

## Activity 2.2.2: Anna Garcia – Nutrient Analysis

| Food Groups           | Target               | Average Eaten        | Status             |
|-----------------------|----------------------|----------------------|--------------------|
| <b>Grains</b>         | <b>6 ounce(s)</b>    | <b>9 ounce(s)</b>    | <b>Over</b>        |
| Whole Grains          | ≥ 3 ounce(s)         | 1 ounce(s)           | Under              |
| Refined Grains        | ≤ 3 ounce(s)         | 8 ounce(s)           | Over               |
| <b>Vegetables</b>     | <b>2½ cup(s)</b>     | <b>2¾ cup(s)</b>     | <b>OK</b>          |
| 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              |
| <b>Fruits</b>         | <b>1½ cup(s)</b>     | <b>½ cup(s)</b>      | <b>Under</b>       |
| Whole Fruit           | No Specific Target   | ½ cup(s)             | No Specific Target |
| Fruit Juice           | No Specific Target   | 0 cup(s)             | No Specific Target |
| <b>Dairy</b>          | <b>3 cup(s)</b>      | <b>3 cup(s)</b>      | <b>OK</b>          |
| Milk & Yogurt         | No Specific Target   | 1¾ cup(s)            | No Specific Target |
| Cheese                | No Specific Target   | 1¼ cup(s)            | No Specific Target |
| <b>Protein Foods</b>  | <b>5 ounce(s)</b>    | <b>½ ounce(s)</b>    | <b>Under</b>       |
| 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 |
| <b>Oils</b>           | <b>5 teaspoon</b>    | <b>10 teaspoon</b>   | <b>Over</b>        |
| <b>Limits</b>         | <b>Allowance</b>     | <b>Average Eaten</b> | <b>Status</b>      |
| <b>Total Calories</b> | <b>1800 Calories</b> | <b>2676 Calories</b> | <b>Over</b>        |
| 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.

| Nutrients                               | Target                          | Average Eaten        | Status                          |
|---|---------------------------------|----------------------|---------------------------------|
| <b>Total Calories</b>                   | <b>1800 Calories</b>            | <b>2676 Calories</b> | <b>Over</b>                     |
| <b>Protein (g)***</b>                   | <b>46 g</b>                     | <b>30 g</b>          | <b>Under</b>                    |
| <b>Protein (% Calories)***</b>          | <b>10 - 35% Calories</b>        | <b>10% Calories</b>  | <b>OK</b>                       |
| <b>Carbohydrate (g)***</b>              | <b>130 g</b>                    | <b>337 g</b>         | <b>OK</b>                       |
| <b>Carbohydrate (% Calories)***</b>     | <b>45 - 65% Calories</b>        | <b>50% Calories</b>  | <b>OK</b>                       |
| <b>Dietary Fiber</b>                    | <b>25 g</b>                     | <b>17 g</b>          | <b>Under</b>                    |
| <b>Total Fat</b>                        | <b>20 - 35% Calories</b>        | <b>41% Calories</b>  | <b>Over</b>                     |
| <b>Saturated Fat</b>                    | <b>&lt; 10% Calories</b>        | <b>14% Calories</b>  | <b>Over</b>                     |
| <b>Monounsaturated Fat</b>              | <b>No Daily Target or Limit</b> | <b>12% Calories</b>  | <b>No Daily Target or Limit</b> |
| <b>Polyunsaturated Fat</b>              | <b>No Daily Target or Limit</b> | <b>13% Calories</b>  | <b>No Daily Target or Limit</b> |
| <b>Linoleic Acid (g)***</b>             | <b>12 g</b>                     | <b>34 g</b>          | <b>OK</b>                       |
| <b>Linoleic Acid (% Calories)***</b>    | <b>5 - 10% Calories</b>         | <b>11% Calories</b>  | <b>Over</b>                     |
| <b>α-Linolenic Acid (g)***</b>          | <b>1.1 g</b>                    | <b>3.9 g</b>         | <b>OK</b>                       |
| <b>α-Linolenic Acid (% Calories)***</b> | <b>0.6 - 1.2% Calories</b>      | <b>1.3% Calories</b> | <b>Over</b>                     |
| <b>Omega 3 - EPA</b>                    | <b>No Daily Target or Limit</b> | <b>13 mg</b>         | <b>No Daily Target or Limit</b> |
| <b>Omega 3 - DHA</b>                    | <b>No Daily Target or Limit</b> | <b>15 mg</b>         | <b>No Daily Target or Limit</b> |
| <b>Cholesterol</b>                      | <b>&lt; 300 mg</b>              | <b>242 mg</b>        | <b>OK</b>                       |
| <b>Minerals</b>                         | <b>Target</b>                   | <b>Average Eaten</b> | <b>Status</b>                   |
| <b>Calcium</b>                          | <b>1000 mg</b>                  | <b>1361 mg</b>       | <b>OK</b>                       |
| <b>Potassium</b>                        | <b>4700 mg</b>                  | <b>2975 mg</b>       | <b>Under</b>                    |
| <b>Sodium**</b>                         | <b>&lt; 2300 mg</b>             | <b>3781 mg</b>       | <b>Over</b>                     |
| <b>Copper</b>                           | <b>900 µg</b>                   | <b>1280 µg</b>       | <b>OK</b>                       |

