linolenic Acid (g) ^{***} | 1.4 g | 1.4 g | OK |
| Omega 3 - EPA | No Daily Target or Limit | 1 mg | No Daily Target or Limit |
| Omega 3 - DHA | No Daily Target or Limit | 0 mg | No Daily Target or Limit |
| Cholesterol | < 300 mg | 255 mg | OK |
| Minerals | Target | Average Eaten | Status |
| Calcium | 1000 mg | 1842 mg | OK |
| Potassium | 4700 mg | 3108 mg | Under |
| Sodium ^{**} | < 2300 mg | 3852 mg | Over |
| Copper | 1000 μ g | 1921 μ g | OK |
| Iron | 27 mg | 19 mg | Under |
| Magnesium | 350 mg | 433 mg | OK |
| Phosphorus | 700 mg | 1946 mg | OK |
| Selenium | 60 μ g | 135 μ g | OK |
| Zinc | 11 mg | 16 mg | OK |
| Vitamins | Target | Average Eaten | Status |
| Vitamin A | 770 μ g RAE | 1423 μ g RAE | OK |

| | | | |
|-------------|------------|------------|-------|
| Vitamin B6 | 1.9 mg | 3.2 mg | OK |
| Vitamin B12 | 2.6 µg | 6.2 µg | OK |
| Vitamin C | 85 mg | 147 mg | OK |
| Vitamin D | 15 µg | 6 µg | Under |
| Vitamin E | 15 mg AT | 11 mg AT | Under |
| Vitamin K | 90 µg | 140 µg | OK |
| Folate | 600 µg DFE | 675 µg DFE | OK |
| Thiamin | 1.4 mg | 2.3 mg | OK |
| Riboflavin | 1.4 mg | 3.0 mg | OK |
| Niacin | 18 mg | 26 mg | OK |
| Choline | 450 mg | 280 mg | Under |

Information about dietary supplements.

** If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

*** Nutrients that appear twice (*protein, carbohydrate, linoleic acid, and α-linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.