

## NDSR 2009 Recommended Dietary Allowances/Adequate Intake Report

Recipe Name: march 4

Project Abbreviation: intakes

Recipe ID: mar4

Date of Entry: 03/04/2010

**Life Stage Group: Females, Age 31-50 y**

Nutrient	Amount Reported	RDA	%RDA	AI
Vitamin A	1795 mcg RAE	700 mcg RAE	256 %	
Vitamin C	358.665 mg	75 mg	478 %	
Vitamin D	1.317 mcg			5 mcg
Vitamin E	12.172 mg	15 mg	81 %	
Vitamin K	810.877 mcg			90 mcg
Thiamin	2.016 mg	1.1 mg	183 %	
Riboflavin	1.373 mg	1.1 mg	125 %	
Niacin	29.247 mg NE	14 mg NE	209 %	
Vitamin B6	1.871 mg	1.3 mg	144 %	
Folate	1183 mcg DFE	400 mcg DFE	296 %	
Vitamin B12	1.533 mcg	2.4 mcg	64 %	
Pantothenic Acid	5.595 mg			5 mg
Choline	322.462 mg			425 mg
Calcium	777 mg			1000 mg
Copper	2933 mcg	900 mcg	326 %	
Iron	21.209 mg	18 mg	118 %	
Magnesium	538 mg	320 mg	168 %	
Manganese	8.031 mg			1.8 mg
Phosphorus	1307 mg	700 mg	187 %	
Selenium	70.694 mcg	55 mcg	129 %	
Zinc	10.240 mg	8 mg	128 %	
Potassium	5 g			4.7 g
Sodium	3 g			1.5 g

RDA/AI values based on the Dietary Reference Intakes provided by the National Academy of Sciences, Institute of Medicine, Food and Nutrition Board (1997-2005).

### Additional Recommendations

Nutrient	Amount Reported	% of Energy	Recommended Intake
Energy	1847 kcal		
Fat	41.241 g	19.193 %	20-35 % <sup>1</sup>
Carbohydrate	322.566 g	66.817 %	
Protein	74.943 g	14.017 %	
Alcohol	0.000 g	0.000 %	
Cholesterol	6 mg		< 300 mg <sup>1</sup>
Saturated Fatty Acids	8.290 g	3.892 %	< 10 % <sup>1</sup>
Trans-Fatty Acids	0.847 g	0.405 %	
Monounsaturated Fatty Acids	11.651 g	5.437 %	10 % <sup>2</sup>
Polyunsaturated Fatty Acids	17.265 g	8.010 %	10 % <sup>2</sup>
Dietary Fiber	79.584 g		20-30 g <sup>3</sup>

Note: DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.) For user-recipe record types, nutrients are listed per serving.

<sup>1</sup> Dietary Guidelines for Americans, 2005

<sup>2</sup> National Cholesterol Education Program, 1990

<sup>3</sup> National Cancer Institute Dietary Guidelines, 1998