

Whilst this meal plan is dietician designed, it is for general information only and is not tailored to your specific needs. It is recommended this is used in conjunction with your doctor or dietitian and is not designed for long term use.

Recommended Dietary Intake(%)



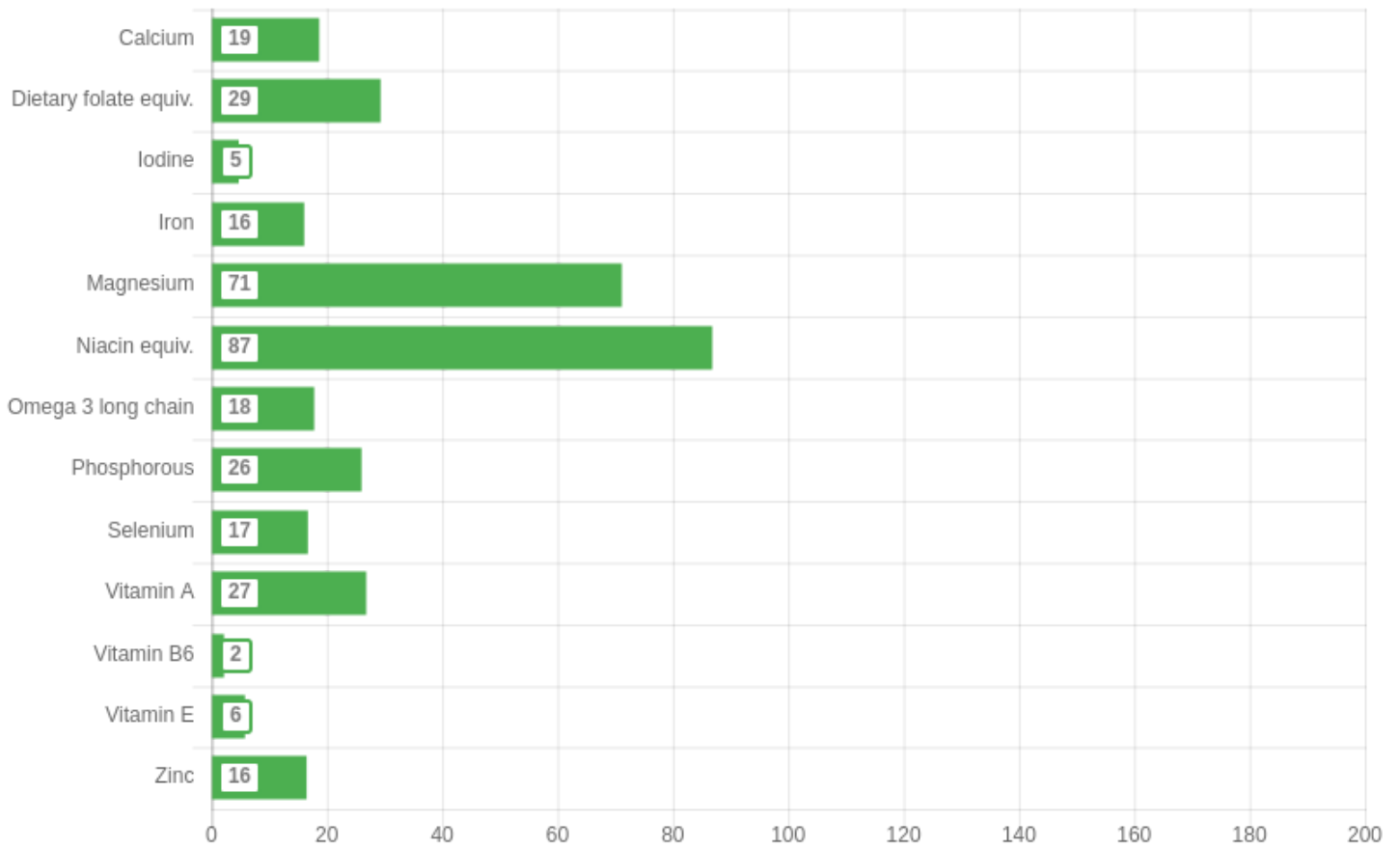
Nutrient	Amount	RDI	RDI (%)
Calcium (mg)	466.7	1000.0	46.7
Dietary folate equiv. (ug)	293.2	400.0	73.3
Iodine (ug)	51.8	150.0	34.5
Iron (mg)	7.2	18.0	40.2
Magnesium (mg)	249.0	320.0	77.8
Niacin equiv. (mg)	30.4	14.0	217.1
Phosphorous (mg)	1040.4	1000.0	104.0
Protein (g)	65.3	60.0	108.8
Riboflavin (mg)	1.0	1.1	92.6
Selenium (ug)	66.8	60.0	111.4
Thiamin (mg)	0.5	1.1	47.9
Vitamin A (ug)	805.0	700.0	115.0
Vitamin B12 (ug)	2.9	2.4	119.1
Vitamin B6 (mg)	1.1	1.3	83.2
Vitamin C (mg)	97.1	45.0	215.9
Zinc (mg)	6.6	8.0	82.5

