

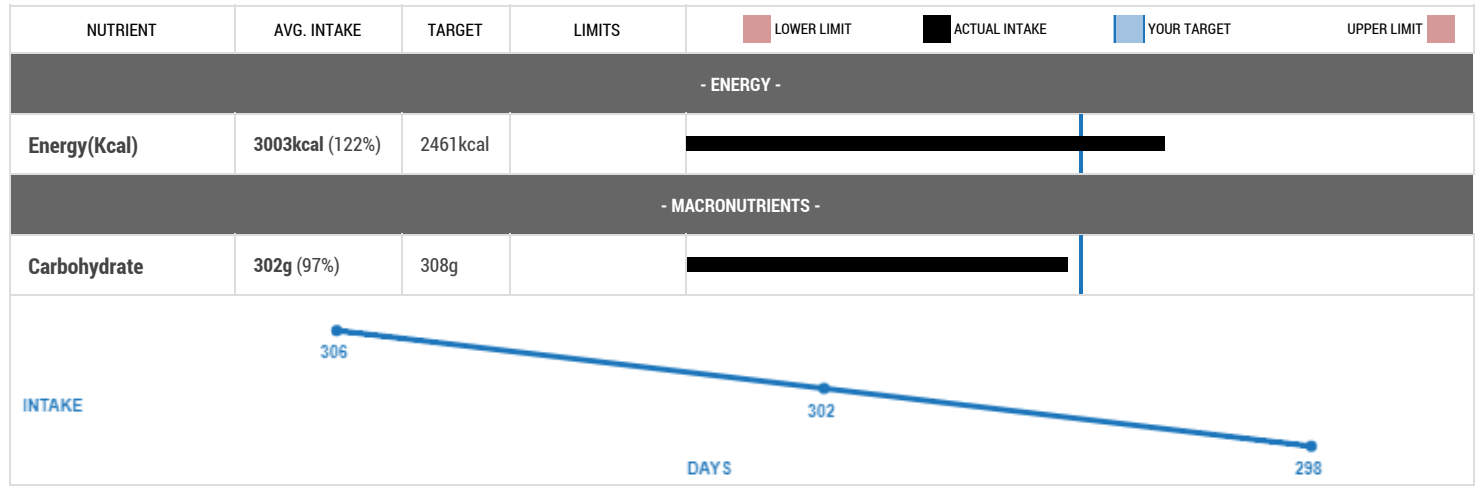


# Nutritics for John Smith

Average of 3 day log

61 year old male, 74kg, 1.85m | Sample 3 Day Log

1st Nov 2021 - 3rd Nov 2021



**Total % contribution to Carbohydrate:**

Asda Strawberry Trifle 600g	10.6%	Bread, brown soda with sunflower seeds, home	2.1%	Peas, frozen, boiled in unsalted water	0.93%
Asda Strawberry Trifle 600g	10.6%	Bread, brown soda with sunflower seeds, home	2.1%	Peas, frozen, boiled in unsalted water	0.93%
Asda Strawberry Trifle 600g	10.6%	Potato chips, homemade, fried in sunflower oil	2%	Almonds, toasted	0.22%
Shepards Pie	6.9%	Potato chips, homemade, fried in sunflower oil	2%	Tea, infusion, average, with skimmed milk	0.2%
Shepards Pie	6.9%	Potato chips, homemade, fried in sunflower oil	2%	Tea, infusion, average, with skimmed milk	0.2%
Shepards Pie	6.9%	Sausages, pork, chilled, fried in vegetable oil	1.7%	Tea, infusion, average, with skimmed milk	0.2%
Alpen No Added Sugar Swiss Style Muesli 1.1kg	3.1%	Sausages, pork, chilled, fried in vegetable oil	1.7%	Broccoli, green, boiled in salted water	0.18%
Porridge, made with whole milk	3%	Apples, eating, raw, flesh and skin	1.5%	Broccoli, green, boiled in salted water	0.18%
Porridge, made with whole milk	3%	Apples, eating, raw, flesh and skin	1.5%	Broccoli, green, boiled in salted water	0.18%
SNICKERS® 48g	2.9%	Apples, eating, raw, flesh and skin	1.5%	Carrots, young, boiled in unsalted water	0.14%
Chocolate Bar, Milk	2.5%	Soup, vegetable, homemade	1.2%	Carrots, young, boiled in unsalted water	0.14%
Chocolate Bar, Milk	2.5%	Soup, vegetable, homemade	1.2%	Carrots, young, boiled in unsalted water	0.14%
Bananas, flesh only	2.2%	Soup, vegetable, homemade	1.2%		
Bread, brown soda with sunflower seeds, home	2.1%	Peas, frozen, boiled in unsalted water	0.93%		

