



Female18 W65 H165 PAL-Mod Lactating

ANALYSIS SUMMARY

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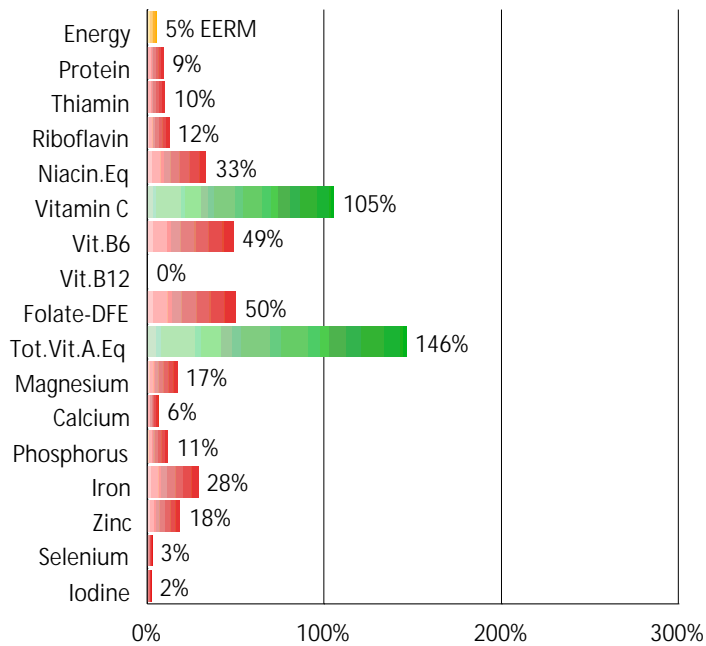
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5	59	9%	<EAR, <RDI
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI
Ash (g)	2			
Thiamin (mg)	0.11	1.20	10%	<EAR, <RDI
Riboflavin (mg)	0.16	1.30	12%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	13.00	33%	<EAR, <RDI
Vitamin C (mg)	61.02	58.00	105%	<RDI
Vitamin E (mg)	3.67			<AI
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82	1.70	49%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.40	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	450.00	50%	<EAR, <RDI
Total vitamin A equivalents (µg)	1140.58	780.00	146%	
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI
Magnesium (mg)	49.81	300.00	17%	<EAR, <RDI
Calcium (mg)	65.16	1050.00	6%	<EAR, <RDI
Phosphorus (mg)	119.72	1055.00	11%	<EAR, <RDI
Iron (mg)	1.99	7.00	28%	<EAR, <RDI
Zinc (mg)	1.65	9.00	18%	<EAR, <RDI
Selenium (µg)	1.65	65.00	3%	<EAR, <RDI
Iodine (µg)	3.59	190.00	2%	<EAR, <RDI
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
kJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			<AI
F18D2CN6 linoleic (g)	0.73			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.05			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED KJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

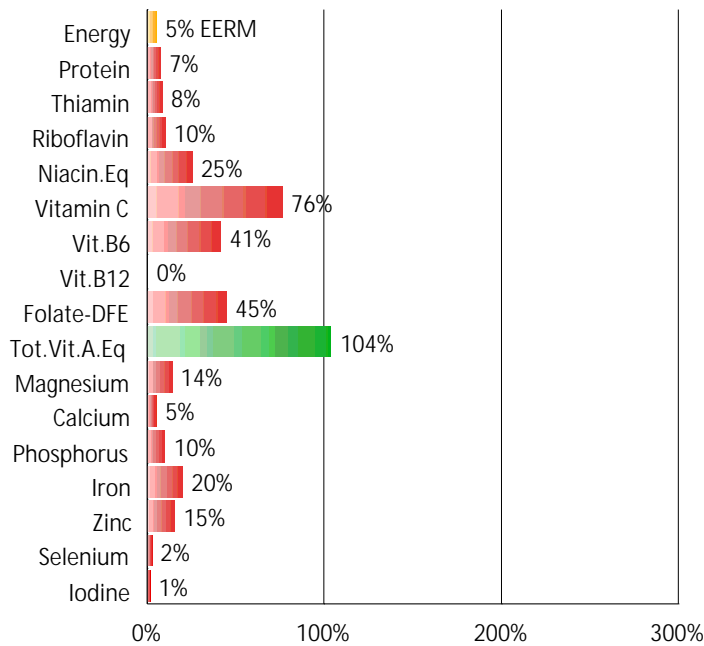
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	59	9%
Thiamin (mg)	0.11	1.20	10%
Riboflavin (mg)	0.16	1.30	12%
Niacin equivalents (mg)	4.30	13.00	33%
Vitamin C (mg)	61.02	58.00	105%
Vitamin B6 (by analysis) (mg)	0.82	1.70	49%
Vitamin B12 (µg)	0.00	2.40	0%
Folate, total DFE (µg)	224.06	450.00	50%
Total vitamin A equivalents (µg)	1140.58	780.00	146%
Magnesium (mg)	49.81	300.00	17%
Calcium (mg)	65.16	1050.00	6%
Phosphorus (mg)	119.72	1055.00	11%
Iron (mg)	1.99	7.00	28%
Zinc (mg)	1.65	9.00	18%
Selenium (µg)	1.65	65.00	3%
Iodine (µg)	3.59	190.00	2%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

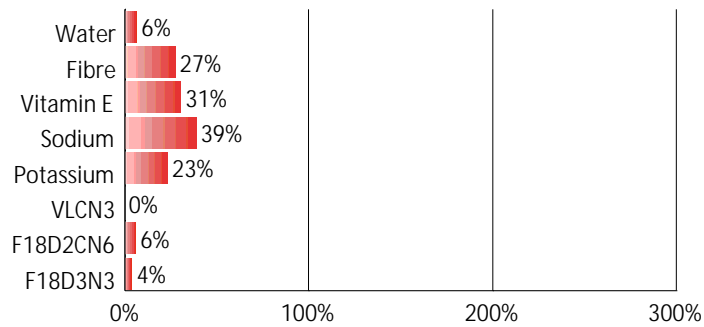
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	72	7%
Thiamin (mg)	0.11	1.40	8%
Riboflavin (mg)	0.16	1.60	10%
Niacin equivalents (mg)	4.30	17.00	25%
Vitamin C (mg)	61.02	80.00	76%
Vitamin B6 (by analysis) (mg)	0.82	2.00	41%
Vitamin B12 (µg)	0.00	2.80	0%
Folate, total DFE (µg)	224.06	500.00	45%
Total vitamin A equivalents (µg)	1140.58	1100.00	104%
Magnesium (mg)	49.81	360.00	14%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.72	1250.00	10%
Iron (mg)	1.99	10.00	20%
Zinc (mg)	1.65	11.00	15%
Selenium (µg)	1.65	75.00	2%
Iodine (µg)	3.59	270.00	1%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

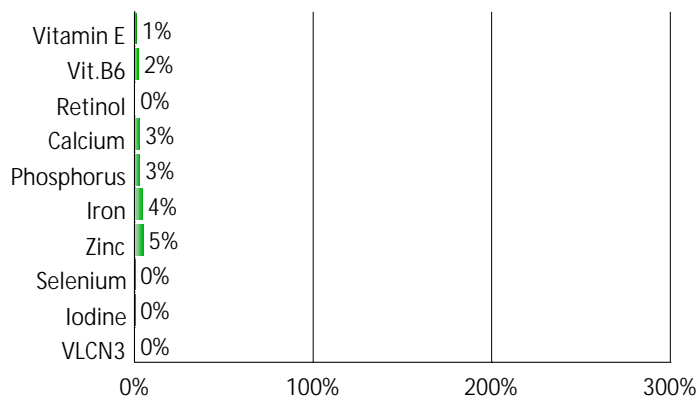
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	2900	6%
Dietary fibre (g)	7	27	27%
Vitamin E (mg)	3.67	12.00	31%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	3200.00	23%
Very long chain N3 fatty acids (g)	0.00	0.14	0%
F18D2CN6 linoleic (g)	0.73	12.00	6%
F18D3N3 alpha-linolenic (ALA) (g)	0.05	1.20	4%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

UPPER LEVEL OF INTAKE (UL)



	Avg/Day	UL	UL(%)
Vitamin E (mg)	3.67	300.00	1%
Vitamin B6 (by analysis) (mg)	0.82	40.00	2%
Retinol (µg)	0.00	2800.00	0%
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.72	4000.00	3%

	Avg/Day	UL	UL(%)
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	35.00	5%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	900.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

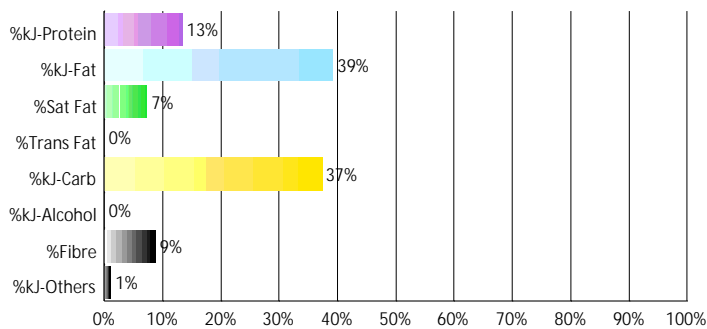
GOALS (MINIMUMS)

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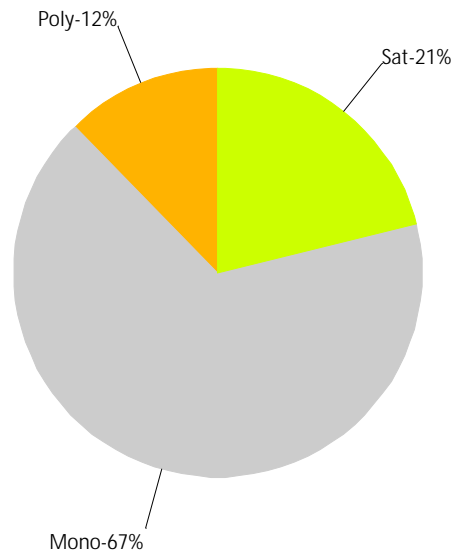
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
Woolworths Home Brand Diced	6.6
Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66

