ASA24
Automated Self-Administered 24-Hour Dietary Assessment Tool

Nutrition Profile

Your specific food and nutrient needs are unique and can change based on your height, weight, and how much you exercise. To give you an idea of how you are doing, the following tables and graphs compare your intake for the day to the Dietary Guidelines for Americans and nutrient requirements from the Institute of Medicine. National Academy of Sciences. Calorie targets in this report assume you have a moderate level of activity.

The researcher and his/her staff who requested you to complete ASA24 will have access to this nutrition profile. They will not have access to your responses to the questions about age, sex, if female, pregnancy and breastfeeding.

Note: Calorie requirements vary widely for pregnant and lactating women based on trimester and other factors. As a result, the estimate for daily calorie goal in this report may not reflect your actual calorie needs. However, if you indicated you are pregnant or breastfeeding in ASA24, the nutrient targets in this report will be adjusted to reflect your additional needs.

Food, Drinks, and Supplements Consumed on Mar 22, 2021

Breakfast | 12 AM

Chocolate milk, 14 fl oz

Whole wheat bread, More than 1 slice (2)

Banana chips, More than 1 piece (18)

Lunch | 7 PM

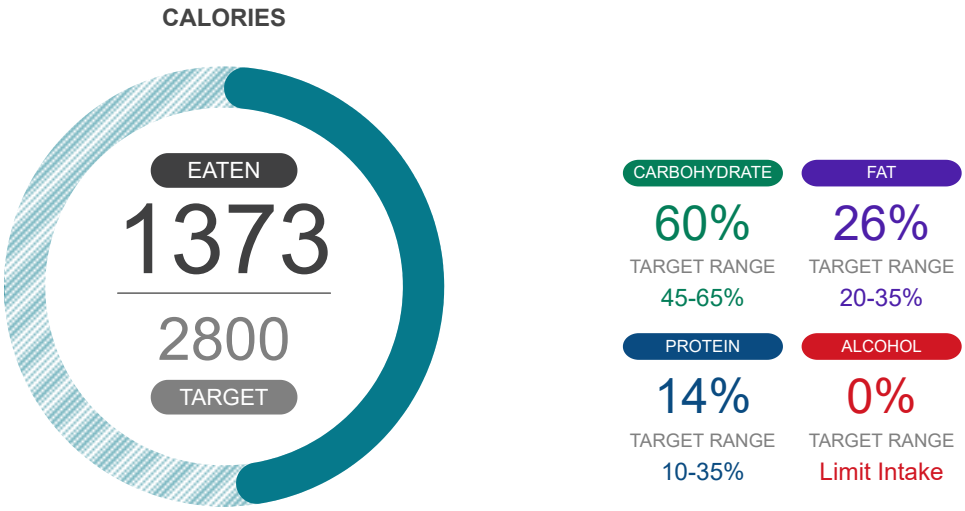
Fish soup, 1 cup

Mashed potatoes, 2 cups

Sparkling water, 16.9 fl oz

Orange juice, 8.4 fl oz (no ice)

Total Calorie Consumption



Calories
Most foods and many beverages contain calories. A person's calorie needs each day depends on factors such as age, gender, height, weight, and level of physical activity. In addition, a need to lose, maintain, or gain weight affects how many calories should be consumed. The target range for percent of calories from carbohydrates, protein, and fat listed here represent the range that is associated with providing adequate intakes of essential nutrients and a reduced risk of chronic disease.

Alcohol
Alcoholic beverage intake is not recommended in the Dietary Guidelines for Americans. If alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are also many circumstances in which individuals should not drink, such as during pregnancy.

Sources
2015 -2020 Dietary Guidelines for Americans (https://health.gov/dietaryguidelines/2015/guidelines/ (https://health.gov/dietaryguidelines/2015/guidelines/)) and Dietary Reference Intakes (http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx (http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx)).

