

# iProfile / My DRI / Basic View

Kelly Watson

Start date: Tue Mar 17 2020 End date: Tue Mar 17 2020

Nutrient	Recommended Daily Intake	Comments
Kilocalories	2192 kcal	
Calories from Fat	438 - 767 kcal	20 - 35% total Kcalories
Fat, Total	49 - 85 g	20 - 35% total Kcalories
Saturated Fat	< 24.4 g	< 10% total Kcalories
Trans Fatty Acid	minimize	
Monounsaturated Fat	not determined	
Polyunsaturated Fat	not determined	
PFA 18:2, Linoleic	12.0 g	show info
PFA 18:3, Linolenic	1.1 g	show info
Cholesterol	not determined	
Carbohydrate	247 - 356 g	45 - 65% of total Kcalories
Sugar, Total	not determined	show info
Dietary Fiber, Total	25 g	
Soluble Fiber	not determined	
Insoluble Fiber	not determined	
Protein	55 - 192 g	10 - 35% of total Kcalories
Moisture	2700 g	
Vitamin A (RAE)	700 µg	
Vitamin D (ug)	15 µg	
Vitamin E (Alpha-Tocopherol)	15 mg	
Vitamin K	90 µg	
Thiamin	1.1 mg	
Riboflavin	1.1 mg	
Niacin	14 mg	
Pantothenic Acid	5.0 mg	
Pyridoxine (Vitamin B6)	1.3 mg	
Folate (DFE)	400 µg	
Cobalamin (Vitamin B12)	2.4 µg	
Vitamin C	75 mg	

Nutrient	Recommended Daily Intake	Comments
<i>Sodium</i>	<i>1500 - 2300 mg</i>	
<i>Potassium</i>	<i>4700 mg</i>	
<i>Calcium</i>	<i>1000 mg</i>	
<i>Magnesium</i>	<i>320 mg</i>	
<i>Iron</i>	<i>18 mg</i>	
<i>Zinc</i>	<i>8 mg</i>	
<i>Alcohol</i>	<i>not determined</i>	
<i>Caffeine</i>	<i>not determined</i>	