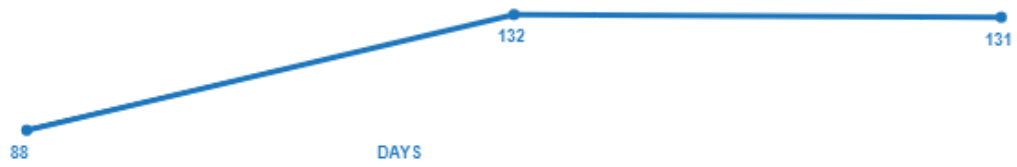
## Carbohydrate

Carbohydrates are an important macronutrient alongside protein & fat that provides the cells of the body with energy (2). Carbohydrates provide 4kcal (17KJ) per gram (13). Carbohydrates are classified according to their chemical makeup (number of sugar units) into sugars (monosaccharides, disaccharides), polyols, oligosaccharides and polysaccharides (starch, non-starch polysaccharides) (14). Sugars such as monosaccharides (glucose, galactose, fructose) or disaccharides (maltose, sucrose, lactose) are commonly referred to as sugars or simple carbohydrates. It is important to note that “added sugars” or “free sugars” are not the same as naturally occurring sugars. “Added sugars” or “free sugars” are sugars or syrups added to foods during production or processing and do not include natural sugars such as lactose found in milk or fructose found in fruit. Common food sources of “added sugars” or “free sugars” include, sweets, jam, soft drinks, chocolate and desserts etc. Polysaccharides are longer chains of simple sugars and are commonly referred to as starches or complex carbohydrates. These are typically found in bread, pasta, rice, beans, potatoes and grains. Both simple and complex carbohydrates provide the body with fuel to produce energy, usually in the form of glucose (2). Carbohydrates in the form of vegetables, fruit, pulses and wholegrains provide cellulose which gives bulk to the diet in the form of fibre and non-starch polysaccharides (NSP). Fibre and NSP aid digestion and have a range of other health benefits, including overall gut health, lowering cholesterol and reducing the risk of developing bowel disease (7).

Your intake of 'Carbohydrate' is within recommended levels.

Protein	117g (127%)	92g					
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INTAKE



**Total % contribution to Protein:**

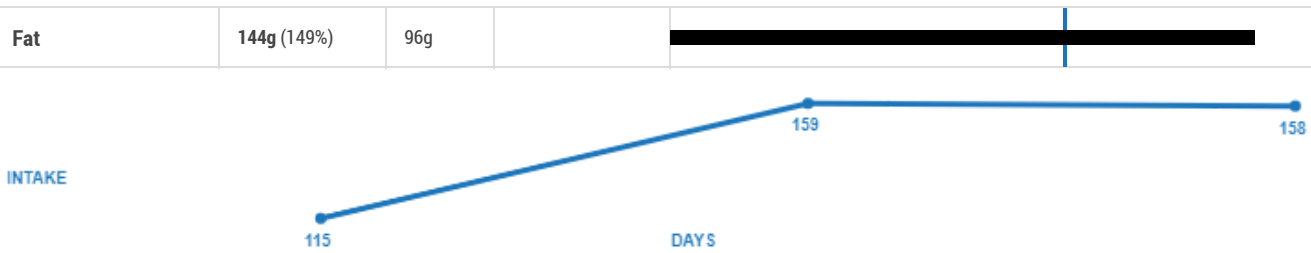
Salmon, baked	12.4%	SNICKERS® 48g	1.3%	Potato chips, homemade, fried in sunflower oil	0.55%
Salmon, baked	12.4%	Peas, frozen, boiled in unsalted water	1.3%	Potato chips, homemade, fried in sunflower oil	0.55%
Sausages, pork, chilled, fried in vegetable oil	6.8%	Peas, frozen, boiled in unsalted water	1.3%	Potato chips, homemade, fried in sunflower oil	0.55%
Sausages, pork, chilled, fried in vegetable oil	6.8%	Peas, frozen, boiled in unsalted water	1.3%	Tea, infusion, average, with skimmed milk	0.41%
Lamb, stewing, stewed, lean	6.4%	Bread, brown soda with sunflower seeds, home	1.2%	Tea, infusion, average, with skimmed milk	0.41%
Shepards Pie	6.1%	Bread, brown soda with sunflower seeds, home	1.2%	Tea, infusion, average, with skimmed milk	0.41%
Shepards Pie	6.1%	Bread, brown soda with sunflower seeds, home	1.2%	Bananas, flesh only	0.34%
Shepards Pie	6.1%	Chocolate Bar, Milk	0.81%	Apples, eating, raw, flesh and skin	0.2%
Asda Strawberry Trifle 600g	3.1%	Chocolate Bar, Milk	0.81%	Apples, eating, raw, flesh and skin	0.2%
Asda Strawberry Trifle 600g	3.1%	Soup, vegetable, homemade	0.56%	Apples, eating, raw, flesh and skin	0.2%
Asda Strawberry Trifle 600g	3.1%	Soup, vegetable, homemade	0.56%	Connacht gold, low fat butter	0.2%
Porridge, made with whole milk	3.1%	Soup, vegetable, homemade	0.56%	Connacht gold, low fat butter	0.2%
Porridge, made with whole milk	3.1%	Broccoli, green, boiled in salted water	0.56%	Connacht gold, low fat butter	0.2%
Almonds, toasted	1.8%	Broccoli, green, boiled in salted water	0.56%	Carrots, young, boiled in unsalted water	0.05%
Alpen No Added Sugar Swiss Style Muesli 1.1kg	1.5%	Broccoli, green, boiled in salted water	0.56%	Carrots, young, boiled in unsalted water	0.05%

Plus 1 more.....

# Protein

Your protein intake is above the recommended intake for your physiological needs and health status. There is limited evidence of observed adverse effects from a high protein diet (2). Studies have reported the following adverse effects from high protein intake; intestinal discomfort, hyperammonaemia, hyperinsulinemia, dehydration, irritation, nausea, diarrhoea, liver and kidney injuries, fatigue, headache, seizures and increased risk of cardiovascular disease (21, 22). Long-term consumption of any nutrient in high amounts may result in adverse health problems and therefore it is advised to avoid consumption of protein above the safe upper limit (22).

