

Nutritics for Lori Weber

Average of 2 day log

56 year old female, 55.8kg, 1.63m | Post Christmas trial log - Lori

27th Dec 2018 - 28th Dec 2018

NUTRIENT	AVG. INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT																																																																								
- ENERGY -																																																																															
Energy(Kcal)	1789kcal	1949kcal																																																																													
Energy(Kj)	7477kJ	8155kJ																																																																													
- MACRONUTRIENTS -																																																																															
Carbohydrate	143g	244g																																																																													
Protein	79g	73g																																																																													
Fat	100g	76g																																																																													
Water	1733g	2700g																																																																													
! > water from drinks	674g	1364-2339g																																																																													
Alcohol	0g		<13.9g																																																																												
- CARBOHYDRATE -																																																																															
Starch	64g		N/A																																																																												
Oligosaccharide	0.29g		N/A																																																																												
Fibre	31.8g	30g																																																																													
<p>Total % contribution to Fibre:</p> <table border="0"> <tr> <td>Avocado, Hass, flesh only</td> <td>10.4%</td> <td>Sweet potato, baked</td> <td>4.8%</td> <td>Almonds, blanched, flaked and ground</td> <td>1.4%</td> </tr> <tr> <td>Sweet potato, baked</td> <td>8.5%</td> <td>Almonds, with skin</td> <td>3%</td> <td>Almonds, blanched, flaked and ground</td> <td>1.2%</td> </tr> <tr> <td>Nectarines, flesh and skin</td> <td>6.9%</td> <td>Citrus orange fruit, soft/easy peelers, flesh onl</td> <td>2.8%</td> <td>Crispbread, rye copy</td> <td>1.2%</td> </tr> <tr> <td>Peas, frozen, boiled in unsalted water</td> <td>6.9%</td> <td>Porridge, made with low fat milk</td> <td>2.8%</td> <td>Salad, mixed, with olive oil dressing</td> <td>0.79%</td> </tr> <tr> <td>Pears, raw, flesh and skin</td> <td>6.8%</td> <td>Peppers, bell, orange, raw</td> <td>2.5%</td> <td>Alpro Coconut Original</td> <td>0.64%</td> </tr> <tr> <td>Brussels sprouts, boiled in unsalted water</td> <td>6.8%</td> <td>Houmous</td> <td>2.3%</td> <td>Cucumber, raw, flesh and skin</td> <td>0.61%</td> </tr> <tr> <td>Tomatoes, cherry, raw</td> <td>5.7%</td> <td>Sunflower seeds</td> <td>2.2%</td> <td>Mixed Salad Leaves</td> <td>0.45%</td> </tr> <tr> <td>Merchant Gourmet, British Quinoa & Wholegrn</td> <td>5.4%</td> <td>Walnuts, kernel only</td> <td>2.2%</td> <td></td> <td></td> </tr> <tr> <td>Tortilla, wholemeal flour, soft</td> <td>4.9%</td> <td>Tomatoes, standard, raw</td> <td>2%</td> <td></td> <td></td> </tr> <tr> <td>Chestnuts, kernel only, raw</td> <td>4.8%</td> <td>Cinnamon, ground</td> <td>1.9%</td> <td></td> <td></td> </tr> </table>								Avocado, Hass, flesh only	10.4%	Sweet potato, baked	4.8%	Almonds, blanched, flaked and ground	1.4%	Sweet potato, baked	8.5%	Almonds, with skin	3%	Almonds, blanched, flaked and ground	1.2%	Nectarines, flesh and skin	6.9%	Citrus orange fruit, soft/easy peelers, flesh onl	2.8%	Crispbread, rye copy	1.2%	Peas, frozen, boiled in unsalted water	6.9%	Porridge, made with low fat milk	2.8%	Salad, mixed, with olive oil dressing	0.79%	Pears, raw, flesh and skin	6.8%	Peppers, bell, orange, raw	2.5%	Alpro Coconut Original	0.64%	Brussels sprouts, boiled in unsalted water	6.8%	Houmous	2.3%	Cucumber, raw, flesh and skin	0.61%	Tomatoes, cherry, raw	5.7%	Sunflower seeds	2.2%	Mixed Salad Leaves	0.45%	Merchant Gourmet, British Quinoa & Wholegrn	5.4%	Walnuts, kernel only	2.2%			Tortilla, wholemeal flour, soft	4.9%	Tomatoes, standard, raw	2%			Chestnuts, kernel only, raw	4.8%	Cinnamon, ground	1.9%														
