ViTL Nutrition

FITNESS-MINDED, RESEARCH-DRIVEN ***NUTRITION COUNSELING***

NUTRIENT ANALYSIS

TRANSFORMING THE COMPLEX SCIENCE OF NUTRITION.

SAMPLE REPORT

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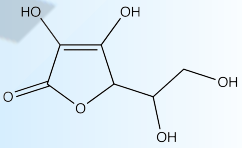

NUTRIENT ANALYSIS

We here at ViTL Nutrition want to THANK YOU for choosing us!

SAMPLE REPORT
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DISCLAIMER: The nutrition information in this report is provided as an information resource only. The report does not provide medical advice, professional diagnosis, opinion, or treatment suggestions. It should not be used or relied on for any diagnostic or treatment purposes. Please consult a nutritionist or other healthcare provider for guidance and before making any decisions based on the information in this report. Food sources of nutrients listed are for informational purposes only and may conflict with certain individual dietary restrictions. We are not recommending any dietary or lifestyle practices. We hereby disclaim responsibility and will assume no liability for any damages, loss, or injury as a result of your reliance on the information in this report. Results may vary.

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NUTRIENT DASHBOARD

Your report, simplified

VITALS

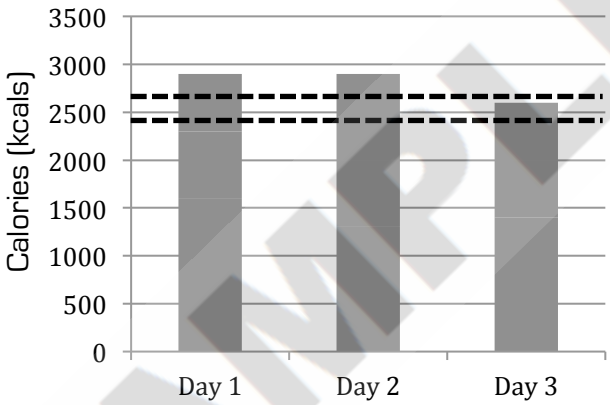
Name: John Smith
Sex: Male
Age: 47

Height: 5'10"
Weight: 219lbs

Occupation: Accountant

Physical Activity: Sedentary
Lightly Active
Moderately Active
Vigorously Active
Extremely Active

ENERGY



Recommended Intake:
2478 - 2678 calories

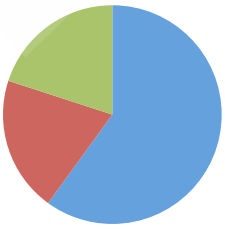
Current intake:
Day 1: 2814 calories
Day 2: 2887 calories
Day 3: 2556 calories
Avg.: 2752 calories

Intake for 1lb weight gain/wk:
2978 - 3178 calories

Intake for 1lb weight loss/wk:
1978 - 2178 calories

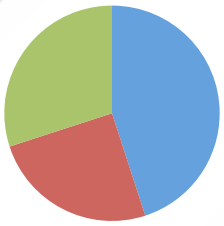
MACRONUTRIENTS

Current intake:



	% of calories
Carbohydrate:	62%
Protein:	18%
Fat:	20%

Recommended intake:



	% of calories
Carbohydrate:	45 - 55%
Protein:	25 - 35%
Fat:	20 - 30%

% Calories from fat

Current intake:		Recommended intake:
Saturated Fat:	7.0%	(7 - 10%)
Monounsaturated Fat:	8.2%	(10-15%)
Polyunsaturated Fat:	5.2%	(<10%)

Protein

Current intake: 124g

Recommended intake:
0.8g/kg = 80g
1.0g/kg = 100g
2.0g/kg = 199g

Omega-6:Omega-3 ratio

10:1

Water (including from food)

Current intake: 2.9L
Recommended intake: 3.7L

Fiber

Current intake: 22g
Recommended intake: 38g

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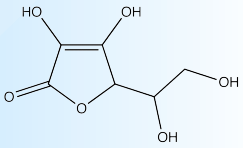