Protein belongs to the macronutrients along with carbohydrates and fat and it is necessary for growth and repair of body tissues and to function as enzymes and as hormones (2, 13). Protein provides 4kcal (17kJ of energy per gram, however it is only used as an energy source during starvation or other stresses on the body (13). Proteins are made up of nitrogen and building blocks called amino acids (13, 17). There are twenty amino acids in total, including nine amino acids that are described as "essential" (2,13). This means they cannot be made in the body and must be obtained from dietary sources (2, 13). The body can make the remaining amino acids with an adequate dietary intake of protein and essential amino acids (13). Animal sources of protein, including meat, poultry, fish, eggs, milk, cheese and yogurt are described as "complete proteins" as they provide all essential amino acids (2). Plant sources of proteins include legumes, grains, nuts, seeds and vegetables are considered to be "incomplete" proteins due to lacking at least one of the essential amino acids (2). There should be variety of protein sources in the diet to meet protein requirements and to achieve a balance of amino acids (13).



**Total % contribution to Fat:**

Sausages, pork, chilled, fried in vegetable oil	9.5%	Porridge, made with whole milk	2.4%	Apples, eating, raw, flesh and skin	0.14%
Sausages, pork, chilled, fried in vegetable oil	9.5%	Porridge, made with whole milk	2.4%	Apples, eating, raw, flesh and skin	0.14%
Asda Strawberry Trifle 600g	8.8%	Potato chips, homemade, fried in sunflower oil	0.93%	Apples, eating, raw, flesh and skin	0.14%
Asda Strawberry Trifle 600g	8.8%	Potato chips, homemade, fried in sunflower oil	0.93%	Peas, frozen, boiled in unsalted water	0.13%
Asda Strawberry Trifle 600g	8.8%	Potato chips, homemade, fried in sunflower oil	0.93%	Peas, frozen, boiled in unsalted water	0.13%
Salmon, baked	5.5%	Connacht gold, low fat butter	0.93%	Peas, frozen, boiled in unsalted water	0.13%
Salmon, baked	5.5%	Connacht gold, low fat butter	0.93%	Broccoli, green, boiled in salted water	0.07%
Shepards Pie	4.5%	Connacht gold, low fat butter	0.93%	Broccoli, green, boiled in salted water	0.07%
Shepards Pie	4.5%	Bread, brown soda with sunflower seeds, home	0.65%	Broccoli, green, boiled in salted water	0.07%
Shepards Pie	4.5%	Bread, brown soda with sunflower seeds, home	0.65%	Carrots, young, boiled in unsalted water	0.03%
Almonds, toasted	3.9%	Bread, brown soda with sunflower seeds, home	0.65%	Carrots, young, boiled in unsalted water	0.03%
SNICKERS® 48g	3.1%	Alpen No Added Sugar Swiss Style Muesli 1.1kg	0.6%	Carrots, young, boiled in unsalted water	0.03%
Lamb, stewing, stewed, lean	2.9%	Soup, vegetable, homemade	0.15%	Tea, infusion, average, with skimmed milk	0.02%
Chocolate Bar, Milk	2.8%	Soup, vegetable, homemade	0.15%	Tea, infusion, average, with skimmed milk	0.02%
Chocolate Bar, Milk	2.8%	Soup, vegetable, homemade	0.15%	Tea, infusion, average, with skimmed milk	0.02%

Plus 1 more.....

# Fat

Your fat intake is above the recommended intake. Diets high in fat are commonly high in total energy as fat has a high energy density at 9 kcals per gram. If more energy is eaten than is used for growth and physical activity, excess fat is stored as adipose tissue within the body. This energy imbalance may lead to weight gain, or displace other important nutrients such as carbohydrate or protein (13).

Fat, an important macronutrient is made up of a diverse range of organic compounds that are essential for many biological functions. The most important functions of fats include providing energy to the body, cell membrane structure, hormone signalling, the provision of fat soluble vitamins (A,D,E & K) and the protection & insulation of the body's organs (2). Fat is the most energy dense nutrient providing 9kcal (37KJ) per gram of fat (13). The three main groups of dietary fat include saturated fat, monounsaturated fat and polyunsaturated fat. Saturated fat is solid at room temperature and is found primarily in animal food products such as full fat dairy products (milk, cheese, cream & butter), red meat, processed meat products, hard margarines as well as highly processed products such as pies, pastries, cakes, biscuits, savoury snacks and other confectionery. Plant sources of saturated fat include coconut oil, palm kernel oil and cocoa butter (13). Unsaturated fat is liquid at room temperature and is primarily found in plant sources such as vegetable oils, avocado, nuts, seeds and fish. Two types of unsaturated fats exists; mono-unsaturated & poly-unsaturated. Sources of mono-unsaturated fat include olive oil, canola oil, avocados, almonds, cashews, peanuts & sesame seeds. Sources of poly-unsaturated fat include fish (salmon, herring, mackerel, tuna & trout), flaxseed, walnuts (2,13).