Ingredient	Weight(%)
Tomato paste	0.55
Salt	0.18
Pepper	0.01

Female 18 W65 H165 PAL-Mod Tri 1

ANALYSIS SUMMARY

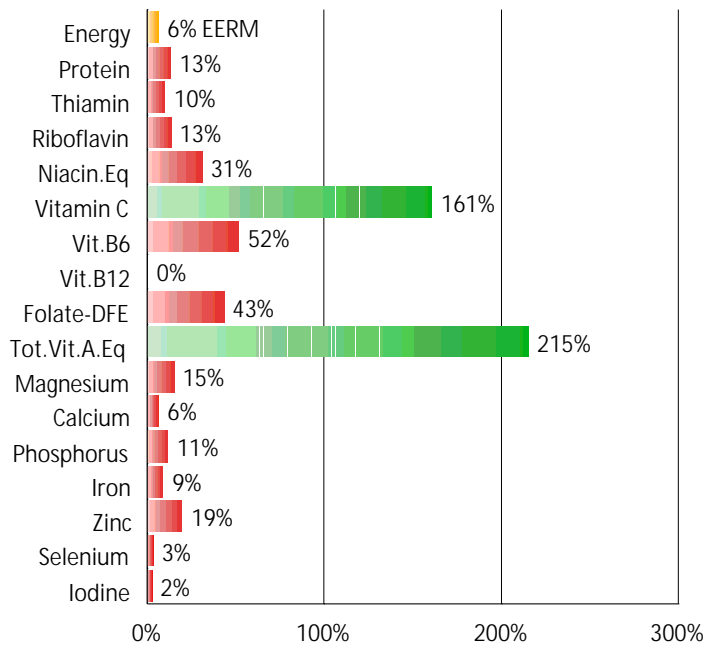
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5	40	13%	<EAR, <RDI
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI
Ash (g)	2			
Thiamin (mg)	0.11	1.20	10%	<EAR, <RDI
Riboflavin (mg)	0.16	1.20	13%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	14.00	31%	<EAR, <RDI
Vitamin C (mg)	61.02	38.00	161%	
Vitamin E (mg)	3.67			<AI
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82	1.60	52%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.20	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	520.00	43%	<EAR, <RDI
Total vitamin A equivalents (µg)	1140.58	530.00	215%	
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI
Magnesium (mg)	49.81	335.00	15%	<EAR, <RDI
Calcium (mg)	65.16	1050.00	6%	<EAR, <RDI
Phosphorus (mg)	119.72	1055.00	11%	<EAR, <RDI
Iron (mg)	1.99	23.00	9%	<EAR, <RDI
Zinc (mg)	1.65	8.50	19%	<EAR, <RDI
Selenium (µg)	1.65	55.00	3%	<EAR, <RDI
Iodine (µg)	3.59	160.00	2%	<EAR, <RDI
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
kJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			<AI
F18D2CN6 linoleic (g)	0.73			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.05			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED KJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 1, Moderate Activity

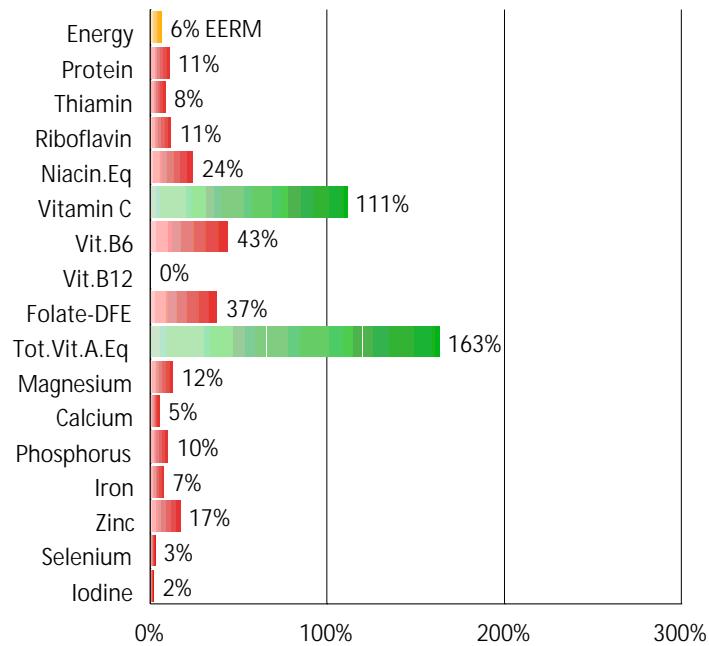
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	40	13%
Thiamin (mg)	0.11	1.20	10%
Riboflavin (mg)	0.16	1.20	13%
Niacin equivalents (mg)	4.30	14.00	31%
Vitamin C (mg)	61.02	38.00	161%
Vitamin B6 (by analysis) (mg)	0.82	1.60	52%
Vitamin B12 (µg)	0.00	2.20	0%
Folate, total DFE (µg)	224.06	520.00	43%
Total vitamin A equivalents (µg)	1140.58	530.00	215%
Magnesium (mg)	49.81	335.00	15%
Calcium (mg)	65.16	1050.00	6%
Phosphorus (mg)	119.72	1055.00	11%
Iron (mg)	1.99	23.00	9%
Zinc (mg)	1.65	8.50	19%
Selenium (µg)	1.65	55.00	3%
Iodine (µg)	3.59	160.00	2%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 1, Moderate Activity

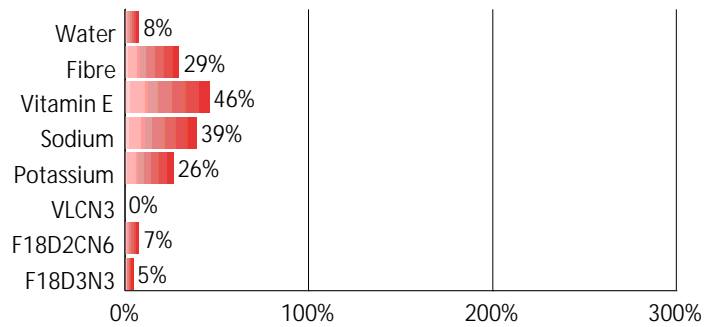
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	50	11%
Thiamin (mg)	0.11	1.40	8%
Riboflavin (mg)	0.16	1.40	11%
Niacin equivalents (mg)	4.30	18.00	24%
Vitamin C (mg)	61.02	55.00	111%
Vitamin B6 (by analysis) (mg)	0.82	1.90	43%
Vitamin B12 (µg)	0.00	2.60	0%
Folate, total DFE (µg)	224.06	600.00	37%
Total vitamin A equivalents (µg)	1140.58	700.00	163%
Magnesium (mg)	49.81	400.00	12%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.72	1250.00	10%
Iron (mg)	1.99	27.00	7%
Zinc (mg)	1.65	10.00	17%
Selenium (µg)	1.65	65.00	3%
Iodine (µg)	3.59	220.00	2%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 1, Moderate Activity

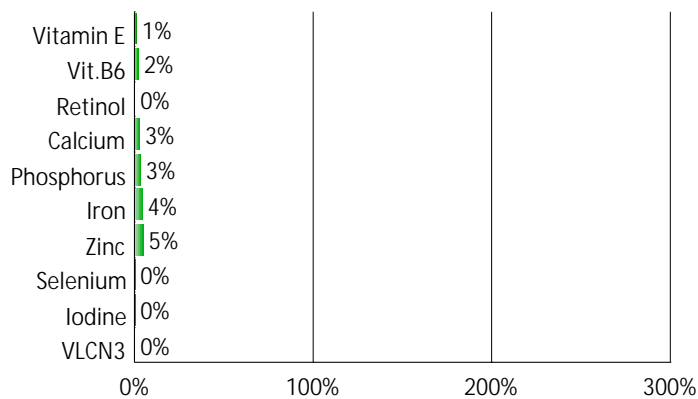
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	2400	8%
Dietary fibre (g)	7	25	29%
Vitamin E (mg)	3.67	8.00	46%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	2800.00	26%
Very long chain N3 fatty acids (g)	0.00	0.11	0%
F18D2CN6 linoleic (g)	0.73	10.00	7%
F18D3N3 alpha-linolenic (ALA) (g)	0.05	1.00	5%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 1, Moderate Activity

UPPER LEVEL OF INTAKE (UL)



	Avg/Day	UL	UL(%)
Vitamin E (mg)	3.67	300.00	1%
Vitamin B6 (by analysis) (mg)	0.82	40.00	2%
Retinol (µg)	0.00	2800.00	0%
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.72	3500.00	3%

	Avg/Day	UL	UL(%)
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	35.00	5%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	900.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 1, Moderate Activity

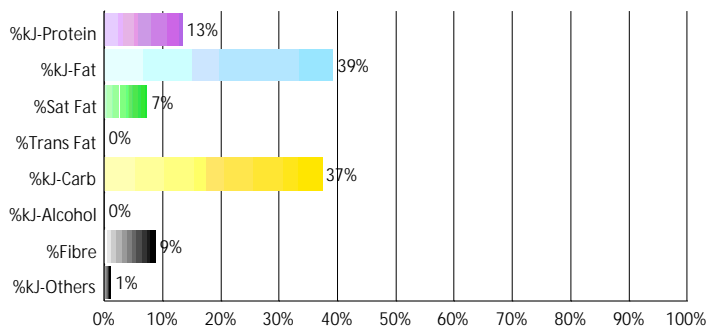
GOALS (MINIMUMS)

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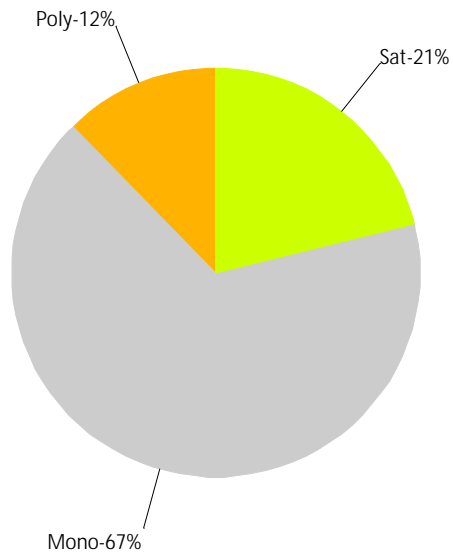
GOALS (MAXIMUMS)

Unable to show graph - no values

RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
Woolworths Home Brand Diced	6.6
Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66