Estimated Average Requirement(%)



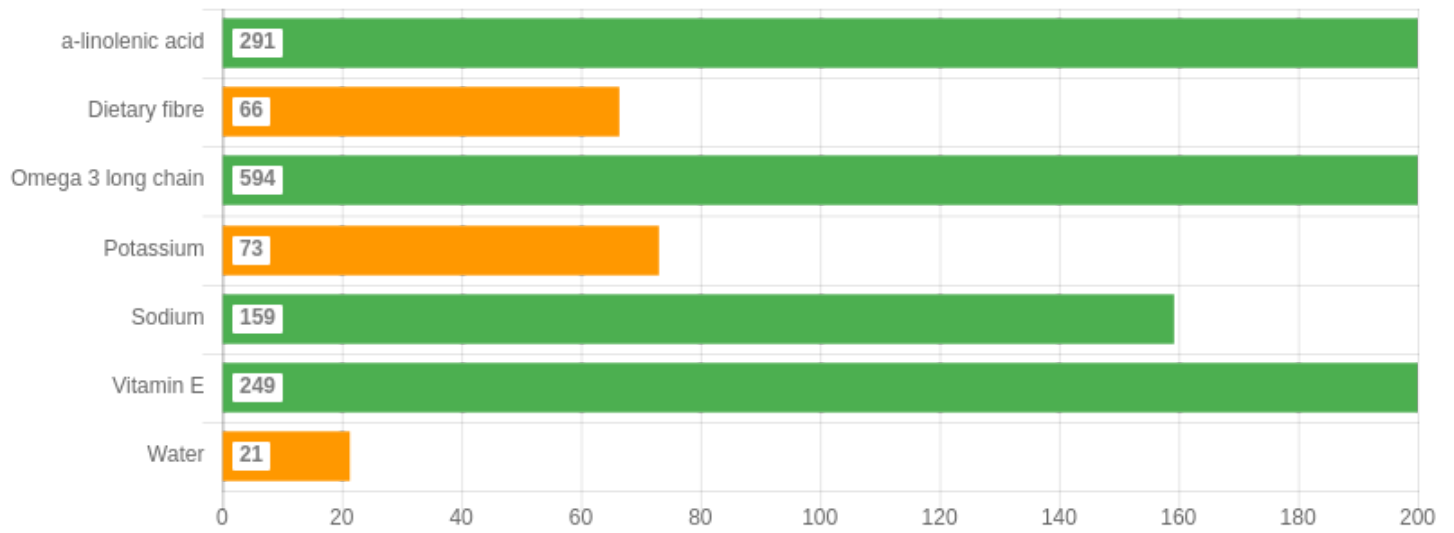
Nutrient	Amount	EAR	EAR (%)
Calcium (mg)	466.7	840.0	55.6
Dietary folate equiv. (ug)	293.2	320.0	91.6
Iodine (ug)	51.8	100.0	51.8
Iron (mg)	7.2	8.0	90.4
Magnesium (mg)	249.0	255.0	97.7
Niacin equiv. (mg)	30.4	11.0	276.3
Phosphorous (mg)	1040.4	580.0	179.4
Protein (g)	65.3	48.0	136.0
Riboflavin (mg)	1.0	0.9	113.2
Selenium (ug)	66.8	50.0	133.6
Thiamin (mg)	0.5	0.9	58.6
Vitamin A (ug)	805.0	500.0	161.0
Vitamin B12 (ug)	2.9	2.0	142.9
Vitamin B6 (mg)	1.1	1.1	98.4
Vitamin C (mg)	97.1	30.0	323.8
Zinc (mg)	6.6	6.5	101.5

