



Diet Analysis

Computerized Diet Analysis

All of our *Getting Started* nutrition packages include a personalized Computerized Diet Analysis to help make sense of your current eating habits and where we can help coach you to make improvements. It's a bit like looking at blood work with your family doctor, but from a **whole foods perspective!**

Your unique Computerized Diet Analysis will show the following results, comparing your personal intake against your requirements. This is based off of a 3-day food tracking activity we have you complete.

Personalized Results

- Calories
- Carbohydrates
- Protein
- Fat
- Vitamin A
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K
- Folate
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Selenium
- Sodium
- Zinc
- Water
- Caffeine
- Omega-3's
- Alcohol
- Sugar
- Cholesterol
- Fibre

Nutrients	Value	Rcmd	% Rcmd	Nutrients	Value	Rcmd	% Rcmd
Basic Components				Vitamin C (mg)	152	75	202%
Gram Weight (g)	2402			Vitamin D - IU (IU)	82	600	14%
Calories (kcal)	1681	1800	93%	Vitamin E - Alpha-Toco (mg)	11	15	73%
Carbohydrates (g)	161	248	65%	Folate (mcg)	456	400	114%
Protein (g)	118	76	156%	Vitamin K (mcg)	91	90	101%
Fat (g)	73	56	131%	Pantothenic Acid (mg)	4	5	89%
Saturated Fat (g)	19	18	104%	Minerals			
Trans Fatty Acid (g)	0			Calcium (mg)	425	1000	42%
Cholesterol (mg)	442	300	147%	Iron (mg)	11	18	61%
Mono Fat (g)	23	20	113%	Magnesium (mg)	327	310	106%
Poly Fat (g)	13	18	71%	Phosphorus (mg)	1229	700	176%
Dietary Fiber (g)	41	25	162%	Potassium (mg)	2999	4700	64%
Total Sugars (g)	57			Selenium (mcg)	82	55	149%
Water (g)	1804	2700	67%	Sodium (mg)	1157	2300	50%
Vitamins				Zinc (mg)	6	8	81%
Vitamin A - RAE (RAE)	222	700	32%	Poly Fats			
Vitamin B1 (mg)	1	1	90%	Omega 3 Fatty Acid (g)	1		
Vitamin B2 (mg)	1	1	124%	Other Nutrients			
Vitamin B3 - Niacin Equiv (mg)	27	14	193%	Alcohol (g)	0		
Vitamin B6 (mg)	2	1	121%	Caffeine (mg)	106		
Vitamin B12 (mcg)	2	2	85%				