Water	2097g (56%)	3700g	
! > water from drinks	294g (12%)	2338g	

## Water from Drinks

Your intake of 'Water from Drinks' is 294g

Alcohol	0g	<17.6g	
- CARBOHYDRATE -			
Starch	141g		N/A
Oligosaccharide	0.28g		N/A
Fibre	38.2g (127%)	30g	
NSP	21.9g		N/A
! Sugars	159g	<68g	

### Total % contribution to Sugars:

Asda Strawberry Trifle 600g	16.3%	Porridge, made with whole milk	2.1%	Tea, infusion, average, with skimmed milk	0.31%
Asda Strawberry Trifle 600g	16.3%	Alpen No Added Sugar Swiss Style Muesli 1.1kg	1.5%	Tea, infusion, average, with skimmed milk	0.31%
Asda Strawberry Trifle 600g	16.3%	Soup, vegetable, homemade	1.2%	Carrots, young, boiled in unsalted water	0.26%
Chocolate Bar, Milk	4.6%	Soup, vegetable, homemade	1.2%	Carrots, young, boiled in unsalted water	0.26%
Chocolate Bar, Milk	4.6%	Peas, frozen, boiled in unsalted water	0.94%	Almonds, toasted	0.26%
SNICKERS® 48g	4.5%	Peas, frozen, boiled in unsalted water	0.94%	Broccoli, green, boiled in salted water	0.2%
Bananas, flesh only	3.8%	Peas, frozen, boiled in unsalted water	0.94%	Broccoli, green, boiled in salted water	0.2%
Apples, eating, raw, flesh and skin	2.9%	Sausages, pork, chilled, fried in vegetable oil	0.55%	Broccoli, green, boiled in salted water	0.2%
Apples, eating, raw, flesh and skin	2.9%	Bread, brown soda with sunflower seeds, home	0.4%	Potato chips, homemade, fried in sunflower oil	0.19%
Apples, eating, raw, flesh and skin	2.9%	Bread, brown soda with sunflower seeds, home	0.4%	Potato chips, homemade, fried in sunflower oil	0.19%
Shepards Pie	2.5%	Bread, brown soda with sunflower seeds, home	0.4%	Potato chips, homemade, fried in sunflower oil	0.19%
Shepards Pie	2.5%	Tea, infusion, average, with skimmed milk	0.31%		
Shepards Pie	2.5%				
Porridge, made with whole milk	2.1%				

# Sugars

Your sugar intake is above the recommended intake. Sugars are the general term used to describe simple soluble carbohydrates, that are classified as either monosaccharides (e.g. glucose, fructose, galactose) or disaccharides (e.g. sucrose, lactose, maltose). Some sugars are found naturally within foods such as fruit or vegetables. Other types of sugars (free sugars) are artificially incorporated into foods such as confectionary (cakes, biscuits, sweets & chocolate), honey and fruit juices (13). High sugar intake is associated with increased dietary energy intake which can lead to weight gain over time and an increased risk of dental caries (7).

Sugars are the general term used to describe simple soluble carbohydrates, that are classified as either monosaccharides (e.g. glucose, fructose, galactose) or disaccharides (e.g. sucrose, lactose, maltose). Some sugars are found naturally within foods such as fruit or vegetables. Other types of sugars (free sugars) are artificially incorporated into foods such as confectionary (cakes, biscuits, sweets & chocolate), honey and fruit juices (13).

<b>Free Sugars</b>	<b>14g</b>		<30.8g	
› <i>glucose</i>	9.6g			N/A
› <i>galactose</i>	0g			N/A
› <i>fructose</i>	13.6g			N/A
› <i>sucrose</i>	28.6g			N/A
› <i>maltose</i>	1.1g			N/A
› <i>lactose</i>	10.7g			N/A

## - LIPID COMPONENTS -

<b>! Saturated Fat</b>	<b>57g</b>		<27.3g	
› <i>monounsaturated fat</i>	37.8g (106%)	35.6g		
› <i>cis-mono</i>	0g			N/A
<b>Polyunsaturated fat</b>	<b>21.5g</b>		>6.5g <27.3g	
› <i>omega3(n-3)</i>	4.5g		>0.55g	
› <i>omega6(n-6)</i>	5.9g		>2.7g	
› <i>cis-poly</i>	0g			N/A
<b>Trans-fatty acids</b>	<b>0.86g</b>		<5.5g	
<b>Cholesterol</b>	<b>193mg</b>		<300mg	

## - MINERALS & TRACE ELEMENTS -

<b>! Sodium</b>	<b>2985mg (186%)</b>	1600mg	>575mg <2400mg	
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### Total % contribution to Sodium:

Shepards Pie	12.5%	Salmon, baked	1.1%	Tea, infusion, average, with skimmed milk	0.17%
Shepards Pie	12.5%	Porridge, made with whole milk	1.1%	Tea, infusion, average, with skimmed milk	0.17%
Shepards Pie	12.5%	Porridge, made with whole milk	1.1%	Carrots, young, boiled in unsalted water	0.08%
Sausages, pork, chilled, fried in vegetable oil	12.2%	Broccoli, green, boiled in salted water	1%	Carrots, young, boiled in unsalted water	0.08%
Sausages, pork, chilled, fried in vegetable oil	12.2%	Broccoli, green, boiled in salted water	1%	Carrots, young, boiled in unsalted water	0.08%
Asda Strawberry Trifle 600g	4.3%	Broccoli, green, boiled in salted water	1%	Almonds, toasted	0.05%
Asda Strawberry Trifle 600g	4.3%	SNICKERS® 48g	0.96%	Peas, frozen, boiled in unsalted water	0.04%
Asda Strawberry Trifle 600g	4.3%	Alpen No Added Sugar Swiss Style Muesli 1.1kg	0.56%	Peas, frozen, boiled in unsalted water	0.04%
Soup, vegetable, homemade	3%	Lamb, stewing, stewed, lean	0.47%	Peas, frozen, boiled in unsalted water	0.04%
Soup, vegetable, homemade	3%	Connacht gold, low fat butter	0.45%	Potato chips, homemade, fried in sunflower oil	0.02%
Soup, vegetable, homemade	3%	Connacht gold, low fat butter	0.45%	Potato chips, homemade, fried in sunflower oil	0.02%
Bread, brown soda with sunflower seeds, home	1.3%	Connacht gold, low fat butter	0.45%	Potato chips, homemade, fried in sunflower oil	0.02%
Bread, brown soda with sunflower seeds, home	1.3%	Chocolate Bar, Milk	0.39%	Apples, eating, raw, flesh and skin	0.01%
Bread, brown soda with sunflower seeds, home	1.3%	Chocolate Bar, Milk	0.39%	Apples, eating, raw, flesh and skin	0.01%
Salmon, baked	1.1%	Tea, infusion, average, with skimmed milk	0.17%	Apples, eating, raw, flesh and skin	0.01%