Upper Limit(%)



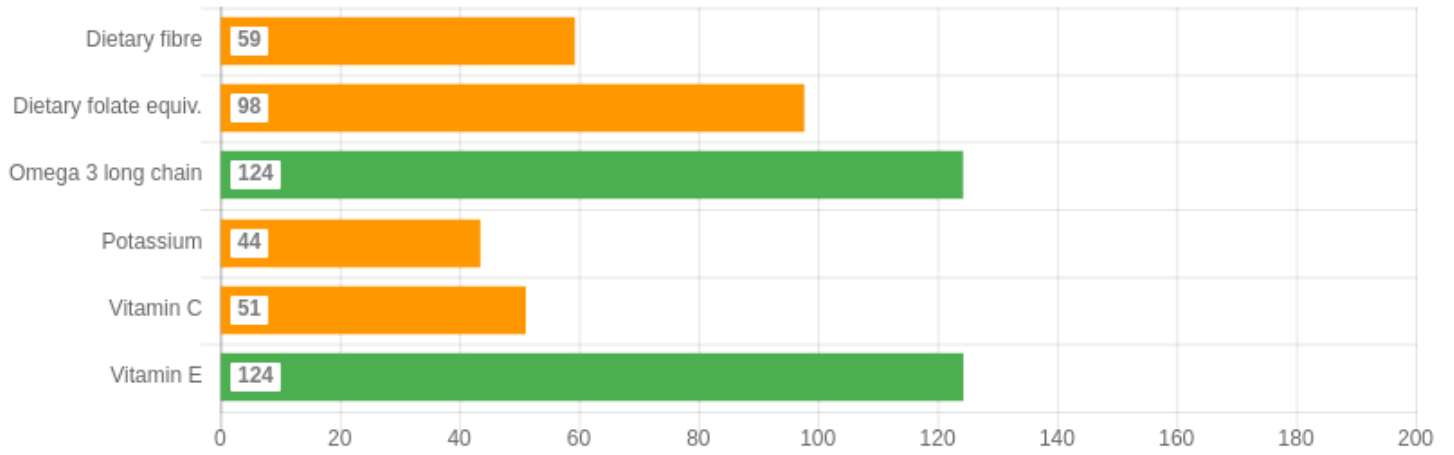
Nutrient	Amount	UL	UL (%)
Calcium (mg)	466.7	2500.0	18.7
Dietary folate equiv. (ug)	293.2	1000.0	29.3
Iodine (ug)	51.8	1100.0	4.7
Iron (mg)	7.2	45.0	16.1
Magnesium (mg)	249.0	350.0	71.2
Niacin equiv. (mg)	30.4	35.0	86.8
Omega 3 long chain (mg)	534.4	3000.0	17.8
Phosphorous (mg)	1040.4	4000.0	26.0
Selenium (ug)	66.8	400.0	16.7
Vitamin A (ug)	805.0	3000.0	26.8
Vitamin B6 (mg)	1.1	50.0	2.2
Vitamin E (mg)	17.4	300.0	5.8
Zinc (mg)	6.6	40.0	16.5

Adequate Intake(%)



Nutrient	Amount	AI	AI (%)
a-linolenic acid (g)	2.3	0.8	290.9
Dietary fibre (g)	16.6	25.0	66.4
Omega 3 long chain (mg)	534.4	90.0	593.8
Potassium (mg)	2045.8	2800.0	73.1
Sodium (mg)	1098.9	690.0	159.3
Vitamin E (mg)	17.4	7.0	248.7
Water (g)	597.8	2800.0	21.4

