

**Activity 2.2.2: Anna Garcia – Nutrient Analysis**

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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  | **Food Groups** | **Target** | **Average Eaten** | **Status** | |  | **Grains** | **6 ounce(s)** | **9 ounce(s)** | **Over** | |  | **Whole Grains** | **≥ 3 ounce(s)** | **1 ounce(s)** | **Under** | |  | **Refined Grains** | **≤ 3 ounce(s)** | **8 ounce(s)** | **Over** | |  | **Vegetables** | **2½ cup(s)** | **2¾ cup(s)** | **OK** | |  | **Dark Green** | **1½ cup(s)/week** | **0 cup(s)** | **Under** | |  | **Red & Orange** | **5½ cup(s)/week** | **1½ cup(s)** | **Under** | |  | **Beans & Peas** | **1½ cup(s)/week** | **0 cup(s)** | **Under** | |  | **Starchy** | **5 cup(s)/week** | **½ cup(s)** | **Under** | |  | **Other** | **4 cup(s)/week** | **¾ cup(s)** | **Under** | |  | **Fruits** | **1½ cup(s)** | **½ cup(s)** | **Under** | |  | **Whole Fruit** | **No Specific Target** | **½ cup(s)** | **No Specific Target** | |  | **Fruit Juice** | **No Specific Target** | **0 cup(s)** | **No Specific Target** | |  | **Dairy** | **3 cup(s)** | **3 cup(s)** | **OK** | |  | **Milk & Yogurt** | **No Specific Target** | **1¾ cup(s)** | **No Specific Target** | |  | **Cheese** | **No Specific Target** | **1¼ cup(s)** | **No Specific Target** | |  | **Protein Foods** | **5 ounce(s)** | **½ ounce(s)** | **Under** | |  | **Seafood** | **8 ounce(s)/week** | **0 ounce(s)** | **Under** | |  | **Meat, Poultry & Eggs** | **No Specific Target** | **½ ounce(s)** | **No Specific Target** | |  | **Nuts, Seeds & Soy** | **No Specific Target** | **0 ounce(s)** | **No Specific Target** | |  | **Oils** | **5 teaspoon** | **10 teaspoon** | **Over** | |  |  | **Limits** | **Allowance** | **Average Eaten** | **Status** | |  | **Total Calories** | **1800 Calories** | **2676 Calories** | **Over** | |  | **Empty Calories\*** | **≤ 161 Calories** | **1018 Calories** | **Over** | |  | **Solid Fats** | **\*** | **506 Calories** | **\*** | |  | **Added Sugars** | **\*** | **512 Calories** | **\*** | |  |  | \*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.  **Note:** Nutrition information based on a **1800 Calorie** allowance. | | | | |

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| **Nutrients** | **Target** | **Average Eaten** | **Status** |
| **Total Calories** | **1800 Calories** | **2676 Calories** | **Over** |
| **Protein (g)\*\*\*** | **46 g** | **30 g** | **Under** |
| **Protein (% Calories)\*\*\*** | **10 - 35% Calories** | **10% Calories** | **OK** |
| **Carbohydrate (g)\*\*\*** | **130 g** | **337 g** | **OK** |
| **Carbohydrate (% Calories)\*\*\*** | **45 - 65% Calories** | **50% Calories** | **OK** |
| **Dietary Fiber** | **25 g** | **17 g** | **Under** |
| **Total Fat** | **20 - 35% Calories** | **41% Calories** | **Over** |
| **Saturated Fat** | **< 10% Calories** | **14% Calories** | **Over** |
| **Monounsaturated Fat** | **No Daily Target or Limit** | **12% Calories** | **No Daily Target or Limit** |
| **Polyunsaturated Fat** | **No Daily Target or Limit** | **13% Calories** | **No Daily Target or Limit** |
| **Linoleic Acid (g)\*\*\*** | **12 g** | **34 g** | **OK** |
| **Linoleic Acid (% Calories)\*\*\*** | **5 - 10% Calories** | **11% Calories** | **Over** |
| **α-Linolenic Acid (g)\*\*\*** | **1.1 g** | **3.9 g** | **OK** |
| **α-Linolenic Acid (% Calories)\*\*\*** | **0.6 - 1.2% Calories** | **1.3% Calories** | **Over** |
| **Omega 3 - EPA** | **No Daily Target or Limit** | **13 mg** | **No Daily Target or Limit** |
| **Omega 3 - DHA** | **No Daily Target or Limit** | **15 mg** | **No Daily Target or Limit** |
| **Cholesterol** | **< 300 mg** | **242 mg** | **OK** |
| **Minerals** | **Target** | **Average Eaten** | **Status** |
| **Calcium** | **1000 mg** | **1361 mg** | **OK** |
| **Potassium** | **4700 mg** | **2975 mg** | **Under** |
| **Sodium\*\*** | **< 2300 mg** | **3781 mg** | **Over** |
| **Copper** | **900 µg** | **1280 µg** | **OK** |
| **Iron** | **18 mg** | **22 mg** | **OK** |
| **Magnesium** | **320 mg** | **256 mg** | **Under** |
| **Phosphorus** | **700 mg** | **1514 mg** | **OK** |
| **Selenium** | **55 µg** | **111 µg** | **OK** |
| **Zinc** | **8 mg** | **14 mg** | **OK** |
| **Vitamins** | **Target** | **Average Eaten** | **Status** |
| **Vitamin A** | **700 µg RAE** | **1035 µg RAE** | **OK** |
| **Vitamin B6** | **1.3 mg** | **1.5 mg** | **OK** |
| **Vitamin B12** | **2.4 µg** | **5.8 µg** | **OK** |
| **Vitamin C** | **75 mg** | **32 mg** | **Under** |
| **Vitamin D** | **15 µg** | **5 µg** | **Under** |
| **Vitamin E** | **15 mg AT** | **12 mg AT** | **Under** |
| **Vitamin K** | **90 µg** | **162 µg** | **OK** |
| **Folate** | **400 µg DFE** | **1067 µg DFE** | **Over** |
| **Thiamin** | **1.1 mg** | **2.0 mg** | **OK** |
| **Riboflavin** | **1.1 mg** | **2.5 mg** | **OK** |
| **Niacin** | **14 mg** | **22 mg** | **OK** |
| **Choline** | **425 mg** | **207 mg** | **Under** |
| [**Information about dietary supplements.**](javascript:void%20window.open('http://ods.od.nih.gov/');)  \*\* If a person is African American, hypertensive, diabetic, or has chronic kidney disease, reduce 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. | | | |