Ingredient	Weight(%)
Tomato paste	0.55
Salt	0.18
Pepper	0.01

Female 18 W65 H165 PAL-Mod Tri 2

ANALYSIS SUMMARY

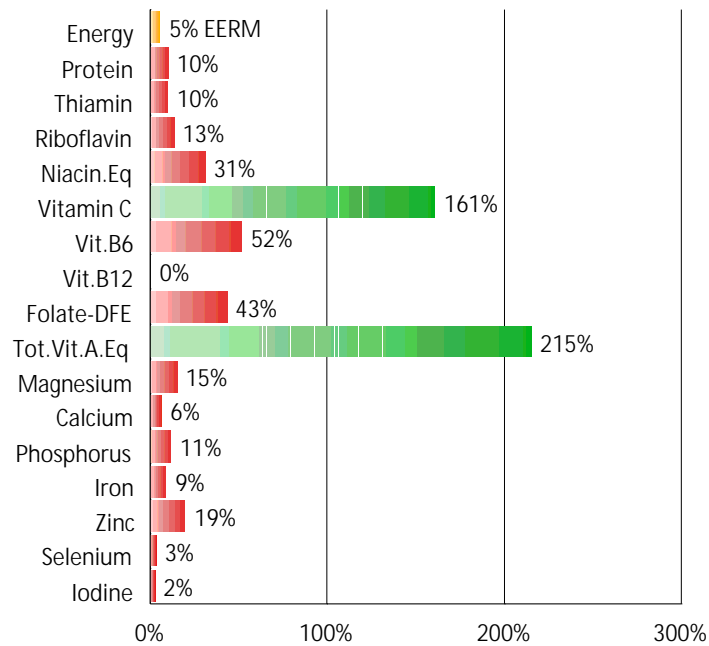
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5	53	10%	<EAR, <RDI
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI
Ash (g)	2			
Thiamin (mg)	0.11	1.20	10%	<EAR, <RDI
Riboflavin (mg)	0.16	1.20	13%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	14.00	31%	<EAR, <RDI
Vitamin C (mg)	61.02	38.00	161%	
Vitamin E (mg)	3.67			<AI
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82	1.60	52%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.20	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	520.00	43%	<EAR, <RDI
Total vitamin A equivalents (µg)	1140.58	530.00	215%	
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI
Magnesium (mg)	49.81	335.00	15%	<EAR, <RDI
Calcium (mg)	65.16	1050.00	6%	<EAR, <RDI
Phosphorus (mg)	119.72	1055.00	11%	<EAR, <RDI
Iron (mg)	1.99	23.00	9%	<EAR, <RDI
Zinc (mg)	1.65	8.50	19%	<EAR, <RDI
Selenium (µg)	1.65	55.00	3%	<EAR, <RDI
Iodine (µg)	3.59	160.00	2%	<EAR, <RDI
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
kJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			<AI
F18D2CN6 linoleic (g)	0.73			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.05			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED KJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 2, Moderate Activity

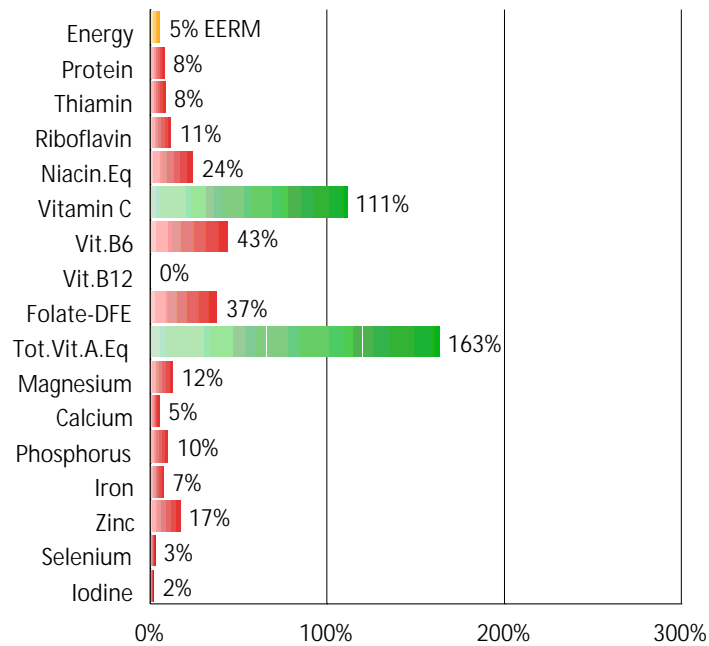
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	53	10%
Thiamin (mg)	0.11	1.20	10%
Riboflavin (mg)	0.16	1.20	13%
Niacin equivalents (mg)	4.30	14.00	31%
Vitamin C (mg)	61.02	38.00	161%
Vitamin B6 (by analysis) (mg)	0.82	1.60	52%
Vitamin B12 (µg)	0.00	2.20	0%
Folate, total DFE (µg)	224.06	520.00	43%
Total vitamin A equivalents (µg)	1140.58	530.00	215%
Magnesium (mg)	49.81	335.00	15%
Calcium (mg)	65.16	1050.00	6%
Phosphorus (mg)	119.72	1055.00	11%
Iron (mg)	1.99	23.00	9%
Zinc (mg)	1.65	8.50	19%
Selenium (µg)	1.65	55.00	3%
Iodine (µg)	3.59	160.00	2%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 2, Moderate Activity

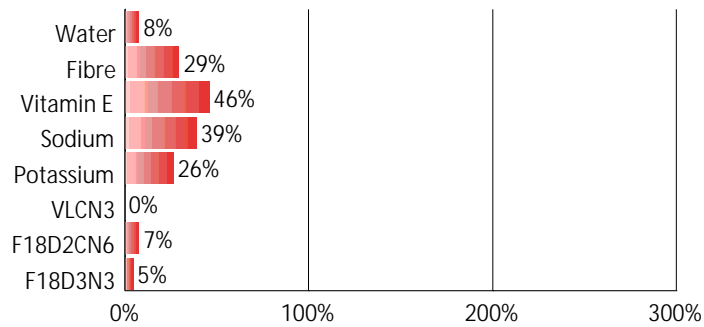
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	66	8%
Thiamin (mg)	0.11	1.40	8%
Riboflavin (mg)	0.16	1.40	11%
Niacin equivalents (mg)	4.30	18.00	24%
Vitamin C (mg)	61.02	55.00	111%
Vitamin B6 (by analysis) (mg)	0.82	1.90	43%
Vitamin B12 (µg)	0.00	2.60	0%
Folate, total DFE (µg)	224.06	600.00	37%
Total vitamin A equivalents (µg)	1140.58	700.00	163%
Magnesium (mg)	49.81	400.00	12%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.72	1250.00	10%
Iron (mg)	1.99	27.00	7%
Zinc (mg)	1.65	10.00	17%
Selenium (µg)	1.65	65.00	3%
Iodine (µg)	3.59	220.00	2%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 2, Moderate Activity

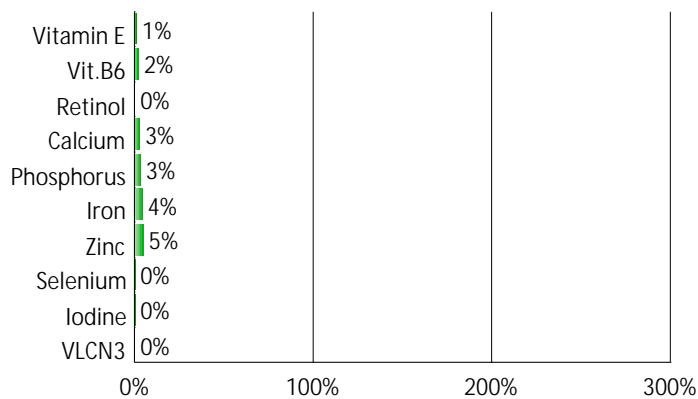
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	2400	8%
Dietary fibre (g)	7	25	29%
Vitamin E (mg)	3.67	8.00	46%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	2800.00	26%
Very long chain N3 fatty acids (g)	0.00	0.11	0%
F18D2CN6 linoleic (g)	0.73	10.00	7%
F18D3N3 alpha-linolenic (ALA) (g)	0.05	1.00	5%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 2, Moderate Activity

UPPER LEVEL OF INTAKE (UL)



	Avg/Day	UL	UL(%)
Vitamin E (mg)	3.67	300.00	1%
Vitamin B6 (by analysis) (mg)	0.82	40.00	2%
Retinol (µg)	0.00	2800.00	0%
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.72	3500.00	3%

	Avg/Day	UL	UL(%)
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	35.00	5%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	900.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Trimester 2, Moderate Activity

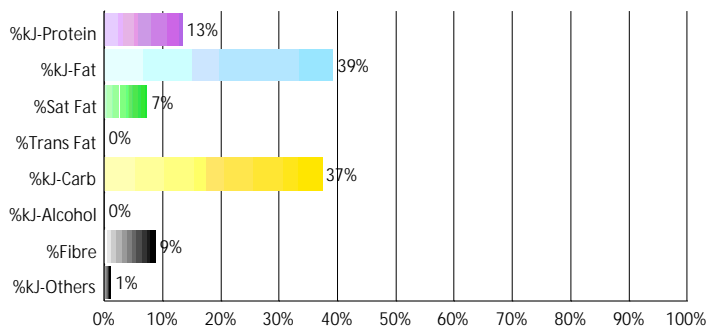
GOALS (MINIMUMS)

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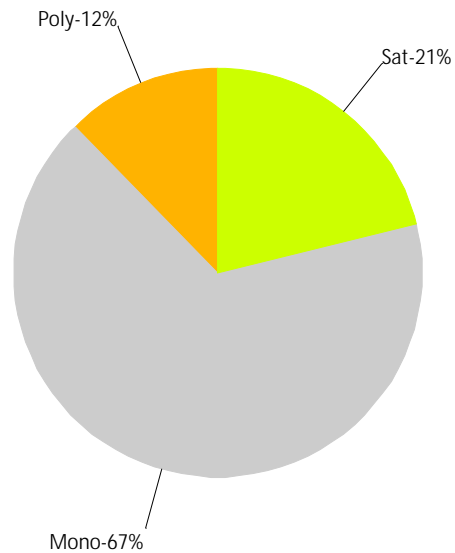
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
Woolworths Home Brand Diced	6.6
Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66

Ingredient	Weight(%)
Tomato paste	0.55
Salt	0.18
Pepper	0.01

Female18 W65 H165 PAL-Mod Lactating

ANALYSIS SUMMARY

	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5			
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			
Alcohol (g)	0			
Dietary fibre (g)	7			
Ash (g)	2			
Thiamin (mg)	0.11			
Riboflavin (mg)	0.16			
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30			
Vitamin C (mg)	61.02			
Vitamin E (mg)	3.67			
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82			
Vitamin B12 (µg)	0.00			
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06			
Total vitamin A equivalents (µg)	1140.58			
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			
Magnesium (mg)	49.81			
Calcium (mg)	65.16			
Phosphorus (mg)	119.72			
Iron (mg)	1.99			
Zinc (mg)	1.65			
Selenium (µg)	1.65			
Iodine (µg)	3.59			
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
KJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			
F18D2CN6 linoleic (g)	0.73			
F18D3N3 alpha-linolenic (ALA) (g)	0.05			
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED KJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

