



# Nutrition Profile

Your specific food and nutrient needs are unique and can change based on your height, weight, and how much you exercise. To give you an idea of how you are doing, the following tables and graphs compare your intake for the day to guidelines from the Dietary Guidelines for Eating Well with Canada's Food Guide and nutrient requirements from the Institute of Medicine, National Academy of Sciences. Calorie targets in this report assume you have a moderate level of activity.

Note: Calorie requirements vary widely for pregnant and breastfeeding women based on trimester and other factors. As a result, the estimate for daily calorie goal in this report may not reflect your actual calorie needs. However, if you indicated you are pregnant or breastfeeding in ASA24, the nutrient targets in this report will be adjusted to reflect your additional needs.

## Food, Drinks, and Supplements Consumed on Sep 7, 2020

### Breakfast | 7 AM

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**Cheerios**, 1 cup; with **2% milk**, 1/2 cup (4 ounces); and **Banana**, More than 1 slice (10)

**Coffee**, 12 fl oz; with **Cream (other kind)**, 6 tablespoons; and **Sugar (white, granulated)**, More than 1 individual packet (2)

**Orange juice**, 12 fl oz

### Lunch | 1 PM

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**Garden salad**, 1 cup

**Pizza**, More than 1 piece (2)

**Coke**, 12 fl oz

**Ice cream**, 1/2 scoop

### Snack | 3 PM

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**Hot chocolate (made from dry mix)**, 100% (all)

**Chocolate chip cookie (regular)**, More than 1 cookie (4)

### Dinner | 7 PM

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**Baked eggplant casserole**, 1 piece

**Spaghetti noodles (plain)**, 1 cup; with **Marinara sauce (homemade)**, 1/2 cup

**Broccoli**, More than 6 pieces (10)

**Boost Nutritional Energy Drink**, 100% (all)

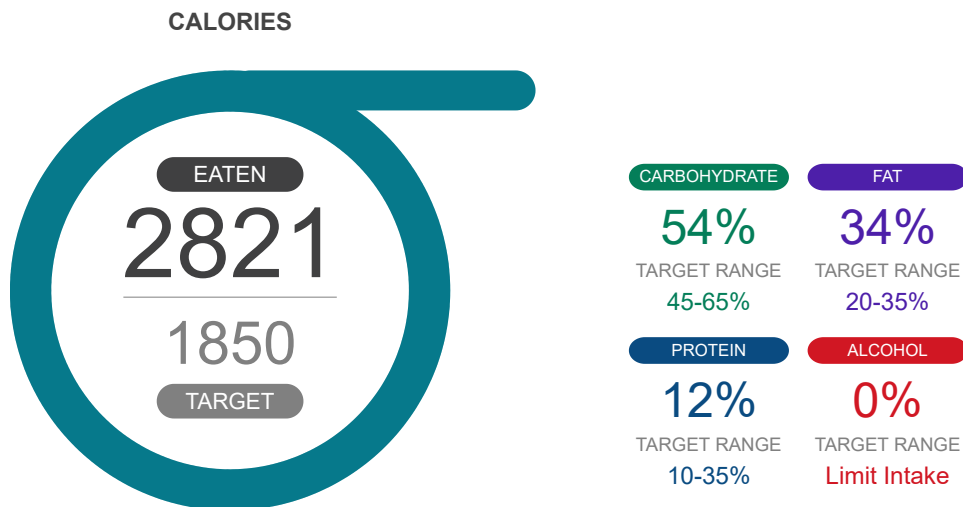
### Just a supplement | 9 PM

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**Multivitamin / Multimineral**, Dose(s) (1)

**Water (bottled)**, 12 fl oz

## Total Calorie Consumption



**Calories**

Most foods and many beverages contain calories. A person's calorie needs each day depends on factors such as age, gender, height, weight, and level of physical activity. In addition, a need to lose, maintain, or gain weight affects how many calories should be consumed. The target range for percent of calories from carbohydrates, protein, and fat listed here represent the range that is associated with providing adequate intakes of essential nutrients and a reduced risk of chronic disease.

**Alcohol**

Reduce your long-term health risks by drinking no more than - 10 drinks a week for women, with no more than 2 drinks a day most days and 15 drinks a week for men, with no more than 3 drinks a day most days. Plan non-drinking days every week to avoid developing a habit. There are also many circumstances in which individuals should not drink, such as during pregnancy.

