

test yearly study 12/131

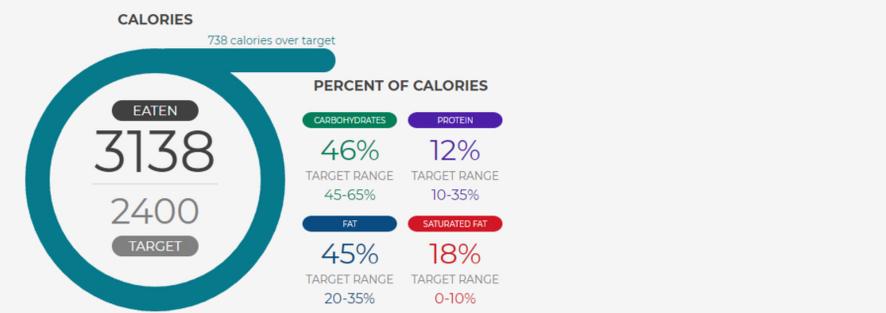
You have completed the questionnaire.

Respondent ID: 161_admin@ex.com
 Age: 25
 Sex: Male

At the time you completed your Diet History Questionnaire, we asked you to report usual frequencies and portion sizes over the past year. Below you will see your results compared to the Dietary Guidelines for Americans and nutrient requirements from the Institute of Medicine. We have calculated your usual daily intake of nutrients and food groups and provided you with the current recommended daily intakes for your age and sex.

These nutrient and food group intakes are only as good as the accuracy of the information provided by you and the ability of the instrument to evaluate your diet. Long dietary questionnaires ask individuals about many foods and portion sizes and cannot be done with complete accuracy. Filling out the questionnaire requires a fair amount of averaging and remembering which can be difficult. Furthermore, it is possible that the questionnaire may not have asked you enough about your diet to reflect your true intake. This is especially true if many of the foods that you eat were not listed on the questionnaire or if you prepare foods in special ways that we did not ask about. In particular, the measurement of the number of calories you consume may not be accurate. However, in most cases, the information below provides a reasonable indication of your overall diet.

Total Calorie Consumption



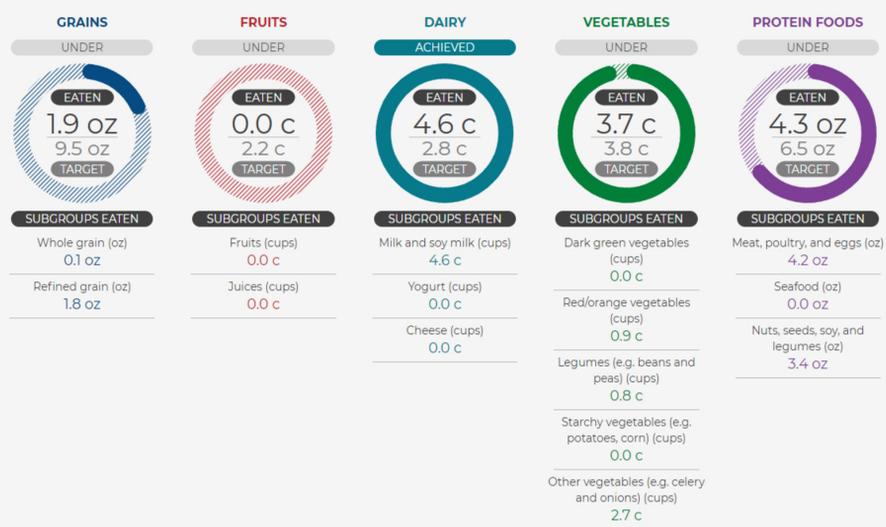
Calories
 Most foods and many beverages contain calories. A person's calorie needs each day depends on factors such as age, gender, height, weight, and level of physical activity. In addition, a need to lose, maintain, or gain weight affects how many calories should be consumed. The target range for 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
 Alcoholic beverage intake is not recommended in the Dietary Guidelines for Americans. If alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are also many circumstances in which individuals should not drink, such as during pregnancy.

Sources
 2015 - 2020 Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>) 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>).

Daily Food Group Targets

c = cups oz = ounces



Portion sizes for foods within a food group varies. To learn more about portion sizes, visit <https://health.gov/dietaryguidelines/2015/guidelines/infographic/1-1/>.