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! Sugars	78g		<54g																																																																												
Free Sugars	9.4g		<24.4g																																																																												
- LIPID COMPONENTS -																																																																															
! Saturated Fat	24.3g		<21.7g																																																																												
> monounsaturated fat	38g	28.2g																																																																													
<p>Total % contribution to Monounsaturated fat:</p> <table border="0"> <tr> <td>Avocado, Hass, flesh only</td> <td>20.8%</td> <td>Eggs, chicken, whole, raw</td> <td>2.6%</td> <td>Citrus orange fruit, soft/easy peelers, flesh onl</td> <td>0.09%</td> </tr> <tr> <td>Pancetta</td> <td>14.1%</td> <td>Eggs, chicken, whole, boiled</td> <td>2.4%</td> <td>Peas, frozen, boiled in unsalted water</td> <td>0.07%</td> </tr> <tr> <td>Pancetta</td> <td>14.1%</td> <td>Cheese, goats milk, full fat, soft, white rind</td> <td>2.4%</td> <td>Pears, raw, flesh and skin</td> <td>0.06%</td> </tr> <tr> <td>Almonds, with skin</td> <td>5.6%</td> <td>Pork, loin chops, grilled, lean</td> <td>2.4%</td> <td>Tomatoes, standard, raw</td> <td>0.05%</td> </tr> <tr> <td>Salad, mixed, with olive oil dressing</td> <td>4.7%</td> <td>Oil, olive</td> <td>2%</td> <td>Crispbread, rye copy</td> <td>0.01%</td> </tr> <tr> <td>Oil, olive</td> <td>4%</td> <td>Tuna, canned in sunflower oil, drained</td> <td>1.6%</td> <td>Cinnamon, ground</td> <td>0.01%</td> </tr> <tr> <td>Hellmanns, Real Mayonnaise</td> <td>4%</td> <td>Porridge, made with low fat milk</td> <td>1.2%</td> <td>Mixed Salad Leaves</td> <td>0.01%</td> </tr> <tr> <td>Almonds, blanched, flaked and ground</td> <td>3.5%</td> <td>Chestnuts, kernel only, raw</td> <td>0.66%</td> <td>Nectarines, flesh and skin</td> <td>0%</td> </tr> <tr> <td>Walnuts, kernel only</td> <td>3.4%</td> <td>Yogurt, whole milk, plain</td> <td>0.47%</td> <td>Sweet potato, baked</td> <td>0%</td> </tr> <tr> <td>Tortilla, wholemeal flour, soft</td> <td>3.2%</td> <td>Tomatoes, cherry, raw</td> <td>0.37%</td> <td>Sweet potato, baked</td> <td>0%</td> </tr> <tr> <td>Almonds, blanched, flaked and ground</td> <td>3%</td> <td>Brussels sprouts, boiled in unsalted water</td> <td>0.22%</td> <td>Peppers, bell, orange, raw</td> <td>0%</td> </tr> <tr> <td>Sunflower seeds</td> <td>2.8%</td> <td>Milk, skimmed, pasteurised, average</td> <td>0.19%</td> <td></td> <td></td> </tr> </table>								Avocado, Hass, flesh only	20.8%	Eggs, chicken, whole, raw	2.6%	Citrus orange fruit, soft/easy peelers, flesh onl	0.09%	Pancetta	14.1%	Eggs, chicken, whole, boiled	2.4%	Peas, frozen, boiled in unsalted water	0.07%	Pancetta	14.1%	Cheese, goats milk, full fat, soft, white rind	2.4%	Pears, raw, flesh and skin	0.06%	Almonds, with skin	5.6%	Pork, loin chops, grilled, lean	2.4%	Tomatoes, standard, raw	0.05%	Salad, mixed, with olive oil dressing	4.7%	Oil, olive	2%	Crispbread, rye copy	0.01%	Oil, olive	4%	Tuna, canned in sunflower oil, drained	1.6%	Cinnamon, ground	0.01%	Hellmanns, Real Mayonnaise	4%	Porridge, made with low fat milk	1.2%	Mixed Salad Leaves	0.01%	Almonds, blanched, flaked and ground	3.5%	Chestnuts, kernel only, raw	0.66%	Nectarines, flesh and skin	0%	Walnuts, kernel only	3.4%	Yogurt, whole milk, plain	0.47%	Sweet potato, baked	0%	Tortilla, wholemeal flour, soft	3.2%	Tomatoes, cherry, raw	0.37%	Sweet potato, baked	0%	Almonds, blanched, flaked and ground	3%	Brussels sprouts, boiled in unsalted water	0.22%	Peppers, bell, orange, raw	0%	Sunflower seeds	2.8%	Milk, skimmed, pasteurised, average	0.19%		
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! Polyunsaturated fat	24.4g		>6.5g <21.7g																																																																												