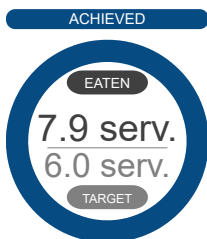
**Sources**

Dietary Guidelines for Eating Well with Canada's Food Guide, Canada's Low-Risk Alcohol Drinking Guidelines (<https://www.ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf> (<https://www.ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf>)) and Dietary Reference Intakes (<http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx> (<http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx>)).

## Daily Food Group Recommendations

serv. = Canadian food guide serving(s)

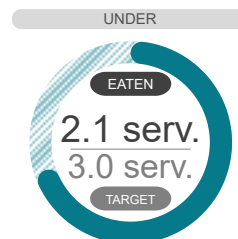
## GRAIN PRODUCTS



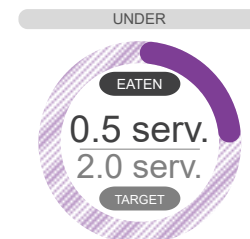
## VEGETABLES AND FRUIT



## MILK AND ALTERNATIVES



## MEAT AND ALTERNATIVES



## Make each Food Guide Serving count...

- Choose at least one dark green and one orange vegetable each day.
- Enjoy vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Have meat alternatives such as beans, lentils and tofu often and enjoy at least two Food Guide Servings of fish each week.
- Select foods from the four food groups that are lower in fat and prepared with little or no added fat, sugar or salt.

## Nutrient Intake From Food and Drinks

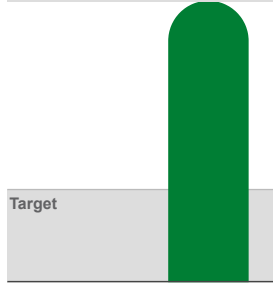
g = grams mg = milligrams mcg = micrograms

The human body needs the right "mix" of nutrients for good health. This includes eating the right amount of carbohydrate, protein, and fat (these are macronutrients), and vitamins and minerals (these are micronutrients). Micronutrients help your body use macronutrients and support many body processes.

### SELECTED MACRONUTRIENTS AND FIBER

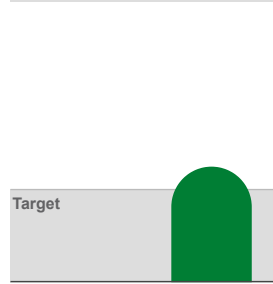
#### Carbohydrate (g)

EATEN	392
TARGET	130



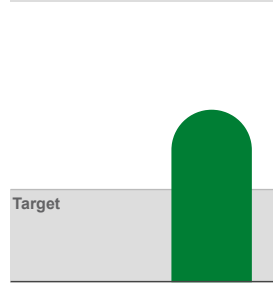
#### Total Fiber (g)

EATEN	26
TARGET	21



#### Protein (g)

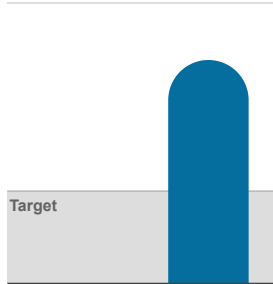
EATEN	85
TARGET	46



### VITAMINS

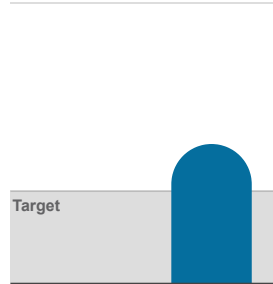
#### Folate (mcg DFE)<sup>1</sup>

EATEN	960
TARGET	400



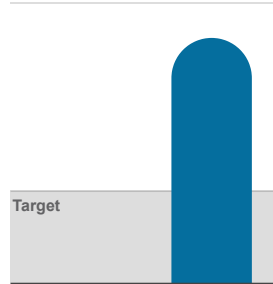
#### Niacin (mg)

EATEN	21
TARGET	14



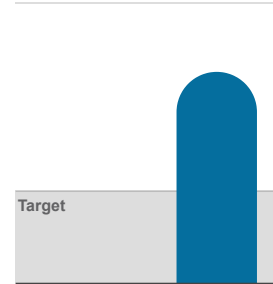
#### Riboflavin (mg)