Suggested Daily Target Min(%)



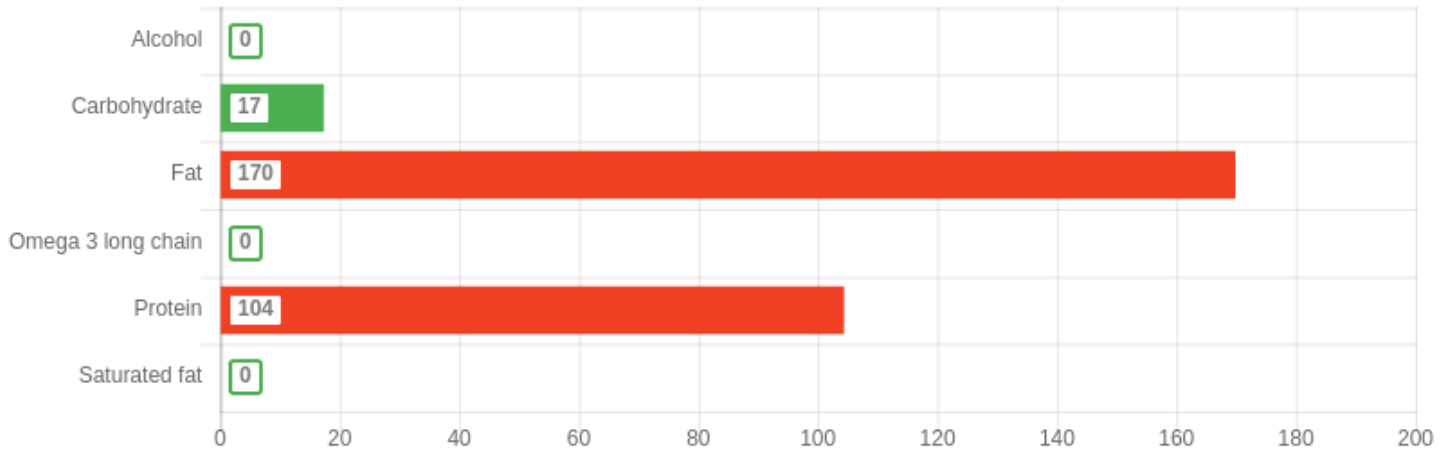
Nutrient	Amount	SDT Min	SDT Min (%)
Dietary fibre (g)	16.6	28.0	59.3
Dietary folate equiv. (ug)	293.2	300.0	97.7
Omega 3 long chain (mg)	534.4	430.0	124.3
Potassium (mg)	2045.8	4700.0	43.5
Vitamin C (mg)	97.1	190.0	51.1
Vitamin E (mg)	17.4	14.0	124.3

Suggested Daily Target Max(%)



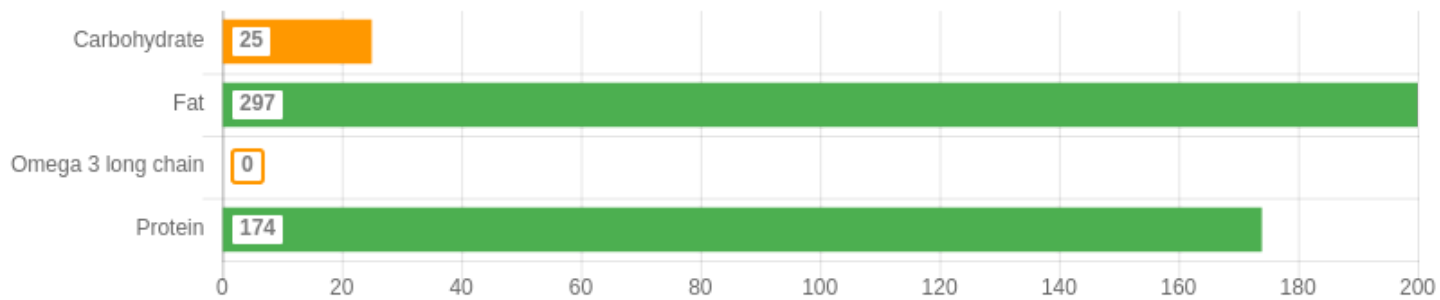
Nutrient	Amount	SDT Max	SDT Max (%)
Sodium (mg)	1098.9	2000.0	54.9