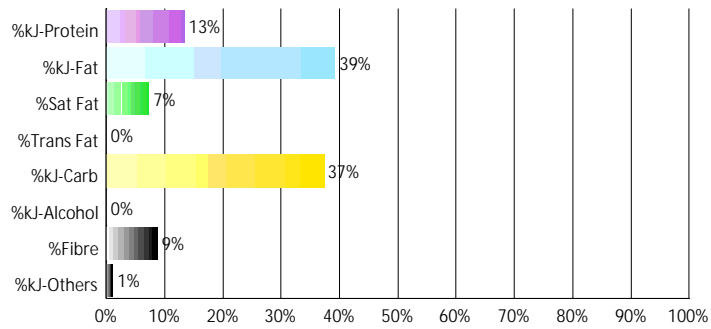
GOALS (MINIMUMS)

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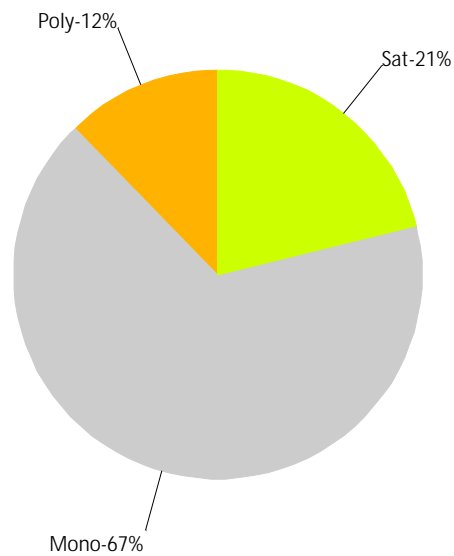
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
Woolworths Home Brand Diced	6.6
Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66
Tomato paste	0.55
Salt	0.18
Pepper	0.01

Female 18 W65 H165 PAL-Mod

ANALYSIS SUMMARY

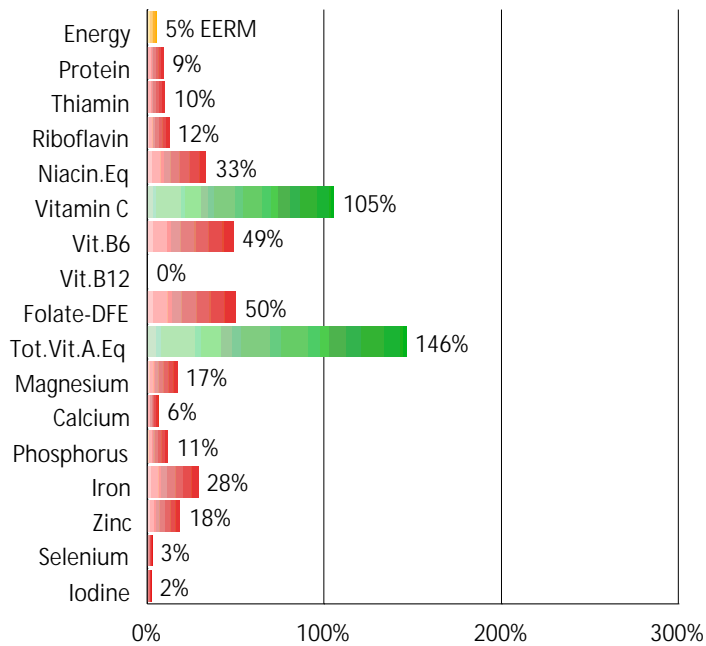
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5	59	9%	<EAR, <RDI
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI
Ash (g)	2			
Thiamin (mg)	0.11	1.20	10%	<EAR, <RDI
Riboflavin (mg)	0.16	1.30	12%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	13.00	33%	<EAR, <RDI
Vitamin C (mg)	61.02	58.00	105%	<RDI
Vitamin E (mg)	3.67			<AI
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82	1.70	49%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.40	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	450.00	50%	<EAR, <RDI
Total vitamin A equivalents (µg)	1140.58	780.00	146%	
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI
Magnesium (mg)	49.81	300.00	17%	<EAR, <RDI
Calcium (mg)	65.16	1050.00	6%	<EAR, <RDI
Phosphorus (mg)	119.72	1055.00	11%	<EAR, <RDI
Iron (mg)	1.99	7.00	28%	<EAR, <RDI
Zinc (mg)	1.65	9.00	18%	<EAR, <RDI
Selenium (µg)	1.65	65.00	3%	<EAR, <RDI
Iodine (µg)	3.59	190.00	2%	<EAR, <RDI
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
kJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			<AI
F18D2CN6 linoleic (g)	0.73			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.05			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED KJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

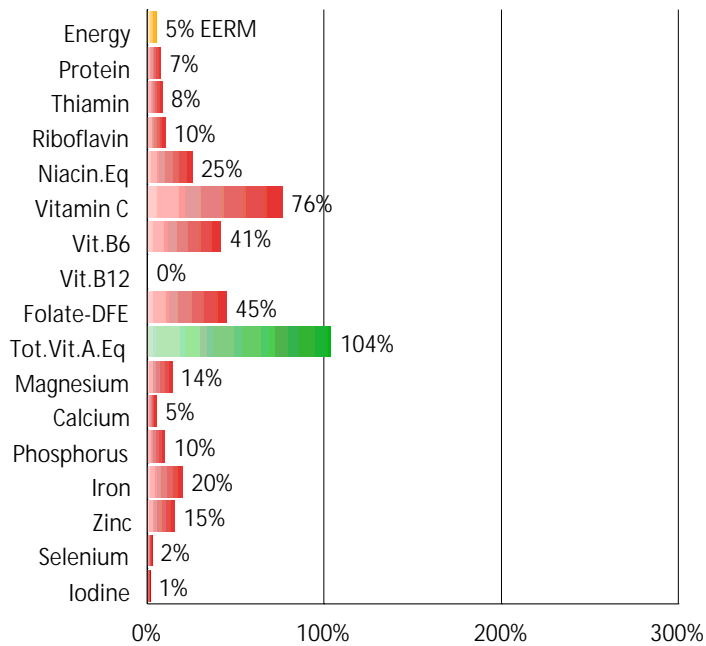
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	59	9%
Thiamin (mg)	0.11	1.20	10%
Riboflavin (mg)	0.16	1.30	12%
Niacin equivalents (mg)	4.30	13.00	33%
Vitamin C (mg)	61.02	58.00	105%
Vitamin B6 (by analysis) (mg)	0.82	1.70	49%
Vitamin B12 (µg)	0.00	2.40	0%
Folate, total DFE (µg)	224.06	450.00	50%
Total vitamin A equivalents (µg)	1140.58	780.00	146%
Magnesium (mg)	49.81	300.00	17%
Calcium (mg)	65.16	1050.00	6%
Phosphorus (mg)	119.72	1055.00	11%
Iron (mg)	1.99	7.00	28%
Zinc (mg)	1.65	9.00	18%
Selenium (µg)	1.65	65.00	3%
Iodine (µg)	3.59	190.00	2%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

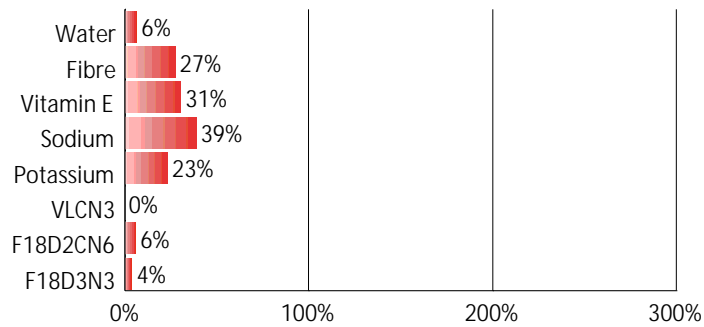
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	72	7%
Thiamin (mg)	0.11	1.40	8%
Riboflavin (mg)	0.16	1.60	10%
Niacin equivalents (mg)	4.30	17.00	25%
Vitamin C (mg)	61.02	80.00	76%
Vitamin B6 (by analysis) (mg)	0.82	2.00	41%
Vitamin B12 (µg)	0.00	2.80	0%
Folate, total DFE (µg)	224.06	500.00	45%
Total vitamin A equivalents (µg)	1140.58	1100.00	104%
Magnesium (mg)	49.81	360.00	14%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.72	1250.00	10%
Iron (mg)	1.99	10.00	20%
Zinc (mg)	1.65	11.00	15%
Selenium (µg)	1.65	75.00	2%
Iodine (µg)	3.59	270.00	1%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

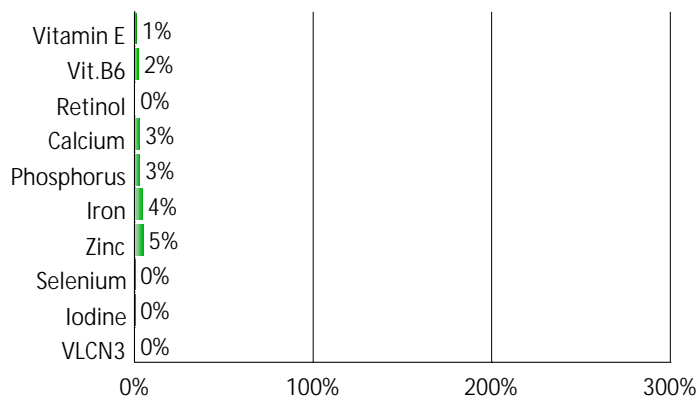
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	2900	6%
Dietary fibre (g)	7	27	27%
Vitamin E (mg)	3.67	12.00	31%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	3200.00	23%
Very long chain N3 fatty acids (g)	0.00	0.14	0%
F18D2CN6 linoleic (g)	0.73	12.00	6%
F18D3N3 alpha-linolenic (ALA) (g)	0.05	1.20	4%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

UPPER LEVEL OF INTAKE (UL)



	Avg/Day	UL	UL(%)
Vitamin E (mg)	3.67	300.00	1%
Vitamin B6 (by analysis) (mg)	0.82	40.00	2%
Retinol (µg)	0.00	2800.00	0%
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.72	4000.00	3%

	Avg/Day	UL	UL(%)
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	35.00	5%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	900.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Female, 18 years, 65 kg, 165 cm, Lactating, Moderate Activity

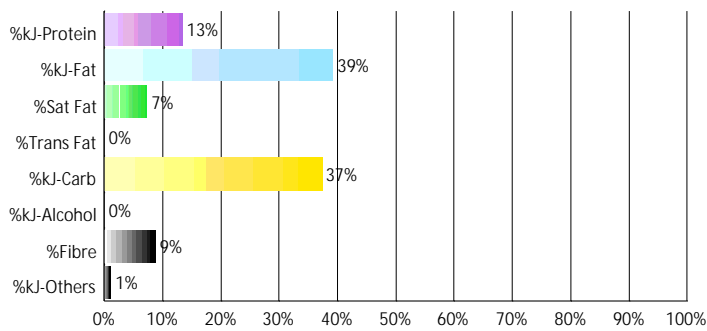
GOALS (MINIMUMS)

