ViTL Nutrition

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

NUTRIENT ANALYSIS

TRANSFORMING THE COMPLEX SCIENCE OF NUTRITION.

SAMPLE REPORT
SAMPLE REPORT

© ViTL Nutrition 2016

ViTL Nutrition

NUTRIENT DASHBOARD

VITALS

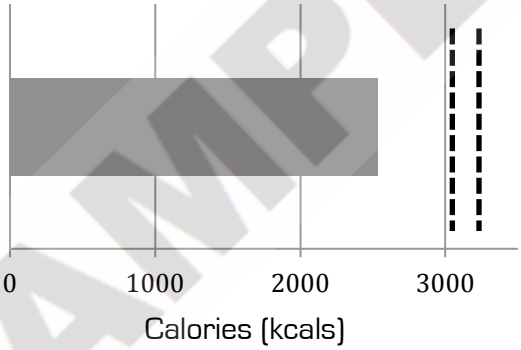
Avg. Height: 5'8"
Avg. Weight: 149lbs
Avg. Age: 14.8
Sex: Male

Occupation: Student
Sport: Hockey

Generated: 5/10/16

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

ENERGY



Recommended Intake:
Avg.: 3074 - 3274 calories
Range: 2862 – 4038 calories

Current intake:
Avg.: 2534 calories
Std. Dev.: +/- 869 calories
# of players meeting needs: 3/11

Intake for 1lb weight gain/wk:
3574 - 3774 calories

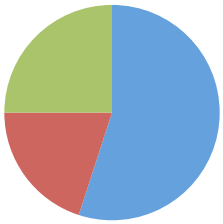
Intake for 2lb weight gain/wk:
4074 - 4274 calories

MACRONUTRIENTS

Current intake:

	% of calories
Carbohydrate:	47%
Protein:	21%
Fat:	32%

Recommended intake:



	% of calories
Carbohydrate:	50 - 65%
Protein:	20 - 30%
Fat:	25 - 35%

% Calories from fat

Current intake:		Recommended intake:
Saturated Fat:	11.6%	[5 - 10%]
Monounsaturated Fat:	8.5%	[10-15%]
Polyunsaturated Fat:	5.4%	[5 - 10%]

Protein

Current intake: 131g

Recommended intake:
1.5g/kg = 102g
2.0g/kg = 135g

Omega-6:Omega-3 ratio

Current: 10:1
Recommended: 3:1

Water (including from food)

Current intake: 3.0L
Recommended intake: 4.0L

Fiber

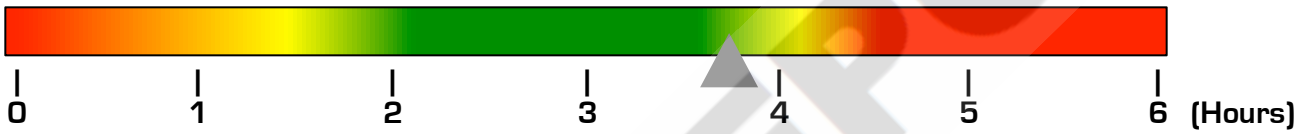
Current intake: 22g
Recommended intake: 38g

© ViTL Nutrition 2016

SAMPLE REPORT

NUTRIENT TIMING

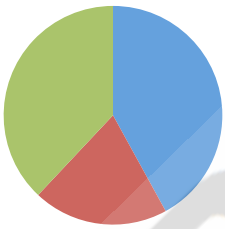
Energy Frequency (time between meals/snacks)



Frequency of intake gaps greater than 4 hours: 55%

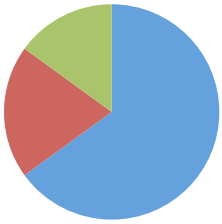
Pre-Exercise Meal (2-4 hours pre-exercise)

Current intake:



	% of calories
Carbohydrate:	42%
Protein:	20%
Fat:	38%

Recommended intake:



	% of calories
Carbohydrate:	55 - 70%
Protein:	15 - 30%
Fat:	10 - 25%

Pre-Exercise Snack* (30-60 minutes pre-exercise)

