

Bar Graph - Diet Adequacy Report: Mr. Dysphagia \* | All Days

Bar Graph cont.

Nutrients	Value	Rcmd	% Rcmd	0	20	40	60	80	100 - RDA/AI	120
Vitamin D - IU (IU)	36.28									
Vitamin D - mcg (mcg)	0.90	15.00	5.97%							
Vitamin E - Alpha-Toco (mg)	9.70	15.00	64.68%							
Folate (mcg)	208.89	400.00	52.22%							
Folate, DFE (mcg)	176.89	400.00	44.22%							
Vitamin K (mcg)	89.09	120.00	74.24%							
Pantothenic Acid (mg)	4.17	5.00	83.34%							
Minerals										
Calcium (mg)	1193.16	1000.00	119.32%							
Chromium (mcg)	2.20	30.00	7.34%							
Copper (mg)	1.30	0.90	144.12%							
Fluoride (mg)	0.88	4.00	21.96%							
Iodine (mcg)	7.13	150.00	4.75%							
Iron (mg)	18.30	8.00	228.69%							
Magnesium (mg)	264.23	420.00	62.91%							
Manganese (mg)	3.98	2.30	173.00%							
Molybdenum (mcg)	2.89	45.00	6.43%							
Phosphorus (mg)	1211.80	700.00	173.11%							
Potassium (mg)	3907.79	4700.00	83.14%							
Selenium (mcg)	30.80	55.00	55.99%							
Sodium (mg)	4551.74	1300.00	350.13%							
Zinc (mg)	8.02	11.00	72.86%							
Poly Fats										
Omega 3 Fatty Acid (g)	0.55	2.18	25.21%							
Omega 6 Fatty Acid (g)	12.21	19.36	63.07%							
Other Nutrients										
Alcohol (g)	0									
Caffeine (mg)	134.72									
Choline (mg)	121.04	550.00	22.01%							

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*Dysphagia diet (House)*

Bar Graph

Nutrients	Value	Rcmd	% Rcmd	0	20	40	60	80	100 - RDA/AI	120
<b>Basic Components</b>										
Gram Weight (g)	6642.80									
Calories (kcal)	3345.27	2177.95	153.60%							
Calories from Fat (kcal)	1018.13	609.83	166.96%							
Calories from SatFat (kcal)	82.46	196.02	42.07%							
Protein (g)	143.26	59.87	239.27%							
Carbohydrates (g)	456.00	299.47	152.27%							
Dietary Fiber (g)	75.45	30.49	247.45%							
Soluble Fiber (g)	2.89									
Total Sugars (g)	129.43									
Monosaccharides (g)	22.71									
Disaccharides (g)	18.82									
Other Carbs (g)	167.12									
Fat (g)	113.37	67.76	167.31%							
Saturated Fat (g)	9.16	21.78	42.07%							
Mono Fat (g)	5.15	24.20	21.28%							
Poly Fat (g)	12.80	21.78	58.77%							
Trans Fatty Acid (g)	1.00									
Cholesterol (mg)	112.15	300.00	37.38%							
Water (g)	3117.06	3700.00	84.24%							
<b>Vitamins</b>										
Vitamin A - IU (IU)	67551.70									
Vitamin A - RAE (RAE)	3291.94	900.00	365.77%							
Carotenoid RE (RE)	6495.11									
Retinol RE (RE)	44.74									
Beta-Carotene (mcg)	36650.14									
Vitamin B1 (mg)	1.23	1.20	102.83%							
Vitamin B2 (mg)	1.64	1.30	126.35%							
Vitamin B3 (mg)	15.57	16.00	97.29%							
Vitamin B3 - Niacin Equiv (mg)	22.29	16.00	139.29%							
Vitamin B6 (mg)	1.41	1.70	83.14%							
Vitamin B12 (mcg)	0.43	2.40	17.97%							
Biotin (mcg)	16.54	30.00	55.14%							
Vitamin C (mg)	157.80	90.00	175.34%							