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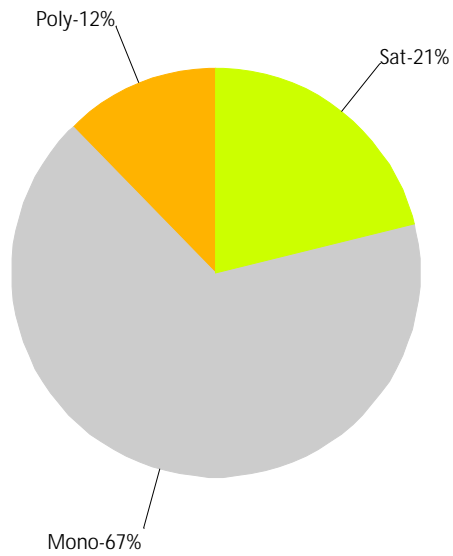
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
Woolworths Home Brand Diced	6.6
Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66

Ingredient	Weight(%)
Tomato paste	0.55
Salt	0.18
Pepper	0.01

Female75 W65 H165 PAL-Mod

ANALYSIS SUMMARY

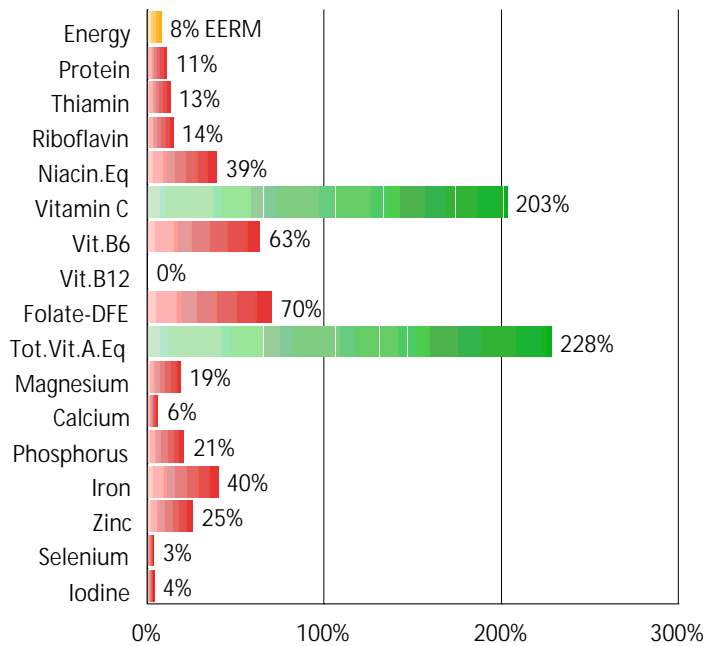
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	225			
Energy (kJ)	756			
Protein (g)	5	49	11%	<EAR, <RDI
Total fat (g)	9			
- Saturated fat (g)	2			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	6			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI, <SDT
Ash (g)	2			
Thiamin (mg)	0.11	0.90	13%	<EAR, <RDI
Riboflavin (mg)	0.16	1.10	14%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	11.00	39%	<EAR, <RDI
Vitamin C (mg)	61.02	30.00	203%	<SDT
Vitamin E (mg)	4.16			<AI, <SDT
Tocopherol, alpha (mg)	3.97			
Vitamin B6 (by analysis) (mg)	0.82	1.30	63%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.00	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	320.00	70%	<EAR, <RDI, <SDT
Total vitamin A equivalents (µg)	1140.62	500.00	228%	<SDT
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.97			
Beta carotene (µg)	6185.88			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI, <SDT
Magnesium (mg)	49.81	265.00	19%	<EAR, <RDI
Calcium (mg)	65.16	1100.00	6%	<EAR, <RDI
Phosphorus (mg)	119.74	580.00	21%	<EAR, <RDI
Iron (mg)	1.99	5.00	40%	<EAR, <RDI
Zinc (mg)	1.65	6.50	25%	<EAR, <RDI
Selenium (µg)	1.65	50.00	3%	<EAR, <RDI
Iodine (µg)	3.59	100.00	4%	<EAR, <RDI
KJ from protein (%)	12			
KJ from fat (%)	46			
kJ from saturated fat (%)	8			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	33			
kJ from alcohol (%)	0			
kJ from fibre (%)	8			
kJ from others (%)	1			
Fat as mono (%)	69			
Fat as poly (%)	12			
Fat as saturated (%)	20			
Very long chain N3 fatty acids (g)	0.00			<AI, <SDT
F18D2CN6 linoleic (g)	0.92			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.06			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED KJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

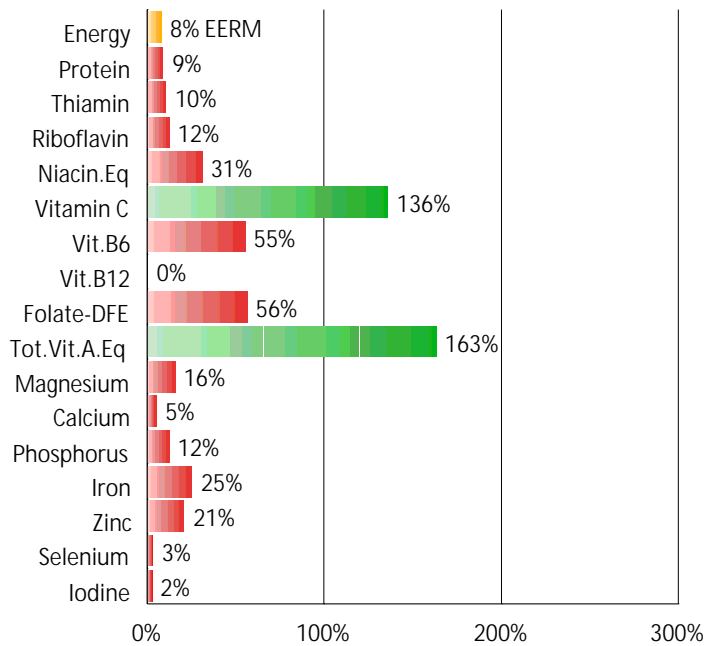
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	49	11%
Thiamin (mg)	0.11	0.90	13%
Riboflavin (mg)	0.16	1.10	14%
Niacin equivalents (mg)	4.30	11.00	39%
Vitamin C (mg)	61.02	30.00	203%
Vitamin B6 (by analysis) (mg)	0.82	1.30	63%
Vitamin B12 (µg)	0.00	2.00	0%
Folate, total DFE (µg)	224.06	320.00	70%
Total vitamin A equivalents (µg)	1140.62	500.00	228%
Magnesium (mg)	49.81	265.00	19%
Calcium (mg)	65.16	1100.00	6%
Phosphorus (mg)	119.74	580.00	21%
Iron (mg)	1.99	5.00	40%
Zinc (mg)	1.65	6.50	25%
Selenium (µg)	1.65	50.00	3%
Iodine (µg)	3.59	100.00	4%

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

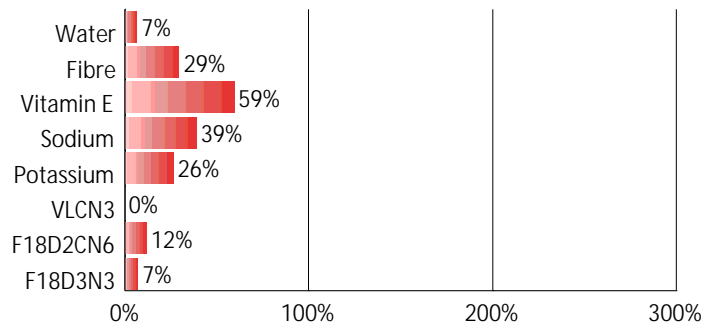
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	61	9%
Thiamin (mg)	0.11	1.10	10%
Riboflavin (mg)	0.16	1.30	12%
Niacin equivalents (mg)	4.30	14.00	31%
Vitamin C (mg)	61.02	45.00	136%
Vitamin B6 (by analysis) (mg)	0.82	1.50	55%
Vitamin B12 (µg)	0.00	2.40	0%
Folate, total DFE (µg)	224.06	400.00	56%
Total vitamin A equivalents (µg)	1140.62	700.00	163%
Magnesium (mg)	49.81	320.00	16%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.74	1000.00	12%
Iron (mg)	1.99	8.00	25%
Zinc (mg)	1.65	8.00	21%
Selenium (µg)	1.65	60.00	3%
Iodine (µg)	3.59	150.00	2%

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

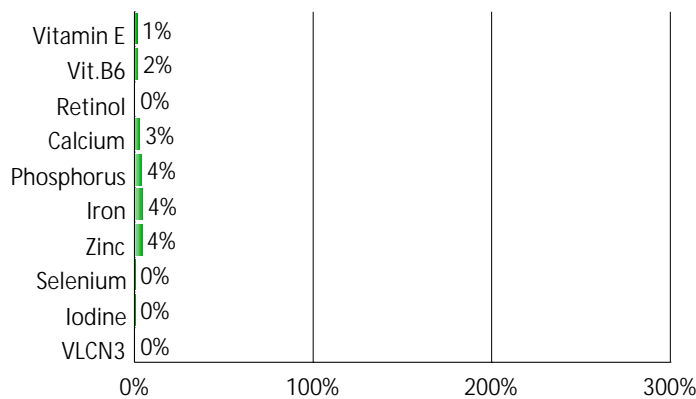
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	2800	7%
Dietary fibre (g)	7	25	29%
Vitamin E (mg)	4.16	7.00	59%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	2800.00	26%
Very long chain N3 fatty acids (g)	0.00	0.09	0%
F18D2CN6 linoleic (g)	0.92	8.00	12%
F18D3N3 alpha-linolenic (ALA) (g)	0.06	0.80	7%

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

UPPER LEVEL OF INTAKE (UL)

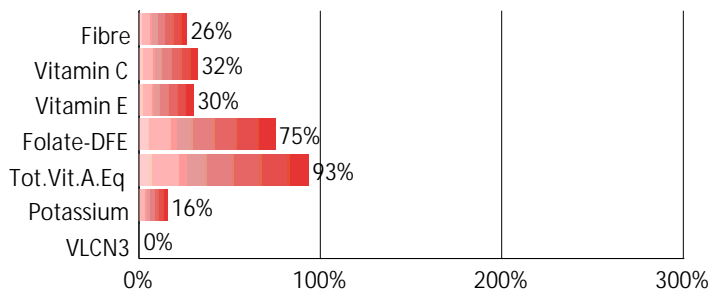


	Avg/Day	UL	UL(%)
Vitamin E (mg)	4.16	300.00	1%
Vitamin B6 (by analysis) (mg)	0.82	50.00	2%
Retinol (µg)	0.00	3000.00	0%
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.74	3000.00	4%