	Current intake:	Recommended:
Carbohydrate:	38g	[40-60g]
Protein:	26g	[5-10g]
Fat:	08g	[0-3g]
Fiber:	06g	[0-5g]
Water:	N/A	[16oz]

**2/11 players ate within 60 minutes of exercise*

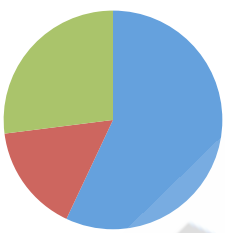
Post-Exercise Snack (within 30 minutes of exercise)

	Current intake:	Recommended:
Carbohydrate:	53g	[60-80g]
Protein:	19g	[15-25g]

Frequency of intake within 30 minutes:
4/11 players

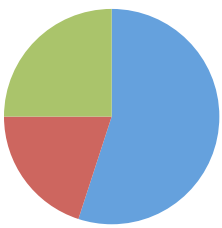
Breakfast

Current intake:
431 calories
# of players meeting needs: 4/11



	% of calories
Carbohydrate:	57%
Protein:	16%
Fat:	27%

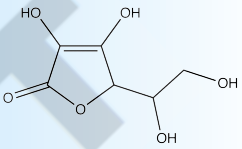
Recommended intake:
635 - 794 calories



	% of calories
Carbohydrate:	50 - 65%
Protein:	20 - 30%
Fat:	25 - 35%

SAMPLE REPORT

© ViTL Nutrition 2016



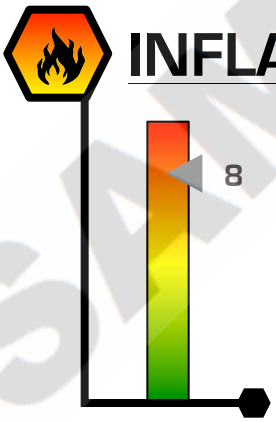
FOOD GROUPS

	Current Intake	Recommended Intake (for 3200kcals)
Fruits (1 serving = 1c fruit or 1/2c dried fruit. Excludes fruit juice.)	1.0	2-3 servings
Vegetables (1 serving = 1c, or 2c raw leafy greens.)	0.5	At least 4 servings
Grains/Legumes/Starches (1 serving = 1/2c cooked grains/ legumes/starches or cereal, 1 sl. bread, 1 handful crackers.)	8	12 - 15 servings
Protein Foods (1 serving = 4oz meat or 1c whole grains/legumes/dairy.)	5.5	4 - 6 servings
Added Sugars (Excludes fruit.)	90g	Less than 25 grams

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

INFLAMMATORY INDEX

(See page 5 for more information)

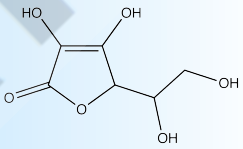


NUTRIENTS of interest* (selected based on vitals and nutrient intake)

	Intake	Recommended	% Recommendation	☺ / ☹
Omega-3 Fatty Acids	1.18 g	3.1 g	39%	☹
Vitamin K	46 mcg	75 mcg	61%	☹
Vitamin D	265 IU	600 IU	44%	☹
Potassium	2886 mg	4700 mg	61%	☹
Magnesium	291 mg	410 mg	71%	☹
Calcium	1487 mg	1300 mg	114%	☺
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.

SAMPLE REPORT



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

D Vitamin D

+ Salmon
+ Tuna
+ Milk
+ Cheese
+ Egg yolks
+ Mushrooms
+ Fortified Orange Juice & Cereals
+ Summer Sunlight
+ Supplements

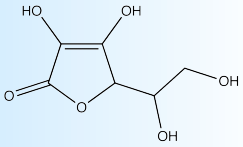
K Potassium

+++ Spinach
+++ Chard
+++ Broccoli
++ Kale
++ Potatoes
++ Legumes
++ Crimini Mushrooms
+ Avocado
+ Bananas
+ Oranges
+ Berries

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.

SAMPLE REPORT



Inflammatory Index

Inflammation is a crucial process in your body for dealing with stress, fighting illness, and repairing tissues that are damaged during workouts. 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.