Plus 1 more.....

# Sodium

Your sodium intake is above the recommended range. Excess sodium can increase blood pressure which is a known risk factor for heart disease, stroke and renal disease (2,3). The effect of sodium on blood pressure may be exacerbated further if you already have hypertension, diabetes or chronic kidney disease (2,3).

Sodium is an essential nutrient required in small amounts for normal cell function and for maintaining fluid and electrolyte balance (1,3). Small amounts of sodium occur naturally in many foods, but it is also added to foods for flavour, texture or preservation. Most people in Europe and the US consume excessive sodium (3).

<b>Potassium</b>	<b>3890mg (111%)</b>	3500mg	>2000mg	
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## Total % contribution to Potassium:

Shepards Pie	9.3%	Soup, vegetable, homemade	2.6%	Apples, eating, raw, flesh and skin	1%
Shepards Pie	9.3%	Soup, vegetable, homemade	2.6%	Apples, eating, raw, flesh and skin	1%
Shepards Pie	9.3%	Soup, vegetable, homemade	2.6%	Apples, eating, raw, flesh and skin	1%
Salmon, baked	6.7%	Almonds, toasted	2%	Tea, infusion, average, with skimmed milk	1%
Salmon, baked	6.7%	Chocolate Bar, Milk	1.5%	Tea, infusion, average, with skimmed milk	1%
Porridge, made with whole milk	3.9%	Chocolate Bar, Milk	1.5%	Tea, infusion, average, with skimmed milk	1%
Porridge, made with whole milk	3.9%	Peas, frozen, boiled in unsalted water	1.2%	Bread, brown soda with sunflower seeds, home	1%
Potato chips, homemade, fried in sunflower oil	3.8%	Peas, frozen, boiled in unsalted water	1.2%	Bread, brown soda with sunflower seeds, home	1%
Potato chips, homemade, fried in sunflower oil	3.8%	Peas, frozen, boiled in unsalted water	1.2%	Bread, brown soda with sunflower seeds, home	1%
Potato chips, homemade, fried in sunflower oil	3.8%	Lamb, stewing, stewed, lean	1.2%	Carrots, young, boiled in unsalted water	0.41%
Bananas, flesh only	2.8%	Broccoli, green, boiled in salted water	1.1%	Carrots, young, boiled in unsalted water	0.41%
Sausages, pork, chilled, fried in vegetable oil	2.6%	Broccoli, green, boiled in salted water	1.1%	Carrots, young, boiled in unsalted water	0.41%
Sausages, pork, chilled, fried in vegetable oil	2.6%	Broccoli, green, boiled in salted water	1.1%		

# Potassium

Your potassium intake is above the recommended intake. For healthy individuals, adverse effects are unlikely to be observed from excess potassium intake from food sources (2).

Potassium is an essential nutrient and is required for normal cellular function and plays a role in nerve and muscle function and in regulation of blood pressure (1,2). Good food sources of potassium include fruit and vegetables, in particular leafy greens, vine fruit (such as tomatoes, egg plant and aubergines), root vegetables and nuts (1,2). Potassium is permitted to be added to foods and a number of food additives and salt substitutes contain potassium which contributes to potassium intake (1).

<b>Chloride</b>	<b>2641mg (105%)</b>	2500mg		
<b>Calcium</b>	<b>732mg (104%)</b>	700mg	>400mg	
<b>Phosphorus</b>	<b>1580mg (287%)</b>	550mg		

# Phosphorus

Your phosphorus intake is above the recommended intake. Excess phosphorous intake from food sources and/or supplements, can lead to a build-up of inorganic phosphate in the blood which results in hyperphosphatemia (2). Hyperphosphatemia can result in adverse effects such as reduced calcium absorption or calcification of non-skeletal tissues (in particular the kidneys) (1,2). These adverse effects are typically only observed in patients with end-stage renal disease (1,2).

Phosphorus is an essential nutrient that plays a role in many physiological processes in the body (1). It plays a role in energy metabolism, maintain a normal pH in the body and is a major component of cell membranes, bones and teeth (1,2). 85% of total body phosphorus is found in bone in the body (2). Phosphorous is widely found in foods as phosphates, especially in foods rich in protein and as a food additive in the form of various phosphate salts (1,2). Dairy products, meats and fish are the largest food contributors of phosphate in the diet (1). Beans, peas, cereals and nuts contained a stored form of phosphate called phytic acid or phytate which is poorly absorbed in the body (2).

