



UNIQUE PHYSIQUE

PERSONAL TRAINING & NUTRITION CONSULTING

Percent of Goals for Glen Krog 2009/07/23

Nutrient	Goal	Actual	Percent
Calories	5463.00	1951.95	35.7%
You're under your calorie allotment for this day. Check your intake of calorie sources (protein, carbs, fat and alcohol) to see where you're low.			
Food Energy (kj)	22857.19	8166.96	35.7%
Protein (g)	204.86	266.23	130.0%
Carbohydrates (g)	751.16	70.14	9.3%
Dietary Fiber (g)	35.00	19.43	55.5%
Fat (g)	182.10	50.81	27.9%
Saturated Fat (g)*	60.69	14.09	23.2%
Cholesterol (mg)*	546.30	1009.50	184.8%
Water (g)*	4237.62	479.67	11.3%
Vit-A (mcg_RAE)*	900.00	317.40	35.3%
Vit-B1 Thiamine (mg)*	1.20	0.41	34.4%
You have not reached your goal for Thiamin (Vitamin B-1). Good sources include liver, pork, meats, brewer's yeast, whole grains, sunflower seeds, enriched cereals, wheat germ, nuts and legumes.			
Vit-B2 Riboflavin (mg)*	1.30	1.48	114.1%
Vit-B3 Niacin (mg)*	16.00	47.50	296.9%
You've exceeded your goal for Niacin. The upper limit (UL) for this nutrient for individuals over 18 years old is 35 mg.			
Vit-B5 Pantothenic Acid (mg)*	5.00	4.72	94.3%
Vit-B6 Pyridoxine (mg)*	1.30	2.58	198.2%
You've exceeded your goal for Vitamin B-6. The upper limit (UL) for this nutrient for adults over 18 years is 100 mg.			
Total Folate (mcg)*	400.00	125.30	31.3%
You have not reached your goal for Folate. Good sources include fortified / enriched cereals, beef liver, spinach, beans, asparagus, wheat germ and orange juice.			
Folate, DFE (mcg_DFE)*	400.00	125.30	31.3%
Vit-B12 Cyanocobalami (mcg)*	2.40	12.76	531.6%
Vit-H (mcg) Biotin*	30.00	0.00	0.0%
Vit-C (mg)*	90.00	0.00	0.0%
You have not reached your goal for Vitamin C. Good sources include oranges, orange juice, strawberries, grapefruits, cantaloupe, papayas, mangos, guavas, tangerines, red and green peppers, brussel sprouts, broccoli and tomatoes.			

Vit-D (IU)*	200.00	70.00	35.0%
You have not reached your goal for Vitamin D. Good sources include vitamin-D fortified milk, salmon, mackerel, sardines, and cod liver oil.			
Tocopherol, Alpha (mg)*	15.00	2.87	19.1%
Vit-K (mcg)*	120.00	3.85	3.2%
You have not reached your goal for Vitamin K. Good sources include green leafy vegetables such as spinach, turnip greens, kale, broccoli, green cabbage, legumes (i.e., lentils, chickpeas), alfalfa, egg yolk and beef liver.			
Calcium (mg)*	1000.00	185.20	18.5%
You have not reached your goal for Calcium. Good sources include milk, yogurt, cheese, tofu, sardines with bones, broccoli and kale.			
Magnesium (mg)*	420.00	143.40	34.1%
You have not reached your goals for Magnesium. Good sources include avocado, wheat germ, almonds, shredded wheat cereal, pumpkin seeds, cashews, mixed nuts, cooked spinach, bran flakes / buds, potatoes with skin, soybeans and oatmeal.			
Phosphorus (mg)*	700.00	1290.60	184.4%
You've exceeded your goal for Phosphorus. The upper limit (UL) for this nutrient for individuals 9 to 70 years old is 4000 mg.			
Sodium (mg)	2400.00	2855.50	119.0%
Chromium (mcg)*	35.00	0.00	0.0%
You have not reached your goal for Chromium. Good sources include brewer's yeast, cheese, liver, wheat germ, whole eggs, peanut butter, spinach, chicken, mushrooms and whole grains.			
Copper (mg)*	0.90	0.51	56.2%
You have not reached your goal for Copper. Good sources include beef liver, peanuts, brazil nuts, sunflower seeds, mushrooms, oysters, raisins and chick peas.			
Fluoroide (mg)*	4.00	0.00	0.0%
Iodine (mcg)*	150.00	0.00	0.0%
You have not reached your goal for Iodine. Good sources include iodized salt and saltwater fish.			
Iron (mg)*	8.00	11.23	140.3%
You've exceeded your goal for Iron. The upper limit (UL) for this nutrient for individuals over 13 years is 45 mg.			
Manganese (mg)*	2.30	0.13	5.4%
You have not reached your goal for Manganese. Good sources include whole grain products, avocado, pineapple, wheat germ, oatmeal, nuts, green vegetables such as spinach and kale, black beans, almonds and lentils.			
Molybdenum (mcg)*	45.00	0.00	0.0%
Selenium (mcg)*	55.00	314.78	572.3%
You've exceeded your goal for Selenium. The upper limit (UL) for this nutrient for individuals over 13 years is 400 mcg.			
Zinc (mg)*	11.00	16.44	149.4%
You've exceeded your goal for Zinc. The upper limit (UL) for this nutrient for individuals over 18 years is 40 mg.			

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.