EATEN	2.9
TARGET	1.1



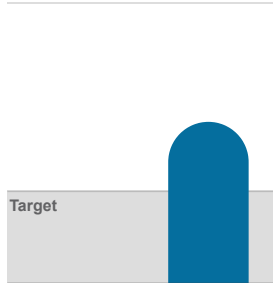
#### Thiamin (mg)

EATEN	2.5
TARGET	1.1



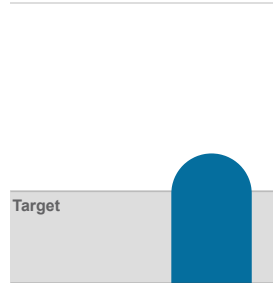
#### Vitamin A (mcg RAE)<sup>2</sup>

EATEN	1217
TARGET	700



#### Vitamin B6 (mg)

EATEN	2.1
TARGET	1.5



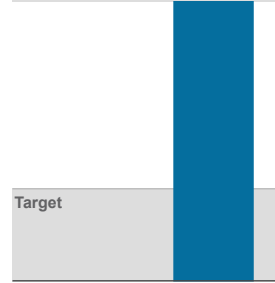
**Vitamin B12 (mcg)**

EATEN	3.7
TARGET	2.4



**Vitamin C (mg)**

EATEN	327
TARGET	75



**Vitamin D (IU)<sup>3</sup>**

EATEN	294
TARGET	600



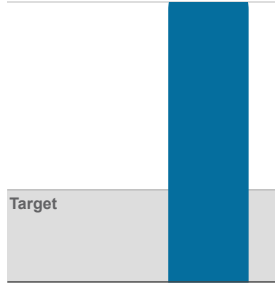
**Vitamin E (mg AT)<sup>4</sup>**

EATEN	13
TARGET	15



**Vitamin K (mcg)**

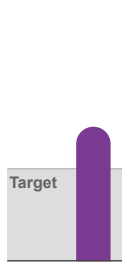
EATEN	302
TARGET	90



**MINERALS**

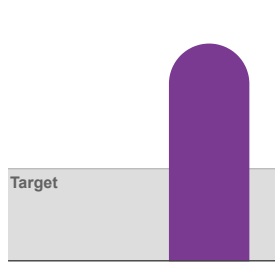
**Calcium (mg)**

EATEN	1731
TARGET	1200



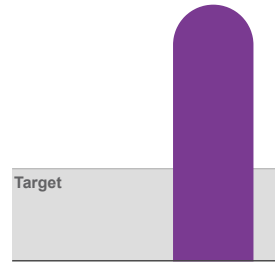
**Copper (mg)**

EATEN	2.1
TARGET	0.9



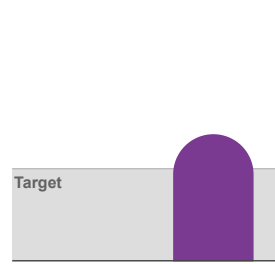
**Iron (mg)**

EATEN	22
TARGET	8



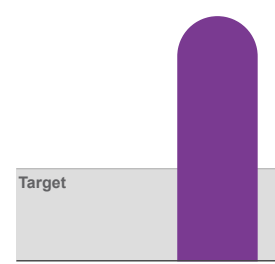
**Magnesium (mg)**

EATEN	436
TARGET	320



**Phosphorus (mg)**

EATEN	1839
TARGET	700



**Potassium (mg)**

EATEN	4197
TARGET	2600

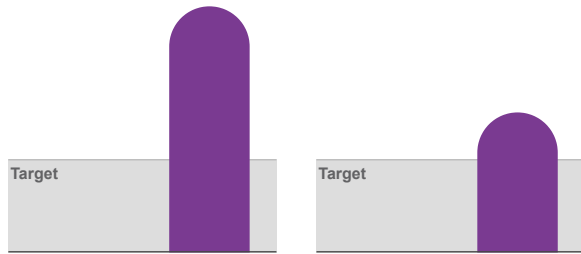


**Selenium (mcg)**

EATEN	145
TARGET	55

**Zinc (mg)**

EATEN	12
TARGET	8



<sup>1</sup>DFE - Dietary Folate Equivalents  
<sup>2</sup>RAE - Retinol Activity Equivalents  
<sup>3</sup>IU - International Units  
<sup>4</sup>AT - alpha-tocopherol

**The report reflects the 2007 “Eating Well with Canada’s Food Guide” food groupings. Health Canada is working on developing a tool to assess adherence to new Food Guide recommendations introduced in January 2019.**