



Client Diet Record Nutrient Deficiencies

First: Laura
Middle:
Last: Friday
Company: Sample

Female
Identification Number: 1
Date of Birth: 2/4/1968
Height: 5 ft. 4 in. **Weight:** 178.00 lb.

Diet: Diet Record - A

A nutrient analysis revealed the following deficiencies in your diet. For each deficient nutrient, this report lists the nutrient name, the amount of the nutrient, the goal amount, the percentage of goal, followed by key sources.

Nutrient	Amount	Unit	Goal	% Goal	Key Sources
PFA 18:2, Linoleic	8.256	g	12.000	69 %	Corn oil, safflower oil, sunflower oil, soybean oil, nuts, seeds
Potassium	1481.614	mg	4700.000	32 %	Meat, fish, cereals, fruit (cantaloupe, bananas, apricots), fruit juices, vegetables (potatoes, turnip/mustard greens)
Vitamin A (RAE)	238.858	µg	700.000	34 %	Dark green and deep yellow foods: Brussels sprouts, spinach, collard greens, broccoli, carrots; whole milk, fortified lowfat and nonfat milk; apricots, peaches, cantaloupe, liver
Vitamin C	41.269	mg	75.000	55 %	Collard greens, broccoli, brussels sprouts, orange juice, oranges, tangerines, grapefruit, spinach, white potatoes, strawberries, green peppers, tomatoes, cantaloupe, berries
Iron	11.743	mg	18.000	65 %	Whole grain breads and cereals, legumes, broccoli, spinach, raisins, prunes, dried apricots, nuts and seeds, meats, poultry, eggs, liver
Vitamin D (ug)	0.858	µg	5.000	17 %	Fortified milk products, fortified margarine, egg yolk, fish oil
Alpha-Tocopherol	2.745	mg	15.000	18 %	Wheat germ, plant oils, margarine, cabbage, sunflower seeds, nuts
Biotin	4.196	µg	30.000	14 %	Liver, butter, eggs, rice, peas, soybeans, sunflower seeds, milk, brewer's yeast, mushrooms, bananas, tomatoes, whole grains
Pantothenic Acid	2.313	mg	5.000	46 %	Yeast, meats, salmon, eggs, cauliflower, broccoli, tomatoes, molasses, legumes, milk, liver, whole grain products
Magnesium	144.470	mg	310.000	47 %	Cashew nuts, spinach, whole grain bread, cereals, dried fruit, nonfat and lowfat milk, yogurt, nuts, seeds, legumes, most fruits and vegetables
Zinc	4.791	mg	8.000	60 %	Nuts (cashews, peanuts), lowfat or nonfat milk, yogurt, whole grain products, legumes, meats, fish, poultry, seeds, eggs, shellfish
Fluoride	95.853	µg	3000.000	3 %	Fluoridated water
Chromium	0.009	mg	0.025	36 %	Brewer's yeast, liver, meat, cheese
Molybdenum	4.571	µg	45.000	10 %	Milk, legumes, meat, grains
Dietary Fiber, Total	16.196	g	25.000	65 %	Fruits and vegetables (including seeds and peels), whole grains, breads and cereals, bran, dry peas and beans
Methionine	705.099	mg	1083.000	65 %	
Cystine	513.038	mg	1083.000	47 %	
Tyrosine	1122.192	mg	1881.000	60 %	
Moisture	611.951	g	2700.000	23 %	