## Top sources of Phosphorus include:

Bacon/rashers, 2 rashers (50g)	90mg	Liver (lambs), 1 portion (1/4 liver) (85g)	425mg	Soya beans, 1 cup (raw) (55g)	363mg
Bran flakes, 1 cup (45g)	203mg	Pumpkin seeds, 1 tablespoon (12g)	102mg	Tempeh, 1/2 cup (78g)	156mg
Brazil nuts, 6 nuts (30g)	177mg	Sesame seeds, 1 tablespoon (11g)	79mg	Wholemeal flour, 1/2 Cup(70G)	224mg
Parmesan cheese, 1 tablespoon (15g)	102mg	Oat bran, 1/2 cup (50g)	367mg		

<b>Magnesium</b>	<b>331mg (110%)</b>	300mg	>190mg	
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<b>Iron</b>	<b>10.5mg (120%)</b>	8.7mg	>4.7mg	
<b>Zinc</b>	<b>9.8mg (102%)</b>	9.5mg	>5.5mg	
<b>Copper</b>	<b>1.4mg (113%)</b>	1.2mg		
<b>Manganese</b>	<b>3.4mg</b>		>1.4mg	
<b>Selenium</b>	<b>65ug (86%)</b>	75ug	>40ug	
<b>Iodine</b>	<b>102ug (72%)</b>	140ug	>70ug	

- VITAMINS -

<b>Vitamin A (ret eq)</b>	<b>1798ug (256%)</b>	700ug	>300ug	
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**Total % contribution to Vitamin A (ret eq):**

Soup, vegetable, homemade	20.5%	Peas, frozen, boiled in unsalted water	0.68%	Bread, brown soda with sunflower seeds, home	0.04%
Soup, vegetable, homemade	20.5%	Peas, frozen, boiled in unsalted water	0.68%	Bread, brown soda with sunflower seeds, home	0.04%
Soup, vegetable, homemade	20.5%	Peas, frozen, boiled in unsalted water	0.68%	Bread, brown soda with sunflower seeds, home	0.04%
Carrots, young, boiled in unsalted water	7.1%	Connacht gold, low fat butter	0.67%	Tea, infusion, average, with skimmed milk	0.01%
Carrots, young, boiled in unsalted water	7.1%	Connacht gold, low fat butter	0.67%	Tea, infusion, average, with skimmed milk	0.01%
Carrots, young, boiled in unsalted water	7.1%	Connacht gold, low fat butter	0.67%	Tea, infusion, average, with skimmed milk	0.01%
Porridge, made with whole milk	1.6%	Salmon, baked	0.52%	Sausages, pork, chilled, fried in vegetable oil	trace%
Porridge, made with whole milk	1.6%	Salmon, baked	0.52%	Sausages, pork, chilled, fried in vegetable oil	trace%
Shepards Pie	1.3%	Chocolate Bar, Milk	0.51%	Lamb, stewing, stewed, lean	trace%
Shepards Pie	1.3%	Chocolate Bar, Milk	0.51%	Potato chips, homemade, fried in sunflower oil	trace%
Shepards Pie	1.3%	Bananas, flesh only	0.07%	Potato chips, homemade, fried in sunflower oil	trace%
Broccoli, green, boiled in salted water	1.1%	Apples, eating, raw, flesh and skin	0.04%	Potato chips, homemade, fried in sunflower oil	trace%
Broccoli, green, boiled in salted water	1.1%	Apples, eating, raw, flesh and skin	0.04%		
Broccoli, green, boiled in salted water	1.1%	Apples, eating, raw, flesh and skin	0.04%		

## Vitamin A (ret eq)

Your vitamin A intake is above the recommended intake, although within the range regarded as safe. Chronic toxicity is unlikely at your current intake but symptoms include dizziness, nausea, headaches, skin irritation, pain in joints and bones, coma, liver damage, disorders of the central nervous system and even death. Hypervitaminosis A (excessive vitamin A intake) can be due to an excessive dietary intake of preformed vitamin A or more commonly as result of consuming too much preformed vitamin A from supplements or therapeutic retinoids (2,3).



Vitamin A is a fat soluble vitamin that plays an important role in vision, bone and teeth formation, reproduction, embryonic development, cell division, gene expression, growth & tissue repair (2). Forms of Vitamin A include retinol (preformed vitamin A), retinal, retinoic acid, and retinyl esters (3). Provitamin A carotenoids that are dietary precursors of retinol are also a form of Vitamin A. Sources of preformed vitamin A (retinol) are naturally found in animal based foods including liver, egg yolks, fish oils, and dairy products. Provitamin A carotenoids are converted in the body into Vitamin A and are commonly found in fruits, vegetables and vegetable oils that naturally contain carotenoids such as carrots, peppers, broccoli, squash, sweet potato, spinach. Adequate dietary fat, iron and zinc are required for optimal absorption and utilisation of vitamin A. It is also important to note that excessive alcohol consumption can negatively impact vitamin A status (2,4).

<b>› retinol</b>	<b>109ug</b>			N/A
<b>› carotene</b>	<b>8953ug</b>			N/A
<b>Vitamin D</b>	<b>13.6ug (136%)</b>	10ug		
<b>Vitamin E</b>	<b>12.2mg</b>		>4mg	
<b>Vitamin K 1</b>	<b>113ug (152%)</b>	74ug		
<b>Thiamin (B1)</b>	<b>1.8mg (202%)</b>	0.9mg	>0.23mg	

# Thiamin (B<sub>1</sub>)

Your thiamine intake is above recommended intake required for health. There is no evidence of adverse effects from excess oral consumption of thiamine (1,2).