Total % contribution to Polyunsaturated fat:

Walnuts, kernel only	23%	Almonds, blanched, flaked and ground	1.5%	Sweet potato, baked	0.2%
Hellmanns, Real Mayonnaise	14.2%	Pork, loin chops, grilled, lean	1.4%	Citrus orange fruit, soft/easy peelers, flesh onl	0.17%
Sunflower seeds	11.6%	Almonds, blanched, flaked and ground	1.3%	Mixed Salad Leaves	0.15%
Pancetta	7.7%	Salad, mixed, with olive oil dressing	1.2%	Tomatoes, standard, raw	0.13%
Pancetta	7.7%	Tomatoes, cherry, raw	1.1%	Pears, raw, flesh and skin	0.1%
Avocado, Hass, flesh only	7.5%	Chestnuts, kernel only, raw	1.1%	Yoqurt, whole milk, plain	0.09%
Tuna, canned in sunflower oil, drained	5.4%	Oil, olive	0.71%	Crispbread, rye copy	0.06%
Tortilla, wholemeal flour, soft	3.3%	Cheese, goats milk, full fat, soft, white rind	0.64%	Milk, skimmed, pasteurised, average	0%
Almonds, with skin	2.5%	Peas, frozen, boiled in unsalted water	0.62%	Cinnamon, ground	0%
Brussels sprouts, boiled in unsalted water	2.4%	Sweet potato, baked	0.36%	Nectarines, flesh and skin	0%
Eqqs, chicken, whole, raw	1.7%	Oil, olive	0.35%		
Eqqs, chicken, whole, boiled	1.5%	Peppers, bell, orange, raw	0.25%		

omega3(n-3)

1.6g

>0.43g



Total % contribution to Omega3(n-3):

Walnuts, kernel only	57%	Eqqs, chicken, whole, raw	2.4%	Oil, olive	0.47%
Hellmanns, Real Mayonnaise	10.3%	Eqqs, chicken, whole, boiled	2.2%	Yoqurt, whole milk, plain	0.29%
Avocado, Hass, flesh only	8.5%	Oil, olive	0.94%	Crispbread, rye copy	0.11%
Houmous	4.4%	Almonds, with skin	0.81%	Milk, skimmed, pasteurised, average	0.08%
Tuna, canned in sunflower oil, drained	4.2%	Almonds, blanched, flaked and ground	0.61%		
Tortilla, wholemeal flour, soft	3.7%	Sunflower seeds	0.58%		
Brussels sprouts, boiled in unsalted water	2.4%	Almonds, blanched, flaked and ground	0.52%		

omega6(n-6)

17.4g

>2.2g



Total % contribution to Omega6(n-6):

Walnuts, kernel only	27.2%	Almonds, with skin	3.5%	Oil, olive	0.45%
Hellmanns, Real Mayonnaise	18.6%	Eqqs, chicken, whole, raw	2.2%	Crispbread, rye copy	0.08%
Sunflower seeds	16.2%	Almonds, blanched, flaked and ground	2.1%	Yoqurt, whole milk, plain	0.06%
Avocado, Hass, flesh only	8.5%	Eqqs, chicken, whole, boiled	2%	Brussels sprouts, boiled in unsalted water	0.05%
Tuna, canned in sunflower oil, drained	7.1%	Almonds, blanched, flaked and ground	1.8%	Milk, skimmed, pasteurised, average	0.01%
Tortilla, wholemeal flour, soft	4.3%	Alpro Coconut Original	1.2%		
Houmous	3.9%	Oil, olive	0.91%		

Trans-fatty acids

0.36g

<4.3g

Cholesterol

266mg

N/A

Total % contribution to Cholesterol:

Eqqs, chicken, whole, raw	37.5%	Cheese, goats milk, full fat, soft, white rind	5.2%	Yoqurt, whole milk, plain	0.93%
Eqqs, chicken, whole, boiled	33.8%	Porridqe, made with low fat milk	2.5%		
Pork, loin chops, grilled, lean	9.9%	Hellmanns, Real Mayonnaise	2.1%		
Tuna, canned in sunflower oil, drained	6.4%	Milk, skimmed, pasteurised, average	1.7%		