	Avg/Day	UL	UL(%)
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	40.00	4%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	1100.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

SUGGESTED DIETARY TARGETS (MINIMUMS)



	Avg/Day	SDT-Min	(%)
Dietary fibre (g)	7	28	26%
Vitamin C (mg)	61.02	190.00	32%
Vitamin E (mg)	4.16	14.00	30%
Folate, total DFE (µg)	224.06	300.00	75%
Total vitamin A equivalents (µg)	1140.62	1220.00	93%
Potassium (mg)	735.54	4700.00	16%
Very long chain N3 fatty acids (g)	0.00	0.43	0%

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

SUGGESTED DIETARY TARGETS (MAXIMUMS)



	Avg/Day	SDT-Max	(%)
Sodium (mg)	178.36	2000.00	9%

NRVs based on: Female, 75 years, 65 kg, 165 cm, Moderate Activity

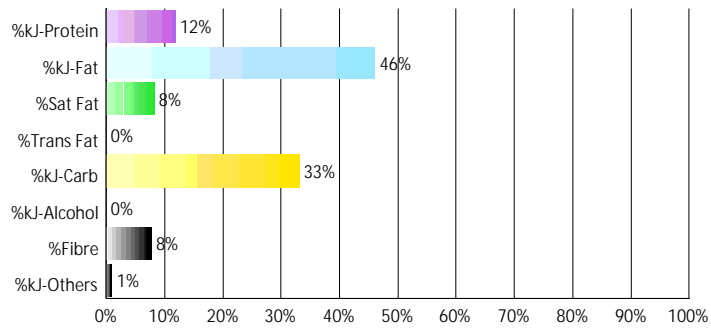
GOALS (MINIMUMS)

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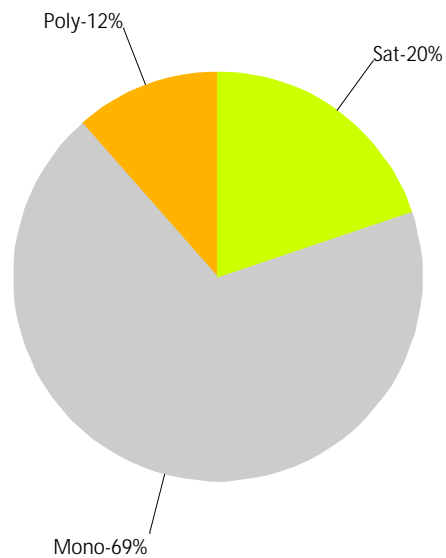
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	27.7
Zucchini	15.9
Eggplant	12.5
Baby spinach	8.9
Avocado	8.9
Woolworths Home Brand Diced	6.5
Carrot	6.0
Capsicum	5.3
Leek	2.39
Oil	1.94
Lotus Savoury Yeast Flakes	1.78
Garlic	0.89
Herbs	0.65
Tomato paste	0.54
Salt	0.18
Pepper	0.01

Male 18 W65 H165 PAL-Mod

ANALYSIS SUMMARY

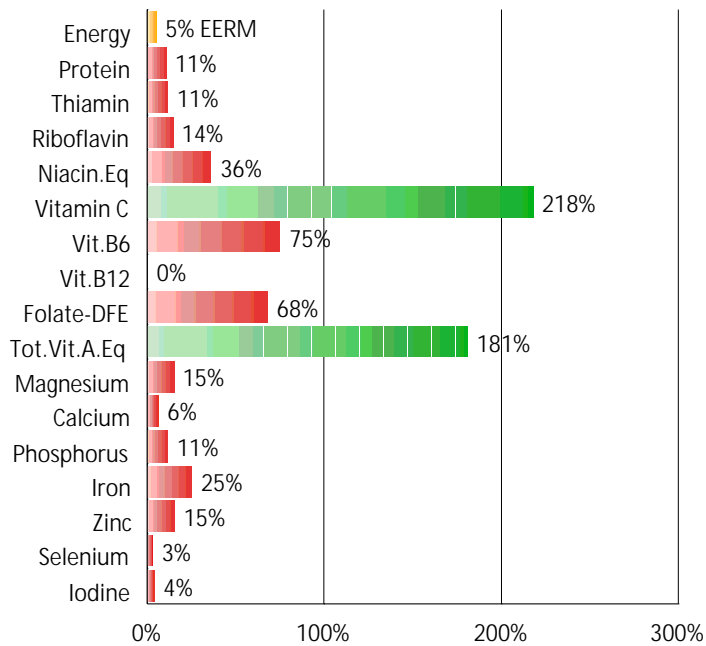
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5	49	11%	<EAR, <RDI
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI, <SDT
Ash (g)	2			
Thiamin (mg)	0.11	1.00	11%	<EAR, <RDI
Riboflavin (mg)	0.16	1.10	14%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	12.00	36%	<EAR, <RDI
Vitamin C (mg)	61.02	28.00	218%	<SDT
Vitamin E (mg)	3.67			<AI, <SDT
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82	1.10	75%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.00	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	330.00	68%	<EAR, <RDI, <SDT
Total vitamin A equivalents (µg)	1140.58	630.00	181%	<SDT
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI, <SDT
Magnesium (mg)	49.81	340.00	15%	<EAR, <RDI
Calcium (mg)	65.16	1050.00	6%	<EAR, <RDI
Phosphorus (mg)	119.72	1055.00	11%	<EAR, <RDI
Iron (mg)	1.99	8.00	25%	<EAR, <RDI
Zinc (mg)	1.65	11.00	15%	<EAR, <RDI
Selenium (µg)	1.65	60.00	3%	<EAR, <RDI
Iodine (µg)	3.59	95.00	4%	<EAR, <RDI
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
kJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			<AI, <SDT
F18D2CN6 linoleic (g)	0.73			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.05			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED kJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Male, 18 years, 65 kg, 165 cm, Moderate Activity

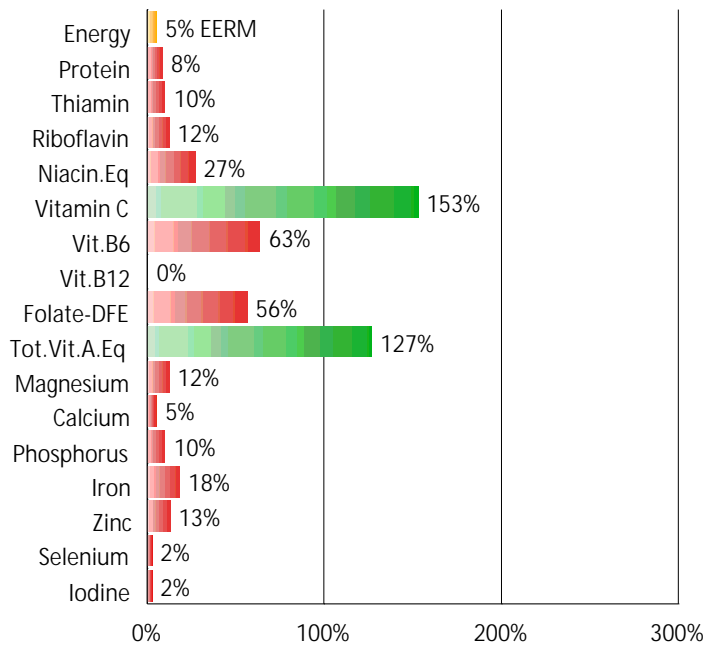
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	49	11%
Thiamin (mg)	0.11	1.00	11%
Riboflavin (mg)	0.16	1.10	14%
Niacin equivalents (mg)	4.30	12.00	36%
Vitamin C (mg)	61.02	28.00	218%
Vitamin B6 (by analysis) (mg)	0.82	1.10	75%
Vitamin B12 (µg)	0.00	2.00	0%
Folate, total DFE (µg)	224.06	330.00	68%
Total vitamin A equivalents (µg)	1140.58	630.00	181%
Magnesium (mg)	49.81	340.00	15%
Calcium (mg)	65.16	1050.00	6%
Phosphorus (mg)	119.72	1055.00	11%
Iron (mg)	1.99	8.00	25%
Zinc (mg)	1.65	11.00	15%
Selenium (µg)	1.65	60.00	3%
Iodine (µg)	3.59	95.00	4%

NRVs based on: Male, 18 years, 65 kg, 165 cm, Moderate Activity

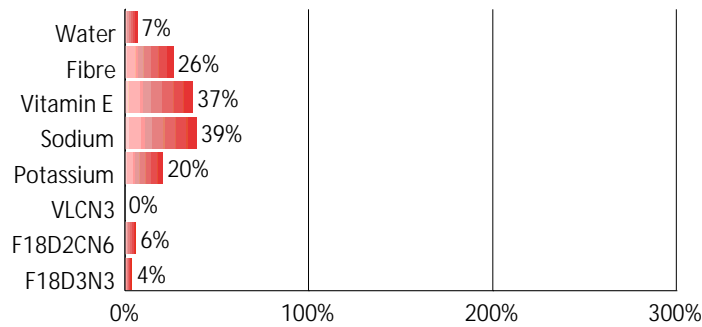
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	64	8%
Thiamin (mg)	0.11	1.20	10%
Riboflavin (mg)	0.16	1.30	12%
Niacin equivalents (mg)	4.30	16.00	27%
Vitamin C (mg)	61.02	40.00	153%
Vitamin B6 (by analysis) (mg)	0.82	1.30	63%
Vitamin B12 (µg)	0.00	2.40	0%
Folate, total DFE (µg)	224.06	400.00	56%
Total vitamin A equivalents (µg)	1140.58	900.00	127%
Magnesium (mg)	49.81	410.00	12%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.72	1250.00	10%
Iron (mg)	1.99	11.00	18%
Zinc (mg)	1.65	13.00	13%
Selenium (µg)	1.65	70.00	2%
Iodine (µg)	3.59	150.00	2%