Thiamine (or thiamin) is a water-soluble vitamin, otherwise known as vitamin B1, and it plays a critical role in the metabolism of carbohydrate and amino acids (2). It is responsible to produce energy and therefore is required for the functioning of cells (10). Thiamine is widely distributed in foods and the major sources in the diet include potatoes, wholegrain cereals, legumes, meat, pork and fish (2, 10). Heating, boiling and processing of food containing thiamine can reduce the thiamine content (2). Thiamine requirements depend mainly on carbohydrate intake and the body requires a continuous supply of thiamine due to rapid excretion in the urine and limited stores in the body (1,2).

Riboflavin (B <sub>2</sub> )	1.6mg (125%)	1.3mg	>0.8mg	
Niacin total (B <sub>3</sub> )	32.5mg (199%)	16.2mg	>10.8mg	

# Niacin total (B<sub>3</sub>)

Your niacin intake is above the recommended requirement for health. There is no evidence of adverse effects associated with excess consumption of naturally occurring niacin in foods (1). However, excess niacin intake from dietary supplements, medications or fortified foods can cause adverse effects (1). Flushing, which is usually the first symptoms observed, causes redness, tingling, itching or burning sensations on the skin. This can be accompanied by headache, dizziness and/or decreased blood pressure (1).



Niacin is a water-soluble vitamin, also known as vitamin B3, that plays an important role in converting carbohydrates, proteins and fats to a usable form of energy in the body (2). Niacin is present in a wide variety of foods and it can also be made in the body from an essential amino acid known as tryptophan (1). Good dietary sources of niacin include meat, poultry, fish, legumes and seeds. Niacin can also be found in small amounts in tea, coffee, milk and green leafy vegetables (1). Wholegrain products are another source of niacin, however only a small amount (30%) is available for the body to use, whereas niacin is more biologically available from fortified products (2). Tryptophan, which also found in similar foods, contributes to meeting niacin requirements(1,2).

› niacin	23.4mg			N/A
› tryptophan	1013mg			N/A
! Pantothenic Acid (B <sub>5</sub> )	7.1mg (141%)	5mg		
Vitamin B <sub>6</sub>	2.7mg (196%)	1.4mg	>1mg	

# Vitamin B<sub>6</sub>

Your vitamin B6 intake is above the recommended requirement for health. Clinical signs and symptoms have only been observed with very high levels of supplementation, (>100mg per day) (1, 12).

Vitamin B6 is a water-soluble vitamin that performs a wide variety of functions in the body. Vitamin B6 is involved in metabolism of protein, carbohydrates, lipids and blood haemoglobin (2). Vitamin B6 is found in a wide variety of foods, including fish, poultry, nuts, potatoes and starchy carbohydrates, legumes and non-citrus fruits (1,2). Especially rich sources include highly fortified cereals, beef liver and other organ meats and highly fortified soy-based meat substitutes (2). Vitamin B6 from a mixed diet has a bioavailability of approximately 75% in the body (2).

Folates (B <sub>9</sub> ) Total	277ug (138%)	200ug	>100ug	
Vitamin B <sub>12</sub>	9.5ug (634%)	1.5ug	>1ug	

# Vitamin B<sub>12</sub>

Your vitamin B12 intake is above the recommended intake required for health. No adverse effects have been associated with excess vitamin B12 intake from food or supplements in healthy individuals (2). The absence of adverse effects may be due to poor absorption from the gastrointestinal tract even when high doses are given orally (2).

Vitamin B12 is a water-soluble vitamin that is essential for normal blood formation, neurological function and DNA synthesis (1,2). Vitamin B12 is synthesised only by microorganisms and is naturally found in products made from animals that consume microorganisms (2). These products include meat, poultry, fish and to a lesser extent milk and dairy products. It is also found in plant-based foods that have been fortified, such as fortified breakfast cereals, but it is generally not present in plant foods (1,2, 12). As a result, vegans are at particular risk of deficiency and may require supplementation. The stable form of the vitamin typically used in supplements and fortified foods is called cyanocobalamin (1,2, 12).

<b>Biotin (B<sub>7</sub>)</b>	<b>37.4ug (35%)</b>	105ug		
<b>Vitamin C</b>	<b>110mg (276%)</b>	40mg	>10mg	

# Vitamin C

Your vitamin C intake is above the recommended intake, but within the range regarded as safe. Adverse effects of excess vitamin C intake are only observed with high intake (>3g/day) (2).

Vitamin C is a water-soluble vitamin that functions as an antioxidant, plays a role in synthesis of proteins that are responsible for brain communication, components of connective tissue, hormone processes and increases absorption of non-haem iron (1,2). Almost 90% of vitamin C sources in the diet are from fruits and vegetables. Citrus fruits, tomatoes and potatoes are the main contributors, while other sources include brussels sprouts, cauliflower, broccoli, strawberries, cabbage and spinach. Animal sources of vitamin C include organ meats such as liver and kidney, and vitamin C can also be fortified in foods such as cereals and juices (1,2). The vitamin C content in foods can vary depending on season of the year, cooking practices, packaging and storage (2,12).