|                    |                   |                      |               |
|--------------------|-------------------|----------------------|---------------|
| <b>Iron</b>        | <b>18 mg</b>      | <b>22 mg</b>         | <b>OK</b>     |
| <b>Magnesium</b>   | <b>320 mg</b>     | <b>256 mg</b>        | <b>Under</b>  |
| <b>Phosphorus</b>  | <b>700 mg</b>     | <b>1514 mg</b>       | <b>OK</b>     |
| <b>Selenium</b>    | <b>55 µg</b>      | <b>111 µg</b>        | <b>OK</b>     |
| <b>Zinc</b>        | <b>8 mg</b>       | <b>14 mg</b>         | <b>OK</b>     |
| <b>Vitamins</b>    | <b>Target</b>     | <b>Average Eaten</b> | <b>Status</b> |
| <b>Vitamin A</b>   | <b>700 µg RAE</b> | <b>1035 µg RAE</b>   | <b>OK</b>     |
| <b>Vitamin B6</b>  | <b>1.3 mg</b>     | <b>1.5 mg</b>        | <b>OK</b>     |
| <b>Vitamin B12</b> | <b>2.4 µg</b>     | <b>5.8 µg</b>        | <b>OK</b>     |
| <b>Vitamin C</b>   | <b>75 mg</b>      | <b>32 mg</b>         | <b>Under</b>  |
| <b>Vitamin D</b>   | <b>15 µg</b>      | <b>5 µg</b>          | <b>Under</b>  |
| <b>Vitamin E</b>   | <b>15 mg AT</b>   | <b>12 mg AT</b>      | <b>Under</b>  |
| <b>Vitamin K</b>   | <b>90 µg</b>      | <b>162 µg</b>        | <b>OK</b>     |
| <b>Folate</b>      | <b>400 µg DFE</b> | <b>1067 µg DFE</b>   | <b>Over</b>   |
| <b>Thiamin</b>     | <b>1.1 mg</b>     | <b>2.0 mg</b>        | <b>OK</b>     |
| <b>Riboflavin</b>  | <b>1.1 mg</b>     | <b>2.5 mg</b>        | <b>OK</b>     |
| <b>Niacin</b>      | <b>14 mg</b>      | <b>22 mg</b>         | <b>OK</b>     |
| <b>Choline</b>     | <b>425 mg</b>     | <b>207 mg</b>        | <b>Under</b>  |

### Information about dietary supplements.

\*\* 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.