

DESCRIPTION

Retired, lives alone, prepares own meals, plays golf 2 times a week

ANALYSIS SUMMARY

	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	2209			
Energy (kJ)	9450			
Protein (g)	139	49	284%	
Total fat (g)	81			
- Saturated fat (g)	31			
- Trans Fatty Acids (g)	1			
- Polyunsaturated fat (g)	13			
- Monounsaturated fat (g)	32			
Cholesterol (mg)	347			
Carbohydrate (g)	233			
Sugars (g)	115			
Added Sugars (g)	47			
Free Sugars (g)	62			
Starch (g)	118			
Water (g)	1701			<AI
Alcohol (g)	0			
Dietary fibre (g)	21			<AI, <SDT
Ash (g)	21			
Thiamin (mg)	2.92	1.00	292%	
Riboflavin (mg)	2.05	1.10	186%	
Niacin (mg)	32.09			
Niacin equivalents (mg)	60.29	12.00	502%	
Vitamin C (mg)	258.47	30.00	862%	
Vitamin E (mg)	10.17			<SDT
Tocopherol, alpha (mg)	8.16			
Vitamin B6 (by analysis) (mg)	1.62	1.40	115%	<RDI
Vitamin B12 (µg)	4.98	2.00	249%	
Total folate (µg)	820.48			
Folate, total DFE (µg)	986.68	320.00	308%	

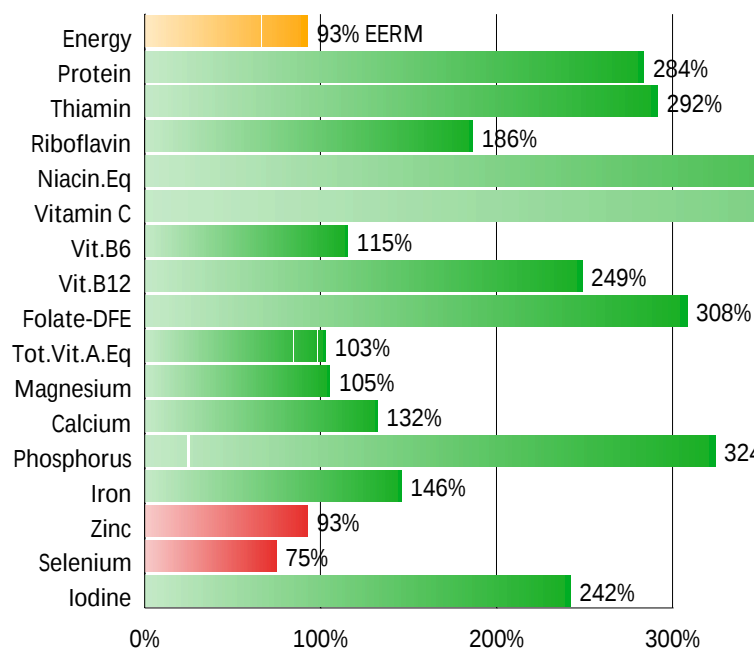
	Avg/Day	EAR	EAR(%)	Alerts
Folic acid (µg)	248.55			
Food Folate (µg)	572.10			
Total vitamin A equivalents (µg)	644.16	625.00	103%	<RDI, <SDT
Retinol (µg)	482.37			
Beta carotene equivalents (µg)	999.01			
Beta carotene (µg)	861.59			
Sodium (mg)	2691.19			>SDT
Potassium (mg)	4235.86			<SDT
Magnesium (mg)	369.15	350.00	105%	<RDI
Calcium (mg)	1112.55	840.00	132%	
Phosphorus (mg)	1881.68	580.00	324%	
Iron (mg)	8.76	6.00	146%	
Zinc (mg)	11.13	12.00	93%	<EAR, <RDI
Selenium (µg)	44.99	60.00	75%	<EAR, <RDI
Iodine (µg)	242.11	100.00	242%	
kJ from protein (%)	25			
kJ from fat (%)	32			
kJ from saturated fat (%)	12			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	41			
kJ from alcohol (%)	0			
kJ from fibre (%)	2			
kJ from others (%)	1			
Fat as mono (%)	42			
Fat as poly (%)	17			
Fat as saturated (%)	41			
Very long chain N3 fatty acids (g)	0.09			<AI, <SDT
F18D2CN6 linoleic (g)	9.36			<AI
F18D3N3 alpha-linolenic (ALA) (g)	3.19			
F20D5N3 eicosapentaenoic (EPA) (g)	0.02			
F22D5N3 docosapentaenoic (DPA) (g)	0.04			
F22D6N3 docosahexaenoic (DHA) (g)	0.03			
Tryptophan (g)	2			
Salicylates	VH			
Amines	VH			
Glutamates	VH			
GRAINS (serve)	6.9			
- Refined (serve)	5.8			
- Wholegrains (serve)	1.0			
· Wholegrains percent (%)	15			
FRUIT (serve)	2.8			