NRVs based on: Male, 18 years, 65 kg, 165 cm, Moderate Activity

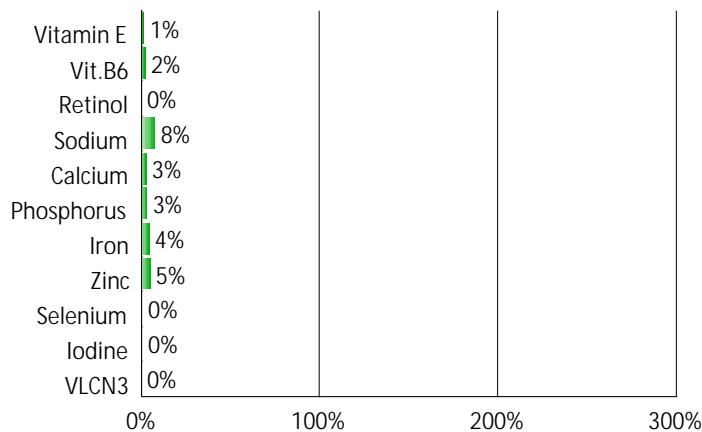
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	2700	7%
Dietary fibre (g)	7	28	26%
Vitamin E (mg)	3.67	10.00	37%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	3600.00	20%
Very long chain N3 fatty acids (g)	0.00	0.13	0%
F18D2CN6 linoleic (g)	0.73	12.00	6%
F18D3N3 alpha-linolenic (ALA) (g)	0.05	1.20	4%

NRVs based on: Male, 18 years, 65 kg, 165 cm, Moderate Activity

UPPER LEVEL OF INTAKE (UL)

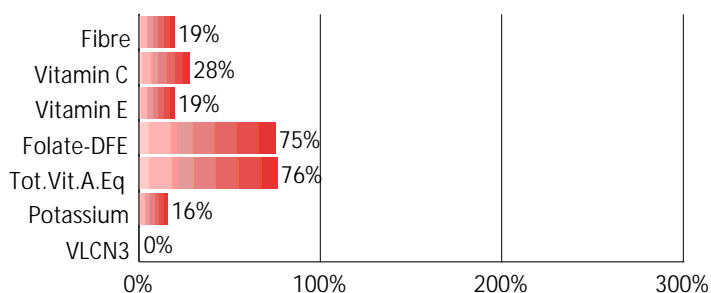


	Avg/Day	UL	UL(%)
Vitamin E (mg)	3.67	250.00	1%
Vitamin B6 (by analysis) (mg)	0.82	40.00	2%
Retinol (µg)	0.00	2800.00	0%
Sodium (mg)	178.36	2300.00	8%

	Avg/Day	UL	UL(%)
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.72	4000.00	3%
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	35.00	5%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	900.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Male, 18 years, 65 kg, 165 cm, Moderate Activity

SUGGESTED DIETARY TARGETS (MINIMUMS)



	Avg/Day	SDT-Min	(%)
Dietary fibre (g)	7	38	19%
Vitamin C (mg)	61.02	220.00	28%
Vitamin E (mg)	3.67	19.00	19%
Folate, total DFE (µg)	224.06	300.00	75%
Total vitamin A equivalents (µg)	1140.58	1500.00	76%
Potassium (mg)	735.54	4700.00	16%
Very long chain N3 fatty acids (g)	0.00	0.61	0%

NRVs based on: Male, 18 years, 65 kg, 165 cm, Moderate Activity

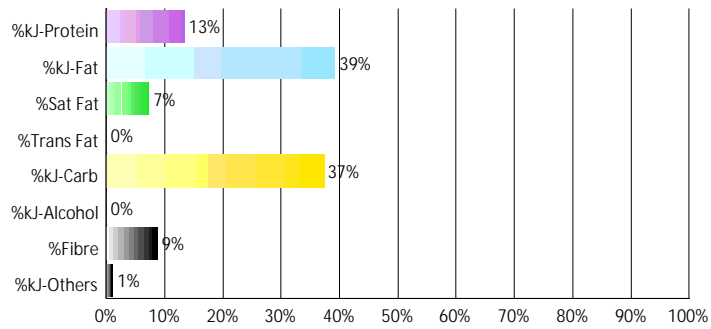
GOALS (MINIMUMS)

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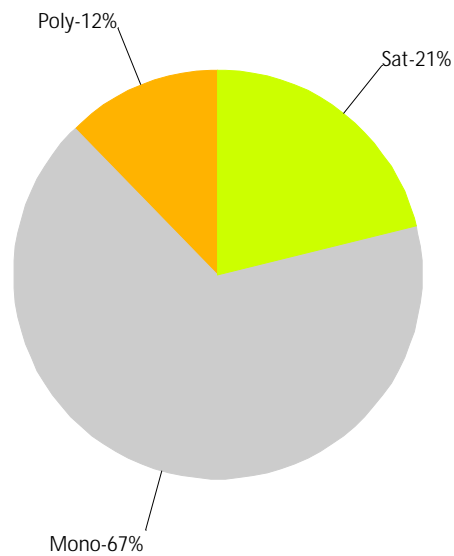
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
Woolworths Home Brand Diced	6.6
Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66
Tomato paste	0.55
Salt	0.18
Pepper	0.01

Male 15 W65 H165 PAL-Mod

ANALYSIS SUMMARY

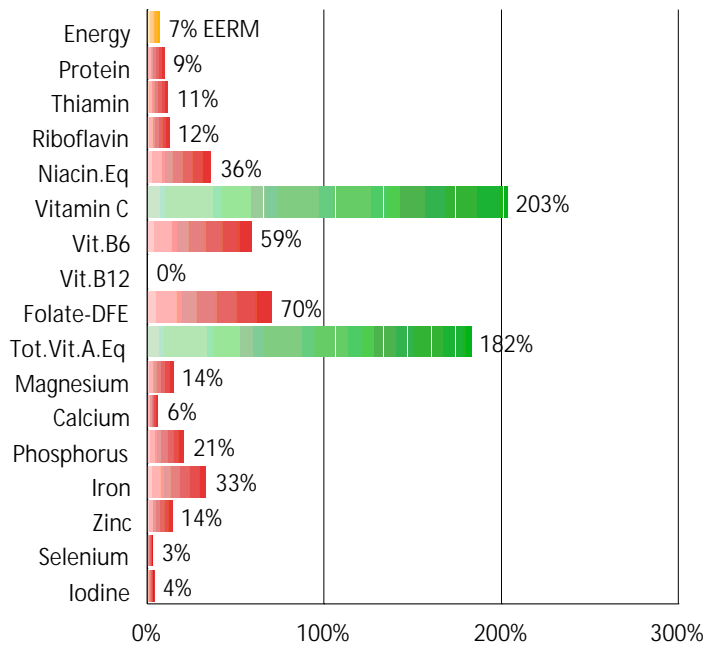
	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	222			
Energy (kJ)	671			
Protein (g)	5	56	9%	<EAR, <RDI
Total fat (g)	7			
- Saturated fat (g)	1			
- Trans Fatty Acids (g)	0			
- Polyunsaturated fat (g)	1			
- Monounsaturated fat (g)	4			
Cholesterol (mg)	0			
Carbohydrate (g)	15			
Sugars (g)	8			
Starch (g)	7			
Water (g)	182			<AI
Alcohol (g)	0			
Dietary fibre (g)	7			<AI, <SDT
Ash (g)	2			
Thiamin (mg)	0.11	1.00	11%	<EAR, <RDI
Riboflavin (mg)	0.16	1.30	12%	<EAR, <RDI
Niacin (mg)	3.16			
Niacin equivalents (mg)	4.30	12.00	36%	<EAR, <RDI
Vitamin C (mg)	61.02	30.00	203%	<SDT
Vitamin E (mg)	3.67			<AI, <SDT
Tocopherol, alpha (mg)	3.58			
Vitamin B6 (by analysis) (mg)	0.82	1.40	59%	<EAR, <RDI
Vitamin B12 (µg)	0.00	2.00	0%	<EAR, <RDI
Total folate (µg)	224.06			
Folic acid (µg)	0.00			
Folate food (µg)	224.06			
Folate, total DFE (µg)	224.06	320.00	70%	<EAR, <RDI, <SDT
Total vitamin A equivalents (µg)	1140.58	625.00	182%	<SDT
Retinol (µg)	0.00			
Beta carotene equivalents (µg)	6842.72			
Beta carotene (µg)	6185.62			
Sodium (mg)	178.36			<AI

	Avg/Day	EAR	EAR(%)	Alerts
Potassium (mg)	735.54			<AI, <SDT
Magnesium (mg)	49.81	350.00	14%	<EAR, <RDI
Calcium (mg)	65.16	1100.00	6%	<EAR, <RDI
Phosphorus (mg)	119.72	580.00	21%	<EAR, <RDI
Iron (mg)	1.99	6.00	33%	<EAR, <RDI
Zinc (mg)	1.65	12.00	14%	<EAR, <RDI
Selenium (µg)	1.65	60.00	3%	<EAR, <RDI
Iodine (µg)	3.59	100.00	4%	<EAR, <RDI
KJ from protein (%)	13			
KJ from fat (%)	39			
kJ from saturated fat (%)	7			
kJ from trans fat (%)	0			
kJ from carbohydrate (%)	37			
kJ from alcohol (%)	0			
kJ from fibre (%)	9			
kJ from others (%)	1			
Fat as mono (%)	67			
Fat as poly (%)	12			
Fat as saturated (%)	21			
Very long chain N3 fatty acids (g)	0.00			<AI, <SDT
F18D2CN6 linoleic (g)	0.73			<AI
F18D3N3 alpha-linolenic (ALA) (g)	0.05			<AI
F20D5N3 eicosapentaenoic (EPA) (g)	0.00			
F22D5N3 docosapentaenoic (DPA) (g)	0.00			
F22D6N3 docosahexaenoic (DHA) (g)	0.00			
Tryptophan (g)	0			
GRAINS (serve)	0.0			
- Refined (serve)	0.0			
- Wholegrains (serve)	0.0			
· Wholegrains percent (%)	0			
FRUIT (serve)	0.0			
- Citrus, melons & berries (serve)	0.0			
- Other fruit (serve)	0.0			
- Fruit juice (serve)	0.0			
· Fruit juice percent (%)	0			
VEGETABLES (serve)	3.0			
- Dark green vegetables (serve)	0.2			
- Red & orange vegetables (serve)	1.8			
- Tomatoes (serve)	0.1			
- Other red & orange vegetables (serve)	1.7			
- Starchy vegetables (serve)	0.0			