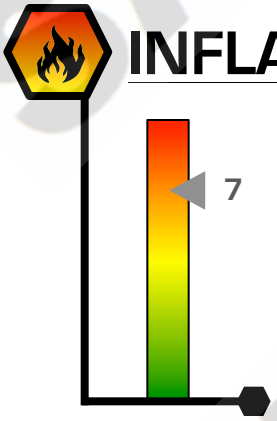
FOOD GROUPS

	Current Intake	Recommended Intake (for 2600kcals)
Fruits (1 serving = 1c fruit or 1/2c dried fruit. Excludes fruit juice.)	3	2-3 servings
Vegetables (1 serving = 1c, or 2c raw leafy greens.)	2.5	At least 3.5 servings
Grains/Legumes/Starches (1 serving = 1/2c cooked grains/ legumes/starches, or 1 slice bread.)	9	6 - 8 servings
Protein Foods (1 serving = 4oz meat or 1c whole grains/legumes.)	4	4 - 6 servings
Added Sugars (Excludes fruit.)	51g	Less than 25 grams

*based on USDA Food Patterns, IOM, WHO, Harvard MyPlate Recommendations

INFLAMMATORY INDEX

(See page 5 for more information)



NUTRIENTS of interest*

(selected based on vitals and nutrient intake)

	Intake	Recommended	% Recommendation	☺ / ☹
Omega-3 Fatty Acids	0.78 g	1.2 g	65%	☹
Vitamin K	52 mcg	120 mcg	43%	☹
Vitamin B12	3.1 mcg	2.4 mcg	129%	☺
Magnesium	280 mg	420 mg	67%	☹
Calcium	1128 mg	1000 mg	113%	☺
Fiber	22 g	38 g	58%	☹
Probiotics	No	Yes	n/a	☹

*based on RDA/AI. Depending on the nutrient and your current health situation, under/overconsumption may not indicate a problem. Please consult a qualified healthcare provider for interpretation.

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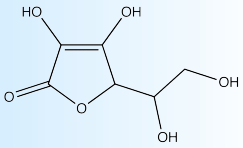

OPTIMIZING your nutrients of interest...

ω-3 Omega-3 Fatty Acids

+++ Wild Caught Salmon
+++ Halibut
+++ Mackerel
+++ Anchovies
+ Grass-Fed Beef
+ Grass-Fed bison
+ Walnuts
+ Flax Seeds
+ Chia Seeds
+ Hemp Seeds
+ Canola Oil (cold-pressed)

$K_{1,2}$ Vitamin K

+++ Kale
+++ Spinach
+++ Collards
+++ Chard
+++ Other Leafy greens
+++ Broccoli
+++ Parsley
++ Soybeans
++ Peas
+ Kidney Beans
+ Green Beans

Mg Magnesium

+++ Yellow Corn
+++ Oat Bran
+++ Pumpkin Seeds
+++ Brazil Nuts
+++ Chia Seeds
+++ Sunflower Seeds
++ Other Nuts/Seeds
++ Artichoke
++ Spinach
+ Quinoa
+ Potato (w/ Skin)
+ Okra

Probiotics

+++ Greek Yogurt
+++ Kefir
+++ Sauer Kraut
+++ Tempeh
+++ Miso
+++ Kimchi
+++ Kombucha
+++ Fermented Vegetables
+ Pickled Vegetables

Fiber

+++ Green Vegetables
+++ Colored Vegetables
+++ Brown Rice
+++ Quinoa
+++ Lentils
++ Bran
+ Whole Grain Breads
++ Fresh Fruits
+++ Beans
+++ Wild Rice
+++ Farro
+++ Oatmeal
+ Nuts & Seeds

Key
+++ = Very Strong Source of specified nutrient
++ = Strong Source of specified nutrient
+ = Moderate Source of specified nutrient

* Please note that these food lists do not include every possible food source of the nutrient. They are a collection of popular sources.

**For more information on your report and about specific nutrients, please visit our website at: http://www.ViTLnutrition.com/nutrientanalysis

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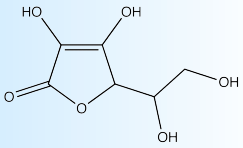

Inflammatory Index

Inflammation is a crucial process in your body for dealing with stress, fighting illness, and repairing tissues that are damaged daily. But, too much inflammation can be hard on your body, both physically and mentally. Below are some nutrition tips to support the restorative process of inflammation and avoid the dangers of a chronic inflammatory state.

AOX Anti-Oxidants

Optimize your intake of anti-oxidant vitamins and minerals such as Vitamins A, C, E and Selenium.

+++ Green Vegetables
+++ Colored Vegetables
++ Fresh Fruits
++ Nuts & Seeds

Probiotics

Include sources of probiotics in your diet at least a few times a week.

+++ Greek Yogurt
+++ Kefir
+++ Sauer Kraut
+++ Tempeh
+++ Miso
+++ Kimchi
+++ Kombucha
+++ Fermented Vegetables
+ Pickled Vegetables

Fiber

Opt for fiber-rich, whole foods over their more refined counterparts.