	Avg/Day	EAR	EAR(%)	Alerts
- Citrus, melons & berries (serve)	0.8			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	2.0			
· Fruit juice percent (%)	71			
VEGETABLES (serve)	1.7			
- Dark green vegetables (serve)	1.2			
- Red & orange vegetables (serve)	0.2			
- Tomatoes (serve)	0.2			
- Other red & orange vegetables (serve)	0.0			
- Starchy vegetables (serve)	0.0			
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	0.2			
PROTEIN FOODS (serve)	4.0			
- Red meats (serve)	3.7			
- Poultry (serve)	0.0			
- Eggs (serve)	0.1			
- Processed meats (serve)	0.2			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	2.8			
- Milk (serve)	2.0			
- Cheese (serve)	0.8			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	7			
SOLID FAT EQUIVALENTS (tsp)	10			
ADDED SUGARS (tsp)	11			
· kJ from added sugars (kJ)	743			
· kJ from added sugars percent (%)	8			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED kJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			

	Avg/Day	EAR	EAR(%)	Alerts
Caffeine (mg)	162			

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

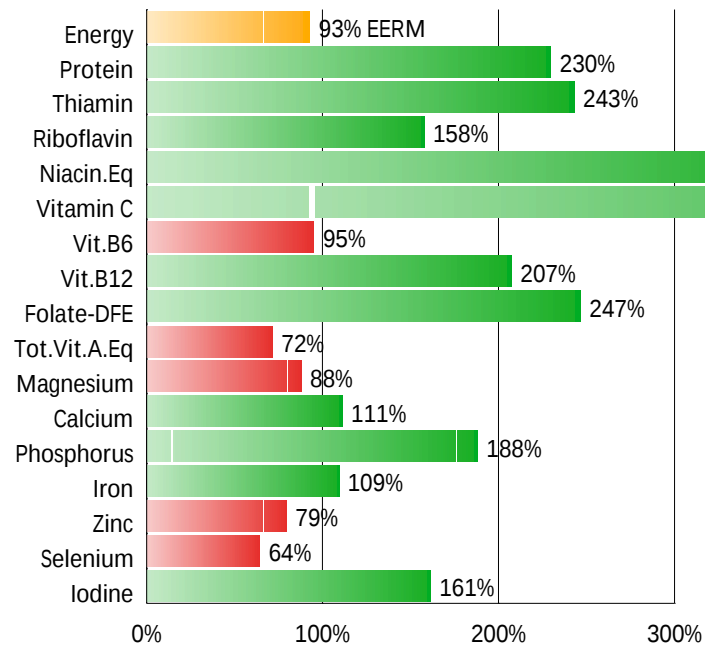
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	139	49	284%
Thiamin (mg)	2.92	1.00	292%
Riboflavin (mg)	2.05	1.10	186%
Niacin equivalents (mg)	60.29	12.00	502%
Vitamin C (mg)	258.47	30.00	862%
Vitamin B6 (by analysis) (mg)	1.62	1.40	115%
Vitamin B12 (µg)	4.98	2.00	249%
Folate, total DFE (µg)	986.68	320.00	308%
Total vitamin A equivalents (µg)	644.16	625.00	103%
Magnesium (mg)	369.15	350.00	105%
Calcium (mg)	1112.55	840.00	132%
Phosphorus (mg)	1881.68	580.00	324%
Iron (mg)	8.76	6.00	146%
Zinc (mg)	11.13	12.00	93%
Selenium (µg)	44.99	60.00	75%
Iodine (µg)	242.11	100.00	242%