- MINERALS & TRACE ELEMENTS -

Sodium	3797mg	1600mg	>575mg <2400mg	
Potassium	3856mg	3500mg	>2000mg	
Chloride	4542mg	2500mg		
Calcium	755mg	700mg	>400mg	
Phosphorus	1382mg	550mg		
Magnesium	347mg	270mg	>150mg	
Iron	10.7mg	8.7mg	>4.7mg	
Zinc	8.9mg	7mg	>4mg	

Zinc

Zinc is an essential mineral that is involved in cellular metabolism, protein synthesis, wound healing, immune function and cell division. Zinc also supports normal growth and development during pregnancy, childhood and adolescence and is required for proper sense of taste and smell. Good dietary sources include red meat, whole wheat, raisins and fortified cereals. Zinc cannot be stored in the body, although zinc may be reutilised as tissues are broken down.

Your intake of 'Zinc' is within recommended levels.

Copper	1.7mg	1.2mg		
Manganese	4mg		>1.4mg	
Selenium	64ug	60ug	>40ug	
Iodine	150ug	140ug	>70ug	
- VITAMINS -				
Vitamin A (ret eq)	1827ug	600ug	>250ug	

Total % contribution to Vitamin A (ret eq):

Sweet potato, baked	41%	Eggs, chicken, whole, boiled	1.6%	Almonds, blanched, flaked and ground	0.1%
Sweet potato, baked	22.9%	Porridge, made with low fat milk	1.3%	Almonds, blanched, flaked and ground	0.09%
Peppers, bell, orange, raw	7.3%	Nectarines, flesh and skin	1.1%	Pears, raw, flesh and skin	0.09%
Tomatoes, cherry, raw	6.1%	Peas, frozen, boiled in unsalted water	1%	Milk, skimmed, pasteurised, average	0.07%
Salad, mixed, with olive oil dressing	3.1%	Citrus orange fruit, soft/easy peelers, flesh onl	0.59%	Sunflower seeds	0.02%
Mixed Salad Leaves	3%	Tuna, canned in sunflower oil, drained	0.51%	Cinnamon, ground	0.01%
Cheese, goats milk, full fat, soft, white rind	2.7%	Hellmanns, Real Mayonnaise	0.42%	Pork, loin chops, grilled, lean	trace%
Brussels sprouts, boiled in unsalted water	2.4%	Yogurt, whole milk, plain	0.39%		
Tomatoes, standard, raw	2.1%	Cucumber, raw, flesh and skin	0.18%		
Eggs, chicken, whole, raw	2%	Avocado, Hass, flesh only	0.11%		

Vitamin A	161ug			N/A
Vitamin D	41ug	10ug		
Vitamin E	25.3mg		>3mg	
Vitamin K 1	139ug	56ug		

Total % contribution to Vitamin K 1:

Brussels sprouts, boiled in unsalted water	76%	Nectarines, flesh and skin	2%	Milk, skimmed, pasteurised, average	0.02%
Mixed Salad Leaves	11.2%	Oil, olive	0.87%	Eggs, chicken, whole, raw	0%
Cucumber, raw, flesh and skin	4.1%	Oil, olive	0.43%	Eggs, chicken, whole, boiled	0%
Tomatoes, standard, raw	2.8%	Cinnamon, ground	0.26%		
Pears, raw, flesh and skin	2.1%	Peppers, bell, orange, raw	0.23%		

Thiamin (B₁)	1.9mg	0.8mg	>0.23mg	
Riboflavin (B₂)	1.6mg	1.1mg	>0.8mg	
Niacin total (B₃)	28.4mg	12.9mg	>8.6mg	
Pantothenic Acid (B₅)	6.7mg	3-7mg		
Vitamin B₆	2.1mg	1.2mg	>0.8mg	
Folates (B₉) Total	331ug	200ug	>100ug	
Vitamin B₁₂	5.3ug	1.5ug	>1ug	
Biotin (B₇)	51ug	10-200ug		
Vitamin C	261mg	40mg	>10mg	

Total % contribution to Vitamin C:

