

Nutrition Report For

Date of birth		
Gender	Male	Female
Height	cm	Weight Kg
Your BMI (body mass index)	A healthy BMI is between 18.5 and 25.	

MACRONUTRIENTS (Total and Ratio)

Protein

Your total average protein intake	g	Your average protein intake should be 15-40% of your calorie intake.
Protein intake as a proportion of your total calories	%	

Fats

Your total average fat intake	g	Your total fat intake should be about 30% of your calories
Fat intake as a proportion of your total calories	%	
Your total average saturated fat intake	g	Your total saturated fat intake should not exceed 10% of your calories
Saturated fat intake as a proportion of your total calories	%	
Your average cholesterol intake	mg	The recommended total intake for cholesterol is 300mg/day .

Carbohydrate

Your total average carbohydrate intake	g	Your average carbohydrate intake should be 45 – 65 % of your calorie intake.
Carbohydrate intake as a proportion of your total calories	%	
Fiber intake	g	Your fibre intake should be 22 - 30g per day
Sugar intake	g	Ideally, your sugar intake shouldn't exceed 25g , or 10% of your total calories.
Sugar intake as a proportion of your total calories	%	

Salt

Sodium intake	mg	Your maximum sodium intake should not exceed 1,500mg to 2,400mg on average. If you routinely add salt to your food, your sodium intake actually exceeds the amount reported here.
---------------	----	--

ENERGY (input v's output)

You recorded your diet over		Days
Your activity level		You spend most of the day
Your average intake through food		Calories
Your average energy expenditure through exercise		Calories
Your net energy intake		Calories
Your ideal energy intake		Calories
On an average person, this would lead to a weight		over time