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

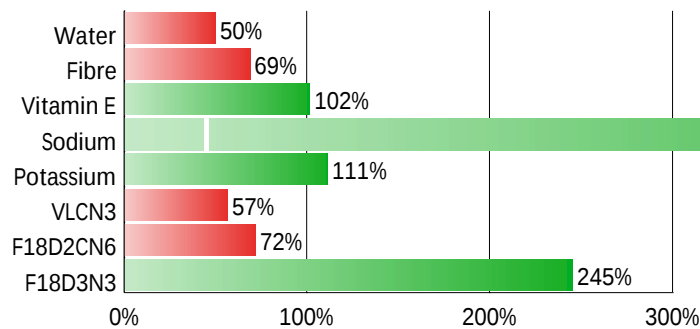
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	139	60	230%
Thiamin (mg)	2.92	1.20	243%
Riboflavin (mg)	2.05	1.30	158%
Niacin equivalents (mg)	60.29	16.00	377%
Vitamin C (mg)	258.47	45.00	574%
Vitamin B6 (by analysis) (mg)	1.62	1.70	95%
Vitamin B12 (µg)	4.98	2.40	207%
Folate, total DFE (µg)	986.68	400.00	247%
Total vitamin A equivalents (µg)	644.16	900.00	72%
Magnesium (mg)	369.15	420.00	88%
Calcium (mg)	1112.55	1000.00	111%
Phosphorus (mg)	1881.68	1000.00	188%
Iron (mg)	8.76	8.00	109%
Zinc (mg)	11.13	14.00	79%
Selenium (µg)	44.99	70.00	64%
Iodine (µg)	242.11	150.00	161%

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

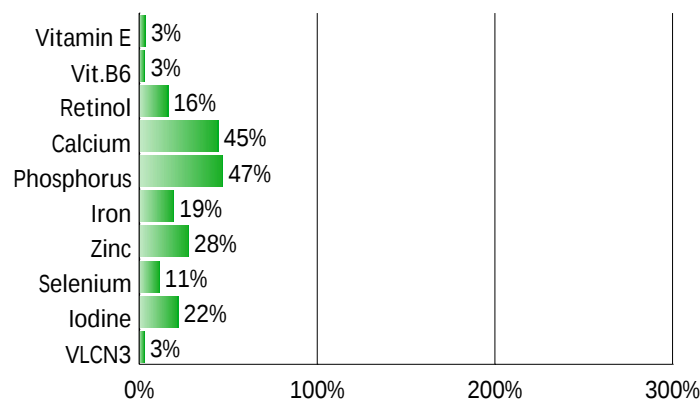
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	1701	3400	50%
Dietary fibre (g)	21	30	69%
Vitamin E (mg)	10.17	10.00	102%
Sodium (mg)	2691.19	460.00	585%
Potassium (mg)	4235.86	3800.00	111%
Very long chain N3 fatty acids (g)	0.09	0.16	57%
F18D2CN6 linoleic (g)	9.36	13.00	72%
F18D3N3 alpha-linolenic (ALA) (g)	3.19	1.30	245%

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

UPPER LEVEL OF INTAKE (UL)

