

Dietary Analysis

Average of 7 day log

27 year old female, 70kg, 1.68m | P_F 5Ad_Plan

2nd Nov 2018 - 8th Nov 2018

NUTRIENT	AVG. INTAKE	TARGET	LIMITS	LOWER LIMIT	ACTUAL INTAKE	YOUR TARGET	UPPER LIMIT
- ENERGY -							
Energy(Kcal)	1876kcal (85%)	2206kcal					
- MACRONUTRIENTS -							
Carbohydrate	207g (75%)	276g					
Protein	76g (144%)	53g					
Fat	84g		<86g				
Water	1356g				N/A		
› water from drinks	0g				N/A		
Alcohol	0g		<15.8g				
- CARBOHYDRATE -							
Starch	98g				N/A		
Oligosaccharide	0.27g				N/A		
Fibre	36.7g (122%)	30g					
NSP	25.9g				N/A		
Sugars	108g				N/A		
Free Sugars	0g		<27.6g				
- LIPID COMPONENTS -							
Saturated Fat	16.9g		<27g				
› monounsaturated fat	34.2g (107%)	31.9g					
Polyunsaturated fat	24g		>6.5g <24.5g				
› omega3(n-3)	3.2g		>0.49g				
› omega6(n-6)	20.8g		>2.5g				
Trans-fatty acids	0.38g		<4.9g				
Cholesterol	177mg				N/A		
- MINERALS & TRACE ELEMENTS -							
Sodium	1320mg (82%)	1600mg	>575mg <2400mg				
Potassium	5753mg (164%)	3500mg	>2000mg				
Chloride	2773mg (110%)	2500mg					
Calcium	730mg (104%)	700mg	>400mg				
Phosphorus	1425mg (259%)	550mg					
Magnesium	534mg (197%)	270mg	>150mg				
Iron	13.7mg (92%)	14.8mg	>8mg				

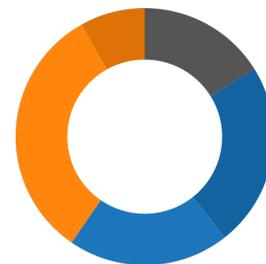
Zinc	9.8mg (139%)	7mg	>4mg	
Copper	2.6mg (215%)	1.2mg		
Manganese	5mg		>1.4mg	
Selenium	50ug (82%)	60ug	>40ug	
Iodine	136ug (96%)	140ug	>70ug	
- VITAMINS -				
Vitamin A (ret eq)	4258ug (709%)	600ug	>250ug	
Vitamin D	4.1ug (41%)	10ug		
Vitamin E	33.5mg		>3mg	
Vitamin K ₁	236ug (336%)	70ug		
Thiamin (B ₁)	1.5mg (192%)	0.8mg	>0.23mg	
Riboflavin (B ₂)	1.1mg (99%)	1.1mg	>0.8mg	
Niacin total (B ₃)	30.9mg (212%)	14.6mg	>9.7mg	
Pantothenic Acid (B ₅)	6.1mg (122%)	3-7mg		
Vitamin B ₆	1.9mg (165%)	1.1mg	>0.84mg	
Folates (B ₉) Total	382ug (191%)	200ug	>100ug	
Vitamin B ₁₂	4.2ug (281%)	1.5ug	>1ug	
Biotin (B ₇)	49ug (46%)	10-200ug		
Vitamin C	226mg (566%)	40mg	>10mg	
- OTHER -				
GL	106			N/A
Caffeine	0mg			N/A

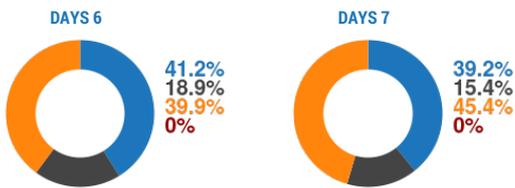
Figures from UK: SACN 2017 / COMA guidelines for female, 25-35 years old

Generated by Nutritics v5.096 on 10th Aug 2019

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	206.9g	108.4g	76g	84.2g	16.9g	0g
g/kg body-weight	3	1.5	1.1	1.2	0.2	0
Kilocal	814	434	304	758	153	0
Kilocal %	43.4%	23.1%	16.2%	40.4%	8.1%	0%





Notes

This report represents the dietary analysis of the average weekly intake of a female who followed the 5Ad Dietary Protocol strictly, with 1.78 m height, and a target weight of 70 kg. The middle vertical reference line represents the DRVs/RNIs as set by the SACN committee, UK (Figures from UK: SACN 2017 / COMA guidelines for female, 25-35 years old).

- All nutrients were compared against their respective DRVs/RNIs and nothing was red-flagged in terms of the sufficiency nor excessive intake.
- The percentages of the macronutrient distribution of the 5Ad Diet is as close as possible to SACN guidelines, (43-16-40) vs (50-15-35) of total energy intake for CHO-Protein-Fat, respectively.
- Fibre is even slightly higher than the recommended but it is still a safe level and all from natural sources (nuts, seeds, fruits, vegetables including tubers).
- There is zero added sugar (zero free sugars, UK terminology).
- The total fat content, even if it is slightly higher, is from all natural sources and poly- and monounsaturated fat are at an optimal level; saturated fat is low and omega 3 and 6 fatty acids meet the requirements.
- The protein intake is within the guidelines and when checked per kg body weight, it is still a safe level.
- All micronutrient requirements are met.
- Vitamin D is a special case and attention has been paid to this in the post-intervention guidance (which is part of the protocol in the long-term), as well as calcium intake.
- Na/K ratio is about ideal; although we recognise that this ratio is still a debatable matter.