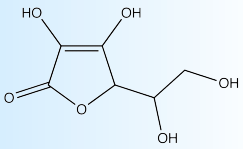
+++ Fresh Fruits
+++ Brown Rice
+++ Quinoa
+++ Lentils
++ Corn
+ Whole Grain Breads
+ Whole-Wheat Flour
+++ Beans
+++ Wild Rice
+++ Farro
+++ Peas
+++ Oatmeal
++ Potatoes
+ Buckwheat Flour

Spices & Herbs

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

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

© ViTL Nutrition 2016



NUTRIENT ANALYSIS

Nutrients	Value	Rcmd	% Rcmd	Nutrients	Value	Rcmd	% Rcmd
Basic Components				Biotin (mcg)	33.28	25.00	133.12%
Gram Weight (g)	1806.79			Vitamin C (mg)	99.80	75.00	133.06%
Calories (kcal)	2533.86	3064.13	82.69%	Vitamin D - IU (IU)	265.18		
Calories from Fat (kcal)	826.92	857.96	96.38%	Vitamin D - mcg (mcg)	5.98	15.00	39.85%
Calories from SatFat (kcal)	294.75	275.77	106.88%	Vitamin E - Alpha-Toco (mg)	8.42	15.00	56.15%
Protein (g)	130.57	57.52	226.97%	Folate (mcg)	444.11	400.00	111.03%
Carbohydrates (g)	307.42	421.32	72.97%	Folate, DFE (mcg)	482.07	400.00	120.52%
Dietary Fiber (g)	21.96	42.90	51.19%	Vitamin K (mcg)	93.88	75.00	125.18%
Soluble Fiber (g)	2.30			Pantothenic Acid (mg)	4.97	5.00	99.42%
Total Sugars (g)	115.35			Minerals			
Monosaccharides (g)	14.95			Calcium (mg)	1487.15	1300.00	114.40%
Disaccharides (g)	29.77			Chromium (mcg)	4.76	35.00	13.59%
Other Carbs (g)	144.42			Copper (mg)	1.12	0.89	125.40%
Fat (g)	91.95	95.33	96.46%	Fluoride (mg)	0.07	3.00	2.47%
Saturated Fat (g)	32.75	30.64	106.88%	Iodine (mcg)	103.44	150.00	68.96%
Mono Fat (g)	23.82	34.05	69.97%	Iron (mg)	19.71	11.00	179.14%
Poly Fat (g)	15.07	30.64	49.19%	Magnesium (mg)	290.78	410.00	70.92%
Trans Fatty Acid (g)	0.90			Manganese (mg)	2.59	2.20	117.63%
Cholesterol (mg)	389.45	300.00	129.82%	Molybdenum (mcg)	19.18	43.00	44.61%
Water (g)	871.44	3300.00	26.41%	Phosphorus (mg)	1612.52	1250.00	129.00%
Vitamins				Potassium (mg)	2885.53	4700.00	61.39%
Vitamin A - IU (IU)	7074.28			Selenium (mcg)	100.50	55.00	182.73%
Vitamin A - RAE (RAE)	779.83	900.00	86.65%	Sodium (mg)	4406.60	2300.00	191.59%
Carotenoid RE (RE)	483.61			Zinc (mg)	13.64	11.00	123.98%
Retinol RE (RE)	539.11			Poly Fats			
Beta-Carotene (mcg)	1873.54			Omega 3 Fatty Acid (g)	1.18	3.06	38.50%
Vitamin B1 (mg)	1.98	1.20	164.62%	Omega 6 Fatty Acid (g)	11.63	27.24	42.69%
Vitamin B2 (mg)	2.49	1.30	191.57%	Other Nutrients			
Vitamin B3 (mg)	29.35	16.00	183.46%	Alcohol (g)	0		
Vitamin B3 - Niacin Equiv (mg)	42.04	16.00	262.72%	Caffeine (mg)	9.80		
Vitamin B6 (mg)	2.27	1.30	174.85%	Choline (mg)	314.48	550.00	57.18%
Vitamin B12 (mcg)	6.58	2.40	274.22%				

*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.

SAMPLE REPORT

© ViTL Nutrition 2016