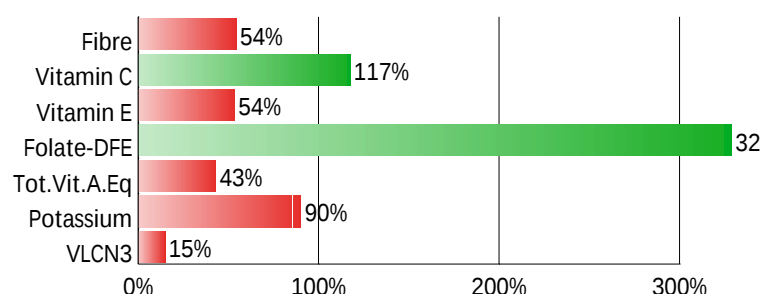


	Avg/Day	UL	UL(%)
Vitamin E (mg)	10.17	300.00	3%
Vitamin B6 (by analysis) (mg)	1.62	50.00	3%
Retinol (µg)	482.37	3000.00	16%
Calcium (mg)	1112.55	2500.00	45%
Phosphorus (mg)	1881.68	4000.00	47%

	Avg/Day	UL	UL(%)
Iron (mg)	8.76	45.00	19%
Zinc (mg)	11.13	40.00	28%
Selenium (µg)	44.99	400.00	11%
Iodine (µg)	242.11	1100.00	22%
Very long chain N3 fatty acids (g)	0.09	3.00	3%

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

SUGGESTED DIETARY TARGETS (MINIMUMS)



	Avg/Day	SDT-Min	(%)
Dietary fibre (g)	21	38	54%
Vitamin C (mg)	258.47	220.00	117%
Vitamin E (mg)	10.17	19.00	54%
Folate, total DFE (µg)	986.68	300.00	329%
Total vitamin A equivalents (µg)	644.16	1500.00	43%
Potassium (mg)	4235.86	4700.00	90%
Very long chain N3 fatty acids (g)	0.09	0.61	15%

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

SUGGESTED DIETARY TARGETS (MAXIMUMS)



	Avg/Day	SDT-Max	(%)
Sodium (mg)	2691.19	2000.00	135%

NRVs based on: Male, 67 years, 72 kg, 176 cm, Light-Moderate Activity

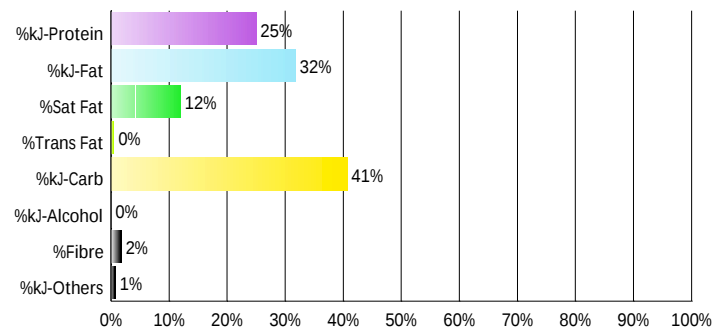
GOALS (MINIMUMS)

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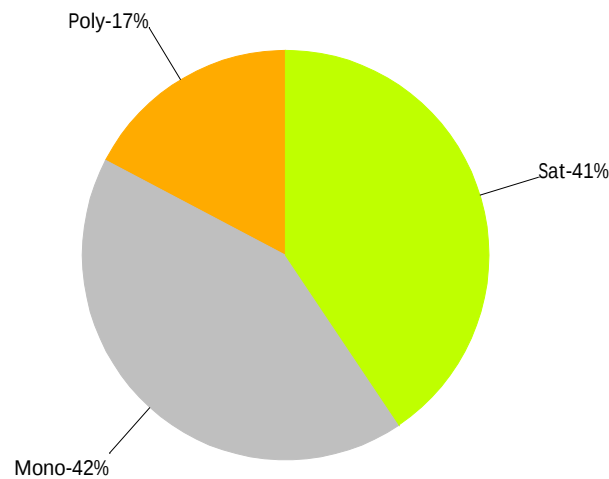
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Juice	11.9
Milk	11.7
Hot chocolate	11.7
Tea	11.3
Chops	10.1
Coffee	8.1
Orange	7.3
Sandwich	6.5
Gravy	5.7
Muffin	4.98
Broccolini	4.32
Bread	2.44
Breakfast cereal	1.36
Salad	1.13
Cheese	0.46
Butter	0.43
Sugar	0.38
Rice crackers	0.17