Acceptable Macronutrient Distribution Range Max(%)



Nutrient	Amount	AMDR Max	AMDR Max (%)
Alcohol (%)	0.0	208.9	0.0
Carbohydrate (%)	470.2	2715.9	17.3
Fat (%)	2484.1	1462.4	169.9
Omega 3 long chain (%)	0.0	41.8	0.0
Protein (%)	1090.3	1044.6	104.4
Saturated fat (%)	0.0	292.5	0.0

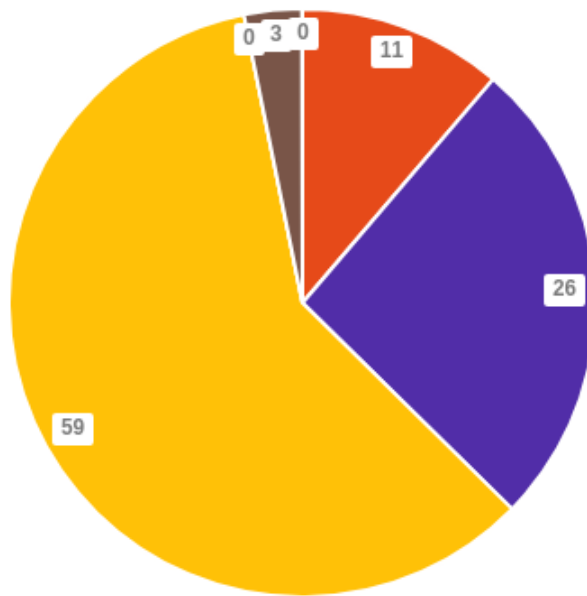
Acceptable Macronutrient Distribution Range Min(%)



Nutrient	Amount	AMDR Min	AMDR Min (%)
Carbohydrate (%)	470.2	1880.3	25.0
Fat (%)	2484.1	835.7	297.3
Omega 3 long chain (%)	0.0	188.0	0.0
Protein (%)	1090.3	626.8	174.0

Macronutrient Ratio

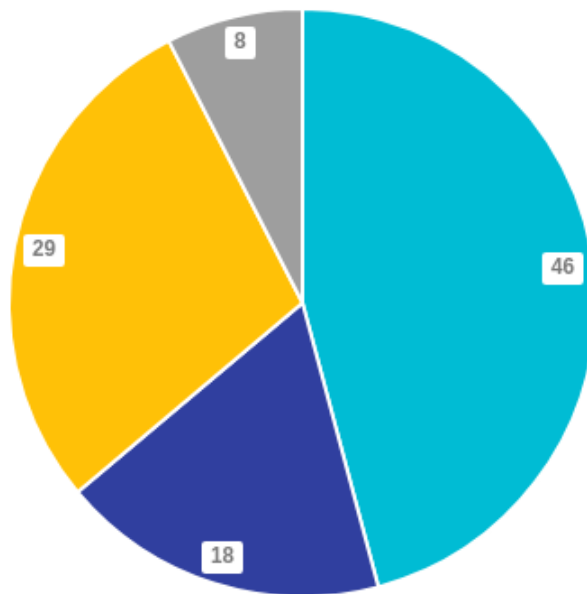
Carbohydrate Protein Fat Alcohol Fibre Other



Nutrient	Amount	(%)
Carbohydrate (g)	28.2	11.3
Protein (g)	65.3	26.1
Fat (g)	65.9	59.5
Alcohol (g)	0.0	0.0
Fibre (g)	16.6	3.2
Other (g)	na	0.0

Fat Ratio

Monounsaturated Polyunsaturated Saturated Other



Nutrient	Amount	(%)
Monounsaturated (g)	30.2	45.8
Polyunsaturated (g)	11.9	18.0
Saturated (g)	18.8	28.6
Other (g)	5.0	7.5