- To achieve a healthy eating pattern, the Dietary Guidelines for Americans encourage you to:
- Make half your grains whole grains. Limit products made with refined grains, especially those high in fat, sugars, and/or sodium, such as cookies, cakes, and some snack foods.
 - Eat a variety of fruits, emphasizing whole fruits. When consuming juice, choose 100% juices without added sugars.
 - Eat a variety of colors and types of vegetables, including dark green, red and orange, and legumes (beans and peas).
 - Choose fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
 - Eat a variety of protein foods, with an emphasis on seafood and plant proteins, such as legumes (beans and peas), nuts, seeds, and soy products.

Nutrients and Foods to Limit

g = grams mg = milligrams



Many of the foods and beverages we eat contain sodium, saturated fats, and added sugars (sweeteners added to foods/beverages during processing or by consumers). Making careful choices keeps amounts of these components within their limits while meeting nutrient needs to achieve a healthy eating pattern.

Source: <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups>

Nutrient Intake From Food and Drinks

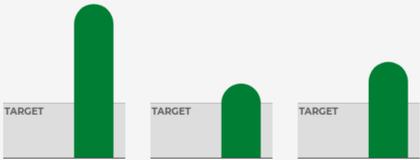
g = grams mg = milligrams mcg = micrograms

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.

To learn more about the functions of various vitamins and minerals in your body, and examples of foods containing these nutrients, go to https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets/vitamin_and_mineral_chart.pdf.

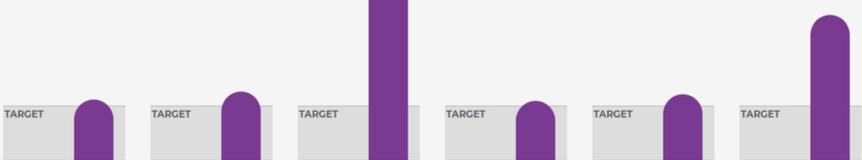
SELECTED MACRONUTRIENTS AND FIBER

Carbohydrate (g)	Fiber (g)	Protein (g)
EATEN: 360 g	EATEN: 51 g	EATEN: 97 g
TARGET: 130 g	TARGET: 38 g	TARGET: 56 g

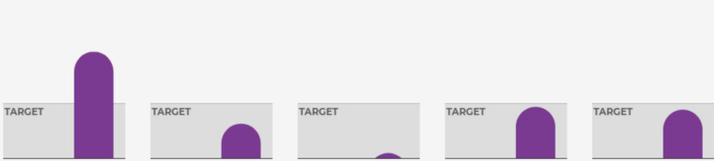


VITAMINS

Folate (mg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)	Vitamin A (mcg)	Vitamin B12 (mcg)
EATEN: 443 mcg	EATEN: 20 mg	EATEN: 7.2 mg	EATEN: 1.3 mg	EATEN: 1082 mcg	EATEN: 6.3 mcg
TARGET: 400 mcg	TARGET: 16 mg	TARGET: 1.3 mg	TARGET: 1.2 mg	TARGET: 900 mcg	TARGET: 2.4 mcg



Vitamin B6 (mg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)
EATEN: 2.5 mg	EATEN: 57 mg	EATEN: 1.6 mcg	EATEN: 14 mg	EATEN: 106 mcg
TARGET: 1.3 mg	TARGET: 90 mg	TARGET: 15 mcg	TARGET: 15 mg	TARGET: 120 mcg



MINERALS

Calcium (mg)	Copper (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)
EATEN: 1614 mg	EATEN: 2.6 mg	EATEN: 18 mg	EATEN: 434 mg	EATEN: 2118 mg	EATEN: 5470 mg
TARGET: 1000 mg	TARGET: 0.9 mg	TARGET: 8.0 mg	TARGET: 400 mg	TARGET: 700 mg	TARGET: 4700 mg



Selenium (mcg)	Zinc (mg)
EATEN: 79 mcg	EATEN: 18 mg
TARGET: 55 mcg	TARGET: 11 mg



Information Sources:

For more information about dietary guidance visit: <https://health.gov/dietaryguidelines/> or <https://www.choosemyplate.gov/dietary-guidelines>