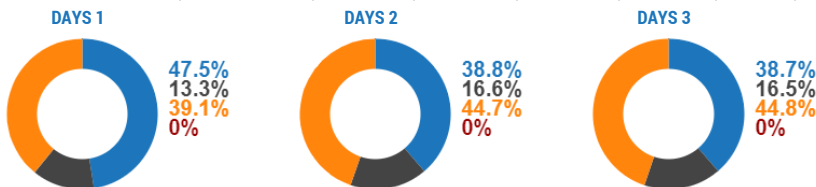
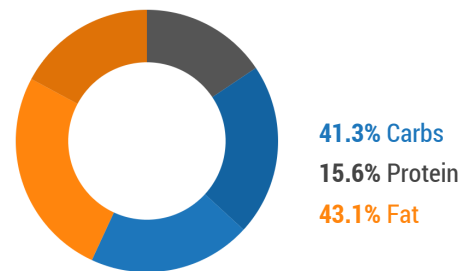
- OTHER -				
<b>GL</b>	<b>69</b>			N/A
<b>Caffeine</b>	<b>5.2mg</b>			N/A

Figures from Nutritics guidelines for male, Strength/Power 60-65 years old

Generated by Nutritics v5.69 on 3rd Nov 2021

# Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
<b>Intake</b>	301.7g	159.3g	117.1g	143.8g	57.3g	0g
<b>g/kg body-weight</b>	4.1	2.2	1.6	1.9	0.8	0
<b>Kilocal</b>	1240	637	469	1294	516	0
<b>Kilocal %</b>	41.3%	21.2%	15.6%	43.1%	17.2%	0%



# Diet Log



<p><b>DAYS 1</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Connacht gold, low fat butter 10g</li> <li>• Tea, infusion, average, with skimmed milk 260g</li> <li>• Apples, eating, raw, flesh and skin 120g</li> <li>• Alpen No Added Sugar Swiss Style Muesli 1.1kg 45g</li> <li>• Milk, whole, pasteurised, average 37.5ml</li> <li>• Bananas, flesh only 100g</li> <li>• Bread, brown soda with sunflower seeds, homemade 55g</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Milk, whole, pasteurised, average 30ml</li> <li>• Soup, vegetable, homemade 220g</li> <li>• Broccoli, green, boiled in salted water 60g</li> <li>• Asda Strawberry Trifle 600g 600g</li> <li>• Carrots, young, boiled in unsalted water 30g</li> <li>• Shepards Pie 638g</li> </ul> <p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• Potato chips, homemade, fried in sunflower oil 60g</li> <li>• Peas, frozen, boiled in unsalted water 80g</li> <li>• Roe, cod, hard, coated in batter, fried 0g</li> <li>• Lamb, stewing, stewed, lean 85g</li> </ul> <p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>• Chocolate Bar, Milk 39g</li> <li>• Almonds, toasted 30g</li> </ul>	<p><b>DAYS 2</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Bread, brown soda with sunflower seeds, homemade 55g</li> <li>• Connacht gold, low fat butter 10g</li> <li>• Tea, infusion, average, with skimmed milk 260g</li> <li>• Sausages, pork, chilled, fried in vegetable oil 171g</li> <li>• Apples, eating, raw, flesh and skin 120g</li> <li>• Porridge, made with whole milk 220g</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Milk, whole, pasteurised, average 30ml</li> <li>• Soup, vegetable, homemade 220g</li> <li>• Broccoli, green, boiled in salted water 60g</li> <li>• Asda Strawberry Trifle 600g 600g</li> <li>• Carrots, young, boiled in unsalted water 30g</li> <li>• Shepards Pie 638g</li> </ul> <p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• Salmon, baked 190g</li> <li>• Potato chips, homemade, fried in sunflower oil 60g</li> <li>• Peas, frozen, boiled in unsalted water 80g</li> <li>• Roe, cod, hard, coated in batter, fried 0g</li> </ul> <p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>• SNICKERS® 48g 48g</li> </ul>
<p><b>DAYS 3</b></p> <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Bread, brown soda with sunflower seeds, homemade 55g</li> <li>• Connacht gold, low fat butter 10g</li> <li>• Tea, infusion, average, with skimmed milk 260g</li> <li>• Sausages, pork, chilled, fried in vegetable oil 171g</li> <li>• Apples, eating, raw, flesh and skin 120g</li> <li>• Porridge, made with whole milk 220g</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Milk, whole, pasteurised, average 30ml</li> <li>• Soup, vegetable, homemade 220g</li> <li>• Broccoli, green, boiled in salted water 60g</li> <li>• Asda Strawberry Trifle 600g 600g</li> <li>• Carrots, young, boiled in unsalted water 30g</li> <li>• Shepards Pie 638g</li> </ul> <p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• Salmon, baked 190g</li> <li>• Potato chips, homemade, fried in sunflower oil 60g</li> <li>• Peas, frozen, boiled in unsalted water 80g</li> <li>• Roe, cod, hard, coated in batter, fried 0g</li> </ul> <p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>• Chocolate Bar, Milk 39g</li> </ul>	

## Notes

It is important to reduce sodium intake as it is related to high blood pressure.

Carbohydrate levels are above recommended and are best reduced by reducing simple carbohydrates as are found in sweets and deserts.

Excess consumption of protein can have adverse effects.

There is a strong link between excess saturated fat and coronary heart disease.

A higher intake of Omega-3 is associated with a reduction in the symptoms of rheumatoid arthritis.