+++ Green Vegetables
+++ Colored Vegetables
+++ Brown Rice
+++ Quinoa
+++ Lentils
++ Bran
+ Whole Grain Breads
++ Fresh Fruits
+++ Beans
+++ Wild Rice
+++ Farro
+++ Oatmeal
+ Nuts & Seeds

FAT Healthful Fats

Optimize your intake of mono- and poly-unsaturated fatty acids.

+++ Olive Oil
+++ Nuts & Seeds
+++ Avocado
+++ Coconut
++ Flax, Sesame, & Canola Oil
+++ Wild-Caught Fish
+ Free-Range Poultry & Eggs
+ Grass-Fed Beef
+ Grass-Fed Butter
+ Bison

CHO Carbohydrates

Choose carbohydrate sources that come from whole foods and lack added sugar.

+++ Fresh Fruits
+++ Brown Rice
+++ Quinoa
+++ Lentils
++ Corn
+ Whole Grain Breads
+ Whole-Wheat Flour
+++ Beans
+++ Wild Rice
+++ Farro
+++ Peas
+++ Oatmeal
++ Potatoes
+ Buckwheat Flour

Spices & Herbs

Add some flavor to your favorite dishes and spice up your life!

+++ Cinnamon
+++ Paprika
+++ Cayenne
+++ Cumin
+++ Turmeric
+++ Basil
+++ Rosemary
+++ Thyme
+++ Cilantro
+++ Parsley

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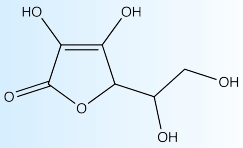

NUTRIENT ANALYSIS

Nutrients	Value	Rcmd	% Rcmd	Nutrients	Value	Rcmd	% Rcmd
Basic Components				Biotin (mcg)	--	30.00	
Gram Weight (g)	--			Vitamin C (mg)	--	90.00	
Calories (kcal)	--	2578.00		Vitamin D - IU (IU)	--		
Calories from Fat (kcal)	--	721.84		Vitamin D - mcg (mcg)	--	15.00	
Calories from SatFat (kcal)	--	232.02		Vitamin E - Alpha-Toco (mg)	--	15.00	
Protein (g)	--	79.47		Folate (mcg)	--	400.00	
Carbohydrates (g)	--	322.25		Folate, DFE (mcg)	--	400.00	
Dietary Fiber (g)	--	38.00		Vitamin K (mcg)	--	120.00	
Soluble Fiber (g)	--			Pantothenic Acid (mg)	--	5.00	
Total Sugars (g)	--			Minerals			
Monosaccharides (g)	--			Calcium (mg)	--	1000.00	
Disaccharides (g)	--			Chromium (mcg)	--	35.00	
Other Carbs (g)	--			Copper (mg)	--	0.90	
Fat (g)	--	80.20		Fluoride (mg)	--	4.00	
Saturated Fat (g)	--	25.78		Iodine (mcg)	--	150.00	
Mono Fat (g)	--	28.64		Iron (mg)	--	8.00	
Poly Fat (g)	--	25.78		Magnesium (mg)	--	420.00	
Trans Fatty Acid (g)	--			Manganese (mg)	--	2.30	
Cholesterol (mg)	--	300.00		Molybdenum (mcg)	--	45.00	
Water (g)	--	3700.00		Phosphorus (mg)	--	700.00	
Vitamins				Potassium (mg)	--	4700.00	
Vitamin A - IU (IU)	--			Selenium (mcg)	--	55.00	
Vitamin A - RAE (RAE)	--	900.00		Sodium (mg)	--	2300.00	
Carotenoid RE (RE)	--			Zinc (mg)	--	11.00	
Retinol RE (RE)	--			Poly Fats			
Beta-Carotene (mcg)	--			Omega 3 Fatty Acid (g)	--	2.96	
Vitamin B1 (mg)	--	1.20		Omega 6 Fatty Acid (g)	--	17.00	
Vitamin B2 (mg)	--	1.30		Other Nutrients			
Vitamin B3 (mg)	--	16.00		Alcohol (g)	--		
Vitamin B3 - Niacin Equiv (mg)	--	16.00		Caffeine (mg)	--		
Vitamin B6 (mg)	--	1.30		Choline (mg)	--	550.00	
Vitamin B12 (mcg)	--	2.40					

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