



## Nutrient Intakes For **JLTnutrition** on 3/24/2009

A nutrient recommendation is a target or goal for intake of a nutrient. Your requirement for a particular nutrient is unique to you, but it is likely to be lower than the recommended number. If your intake is at or above this number, then it is probably adequate. If your intake is below this number, that does not necessarily mean an inadequate intake. If today's intake is typically what you eat, and your intake for a nutrient is at or above the recommendation, it is likely that your intake of that nutrient is adequate. To better assess your usual nutrient intake, you should report foods eaten for two or more days and review [your nutrient intake over time](#). Click [here](#) if you want to see your nutrient profile with technical assessment information.

Nutrient	Your Intake	Recommendation or Acceptable Range
<b><u>Food Energy/Total Calories (kcal)</u></b>	1387	<a href="#">1983</a>
<b><u>Protein (gm)</u></b>	64	46
<b><u>Carbohydrate (gm)</u></b>	156	130
<b><u>Total Fiber (gm)</u></b>	10	25
<b><u>Total Fat (gm)</u></b>	58	30.8 - 53.9
<b><u>Saturated Fat (gm)</u></b>	15.7	< 15.4
<b><u>Monounsaturated Fat (gm)</u></b>	23	**
<b><u>Polyunsaturated Fat (gm)</u></b>	14	**
<b><u>Linoleic (omega 6) (gm)</u></b>	13	12
<b><u>Alpha Linolenic (omega 3) (gm)</u></b>	0.7	1.1
<b><u>Cholesterol (mg)</u></b>	211	< 300
<b><u>Vitamin A (mcg RAE)</u></b>	655.3	700
<b><u>Vitamin C (mg)</u></b>	117.9	75
<b><u>Vitamin E (mg α-TE)</u></b>	3.3	15
<b><u>Thiamin (mg)</u></b>	1.1	1.1
<b><u>Riboflavin (mg)</u></b>	1.4	1.1
<b><u>Niacin (mg)</u></b>	22.4	14
<b><u>Folate (mcg, DFE)</u></b>	297.2	400
<b><u>Vitamin B6 (mg)</u></b>	1.7	1.3

<b><u>Vitamin B12 (mcg)</u></b>	1.1	2.4
<b><u>Calcium (mg)</u></b>	429.3	1000
<b><u>Phosphorus (mg)</u></b>	817.8	700
<b><u>Magnesium (mg)</u></b>	212.8	310
<b><u>Iron (mg)</u></b>	15.2	18
<b><u>Zinc (mg)</u></b>	7.5	8
<b><u>Selenium (mcg)</u></b>	63.2	55
<b><u>Potassium (mg)</u></b>	1773	4700
<b><u>Sodium (mg)</u></b>	2137	1500 - 2300

\*\* Nutrient has no established recommendation.

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