	Avg/Day	EAR	EAR(%)	Alerts
- Potatoes (serve)	0.0			
- Other starchy vegetables (serve)	0.0			
· Starchy vegetables percent (%)	0			
- Legumes (serve)	0.0			
- Other vegetables (serve)	1.0			
PROTEIN FOODS (serve)	0.0			
- Red meats (serve)	0.0			
- Poultry (serve)	0.0			
- Eggs (serve)	0.0			
- Processed meats (serve)	0.0			
- Organ meats (serve)	0.0			
- Seafood high in LC N-3 (serve)	0.0			
- Seafood low in LC N-3 (serve)	0.0			
- Nuts & seeds (serve)	0.0			
- Legumes (serve)	0.0			
- Soy products (serve)	0.0			
DAIRY (serve)	0.0			
- Milk (serve)	0.0			
- Cheese (serve)	0.0			
- Yoghurt (serve)	0.0			
- Milk alternatives (serve)	0.0			
OIL EQUIVALENTS (tsp)	2			
SOLID FAT EQUIVALENTS (tsp)	0			
ADDED SUGARS (tsp)	0			
· kJ from added sugars (kJ)	0			
· kJ from added sugars percent (%)	0			
ALCOHOLIC DRINKS (sd)	0.0			
UNCLASSIFIED WEIGHT (g)	0.0			
· Unclassified weight percent (%)	0			
UNCLASSIFIED kJ (kJ)	0.0			
· Unclassified kJ percent (%)	0			
Caffeine (mg)	0			

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

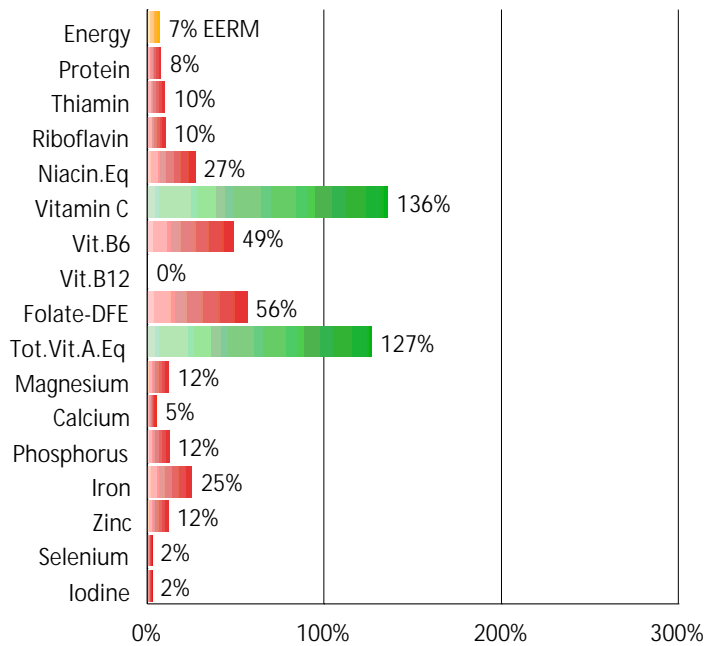
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	5	56	9%
Thiamin (mg)	0.11	1.00	11%
Riboflavin (mg)	0.16	1.30	12%
Niacin equivalents (mg)	4.30	12.00	36%
Vitamin C (mg)	61.02	30.00	203%
Vitamin B6 (by analysis) (mg)	0.82	1.40	59%
Vitamin B12 (µg)	0.00	2.00	0%
Folate, total DFE (µg)	224.06	320.00	70%
Total vitamin A equivalents (µg)	1140.58	625.00	182%
Magnesium (mg)	49.81	350.00	14%
Calcium (mg)	65.16	1100.00	6%
Phosphorus (mg)	119.72	580.00	21%
Iron (mg)	1.99	6.00	33%
Zinc (mg)	1.65	12.00	14%
Selenium (µg)	1.65	60.00	3%
Iodine (µg)	3.59	100.00	4%

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

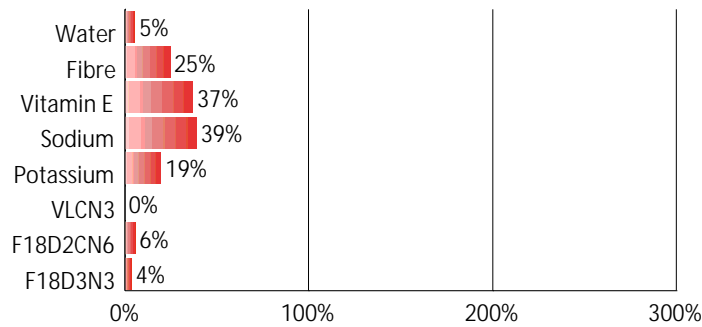
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	5	70	8%
Thiamin (mg)	0.11	1.20	10%
Riboflavin (mg)	0.16	1.60	10%
Niacin equivalents (mg)	4.30	16.00	27%
Vitamin C (mg)	61.02	45.00	136%
Vitamin B6 (by analysis) (mg)	0.82	1.70	49%
Vitamin B12 (µg)	0.00	2.40	0%
Folate, total DFE (µg)	224.06	400.00	56%
Total vitamin A equivalents (µg)	1140.58	900.00	127%
Magnesium (mg)	49.81	420.00	12%
Calcium (mg)	65.16	1300.00	5%
Phosphorus (mg)	119.72	1000.00	12%
Iron (mg)	1.99	8.00	25%
Zinc (mg)	1.65	14.00	12%
Selenium (µg)	1.65	70.00	2%
Iodine (µg)	3.59	150.00	2%

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

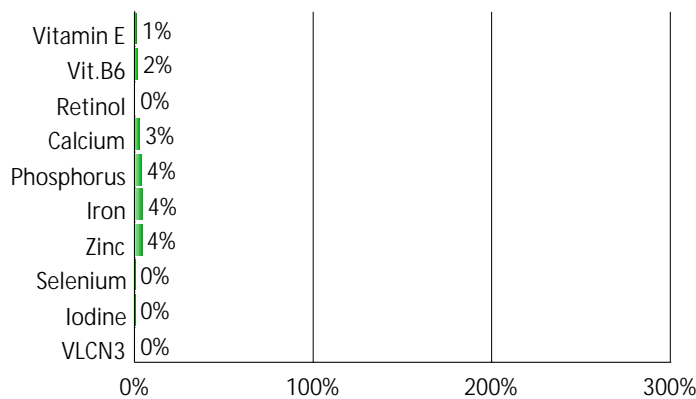
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	182	3400	5%
Dietary fibre (g)	7	30	25%
Vitamin E (mg)	3.67	10.00	37%
Sodium (mg)	178.36	460.00	39%
Potassium (mg)	735.54	3800.00	19%
Very long chain N3 fatty acids (g)	0.00	0.16	0%
F18D2CN6 linoleic (g)	0.73	13.00	6%
F18D3N3 alpha-linolenic (ALA) (g)	0.05	1.30	4%

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

UPPER LEVEL OF INTAKE (UL)

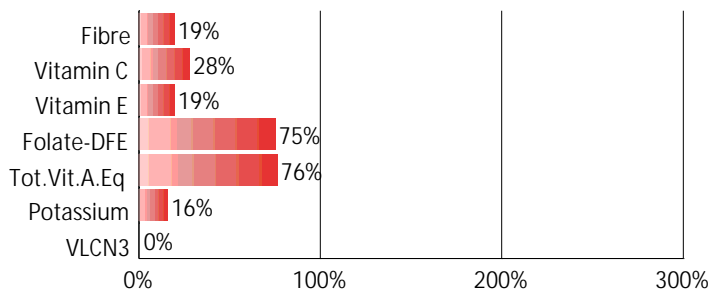


	Avg/Day	UL	UL(%)
Vitamin E (mg)	3.67	300.00	1%
Vitamin B6 (by analysis) (mg)	0.82	50.00	2%
Retinol (µg)	0.00	3000.00	0%
Calcium (mg)	65.16	2500.00	3%
Phosphorus (mg)	119.72	3000.00	4%

	Avg/Day	UL	UL(%)
Iron (mg)	1.99	45.00	4%
Zinc (mg)	1.65	40.00	4%
Selenium (µg)	1.65	400.00	0%
Iodine (µg)	3.59	1100.00	0%
Very long chain N3 fatty acids (g)	0.00	3.00	0%

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

SUGGESTED DIETARY TARGETS (MINIMUMS)



	Avg/Day	SDT-Min	(%)
Dietary fibre (g)	7	38	19%
Vitamin C (mg)	61.02	220.00	28%
Vitamin E (mg)	3.67	19.00	19%
Folate, total DFE (µg)	224.06	300.00	75%
Total vitamin A equivalents (µg)	1140.58	1500.00	76%
Potassium (mg)	735.54	4700.00	16%
Very long chain N3 fatty acids (g)	0.00	0.61	0%

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

SUGGESTED DIETARY TARGETS (MAXIMUMS)



	Avg/Day	SDT-Max	(%)
Sodium (mg)	178.36	2000.00	9%

NRVs based on: Male, 75 years, 65 kg, 165 cm, Moderate Activity

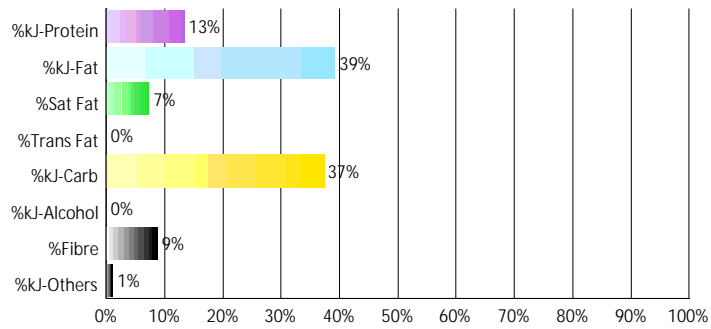
GOALS (MINIMUMS)

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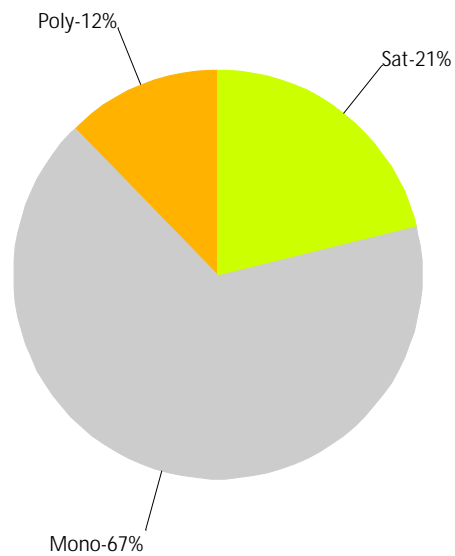
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Sweet potato	28.0
Zucchini	16.0
Eggplant	12.6
Baby spinach	9.0
Avocado	9.0
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Carrot	6.0
Capsicum	5.3
Leek	2.41
Lotus Savoury Yeast Flakes	1.80
Oil	0.93
Garlic	0.90
Herbs	0.66
Tomato paste	0.55
Salt	0.18
Pepper	0.01