Peppers, bell, orange, raw	20.7%	Avocado, Hass, flesh only	1.9%	Alpro Coconut Original	0.04%
Brussels sprouts, boiled in unsalted water	19.1%	Peas, frozen, boiled in unsalted water	1.8%	Cinnamon, ground	0.02%
Nectarines, flesh and skin	15.6%	Pears, raw, flesh and skin	0.92%	Tuna, canned in sunflower oil, drained	0%
Citrus orange fruit, soft/easy peelers, flesh onl	9.6%	Porridge, made with low fat milk	0.88%	Chestnuts, kernel only, raw	trace%
Tomatoes, cherry, raw	8%	Mixed Salad Leaves	0.5%	Cheese, goats milk, full fat, soft, white rind	trace%
Sweet potato, baked	7.7%	Milk, skimmed, pasteurised, average	0.46%	Hellmanns, Real Mayonnaise	trace%
Tomatoes, standard, raw	5.5%	Cucumber, raw, flesh and skin	0.21%		
Sweet potato, baked	4.3%	Yogurt, whole milk, plain	0.09%		
Salad, mixed, with olive oil dressing	2.7%	Houmous	0.06%		

- OTHER -

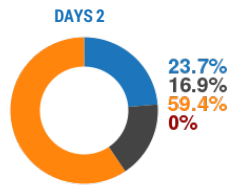
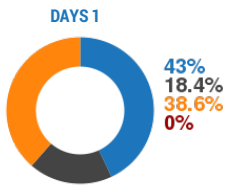
GL	62			N/A
Caffeine	0mg			N/A

Figures from Nutritics guidelines for female 55-60 years old

Generated by Nutritics v5.09

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	143.5g	78.2g	78.5g	100.1g	24.3g	0g
g/kg body-weight	2.6	1.4	1.4	1.8	0.4	0
Kilocal	574	313	314	900	219	0
Kilocal %	32.1%	17.5%	17.6%	50.3%	12.2%	0%



Diet Log

DAYS 1		DAYS 2	
Breakfast		Breakfast	
•		•	
Pears, raw, flesh and skin	160g	Sweet potato, baked	98g
•		•	
Cinnamon, ground	2.3g	Eggs, chicken, whole, raw	57g
•		•	
Almonds, blanched, flaked and ground	6g	Pancetta	57g
•		•	
Porridge, made with low fat milk	220g	Tomatoes, standard, raw	130g
Lunch		Lunch	
•		•	
Tomatoes, cherry, raw	140g	Tomatoes, cherry, raw	140g
•		•	
Avocado, Hass, flesh only	70g	Tuna, canned in sunflower oil, drained	72g
•		•	
Eggs, chicken, whole, boiled	50g	Hellmanns, Real Mayonnaise	15g
•		•	
Peppers, bell, orange, raw	80g	Mixed Salad Leaves	24g
•		•	
Cucumber, raw, flesh and skin	55g	Tortilla, wholemeal flour, soft	60g
•		•	
Houmous	30g	Avocado, Hass, flesh only	70g
•		•	
Sunflower seeds	10g	Sunflower seeds	10g
•		Dinner	
Merchant Gourmet, British Quinoa & Wholegrain Rice	85g	•	
•		Brussels sprouts, boiled in unsalted water	166g
Salad, mixed, with olive oil dressing	100g	•	
•		Pancetta	57g
Oil, olive	4.2g	•	
Dinner		Chestnuts, kernel only, raw	50g
•		•	
Pork, loin chops, grilled, lean	70g	Oil, olive	2.1g
•		•	
Sweet potato, baked	174g	Vitamin D3 supplement	0.75g
•		•	
Peas, frozen, boiled in unsalted water	80g	Almonds, blanched, flaked and ground	7g
•		Snacks	
Yogurt, whole milk, plain	45g	•	
Snacks		Milk, skimmed, pasteurised, average	120g
•		•	
Milk, skimmed, pasteurised, average	120g	Nectarines, flesh and skin	110g
•		•	
Alpro Coconut Original	135g	Almonds, with skin	6g
•		•	
Nectarines, flesh and skin	110g	Cheese, goats milk, full fat, soft, white rind	30g
•		•	
Almonds, with skin	6g	Crispbread, rye copy	5g
•		•	
Water, tap, drinking	200g	Water, tap, drinking	800g
•		•	
Sea Salt	5g	Walnuts, kernel only	24g
		•	
		Sea Salt	5g
		•	
		Citrus orange fruit, soft/easy peelers, flesh only	120g

Notes

[BACK TO REPORTS](#)