

chico, csu /
 Profile: KH
 Intake and DRI Goals Compared

! Nutrient	DRI	Intake	0%	50%	100%
<u>energy</u>					
<u>Kilocalories</u>	2747 kcal	1590.79 kcal			58%
<u>Carbohydrate</u>	309 - 446 g	250.15 g			
<u>Fat, Total</u>	61 - 107 g	39.95 g			
<u>Protein(g/kg/day)</u>	97.79 g	65.25 g			67%
<u>fat</u>					
<u>Saturated Fat</u>	< 10%	16.6 g			
<u>Monounsaturated Fat</u>	no rec	6.13 g			
<u>Polyunsaturated Fat</u>	no rec	1.88 g			
<u>Cholesterol</u>	300 mg	111.08 mg			37%
<u>efa</u>					
<u>Omega-6 Linoleic</u>	13 g	1.75 g			13%
<u>Omega-3 Linolenic</u>	1.4 g	0.12 g			9%
<u>carbs</u>					
<u>Dietary Fiber, Total</u>	28 g	18.71 g			67%
<u>Sugar, Total</u>	no rec	151.63 g			
<u>other</u>					
<u>Water</u>	3 L	1.89 L			63%
<u>Alcohol</u>	no rec	0 g			
<u>vitamins</u>					
<u>Thiamin</u>	1.4 mg	12.08 mg			863%
<u>Riboflavin</u>	1.4 mg	12.15 mg			868%
! <u>Niacin</u>	18 mg	125.09 mg			695%
<u>Vitamin B6</u>	1.9 mg	7.3 mg			384%
<u>Vitamin B12</u>	2.6 mcg	11.73 mcg			451%
<u>Folate (DFE)</u>	600 mcg	126.68 mcg			21%
<u>Vitamin C</u>	85 mg	394.92 mg			465%
<u>Vitamin D (ug)</u>	5 mcg	10 mcg			200%
<u>Vitamin A (RAE)</u>	770 mcg	136.72 mcg			18%
<u>Vitamin A (IU)</u>	2565 IU	18517.54 IU			722%
<u>alpha-tocopherol (Vit E)</u>	15 mg	10.42 mg			69%
<u>minerals</u>					
<u>Calcium</u>	1000 mg	904 mg			90%
<u>Iron</u>	27 mg	24.03 mg			89%
<u>Magnesium</u>	360 mg	285.4 mg			79%
<u>Potassium</u>	4700 mg	1451.85 mg			31%
<u>Zinc</u>	11 mg	9.25 mg			84%
<u>Sodium</u>	1500 mg	1928.84 mg			129%