Daily Food Group Recommendations

c = cups oz = ounces

GRAINS

UNDER

SUBGROUPS EATEN

Whole grains (e.g. whole wheat bread)	3.1 oz
Refined grains (e.g. white bread)	0.0 oz

FRUITS

UNDER

SUBGROUPS EATEN

Fruits	0.4 c
Juices	1.0 c

DAIRY

UNDER

SUBGROUPS EATEN

Milk and Soy Milk	1.9 c
Yogurt	0.0 c
Cheese	0.0 c

VEGETABLES

ACHIEVED

SUBGROUPS EATEN

Dark Green vegetables	0.0 c
Red and Orange vegetables	0.2 c
Legumes (e.g. beans and peas)	0.0 c
Starchy vegetables (e.g. potatoes, corn)	3.5 c
Other vegetables (e.g. celery and onions)	0.2 c

PROTEIN FOODS

UNDER

SUBGROUPS EATEN

Meat, Poultry and Eggs	0.0 oz
Seafood	1.0 oz
Nuts, Seeds, Soy and Legumes	0.0 oz

Portion sizes for foods within a food group varies. To learn more about portion sizes, visit https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/infographic/1-1/ (https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/infographic/1-1/).

To achieve a healthy eating pattern, the Dietary Guidelines for Americans encourage you to:

- Make half your grains whole grains. Limit products made with refined grains, especially those high in fat, sugars, and/or sodium, such as cookies, cakes, and some snack foods.
- Eat a variety of fruits, emphasizing whole fruits. When consuming juice, choose 100% juices without added sugars.
- Eat a variety of colors and types of vegetables, including dark green, red and orange, and legumes (beans and peas).
- Choose fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- Eat a variety of protein foods, with an emphasis on seafood and plant proteins, such as legumes (beans and peas), nuts, seeds, and soy products.

Nutrients and Foods to Limit

g = grams mg = milligrams

Added Sugars

EATEN
5 g
LIMIT
70 g

Saturated Fat

EATEN
23 g
LIMIT
31 g

Alcohol

CONSUMED
0.00
drink(s)
LIMIT
2 drink(s)

Sodium

EATEN
2454 mg
LIMIT
2300 mg

Many of the foods and beverages we eat contain sodium, saturated fats, and added sugars (sweeteners added to foods/beverages during processing or by consumers). Making careful choices keeps amounts of these components within their limits while meeting nutrient needs to achieve a healthy eating pattern.

Source: https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups (https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups)

One alcoholic drink-equivalent is defined as containing 14 grams (0.6 fl oz) of pure alcohol. The following are reference beverages that are one alcoholic drink equivalent: 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol). For more information, see https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-9/ (https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-9/)

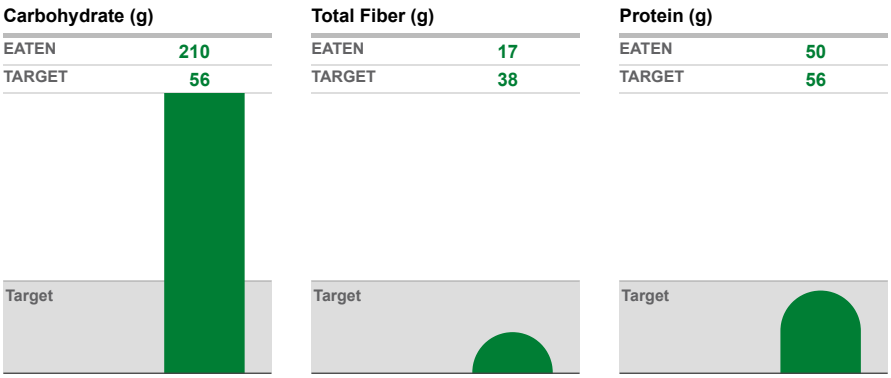
Nutrient Intake From Food and Drinks

g = grams mg = milligrams mcg = micrograms

The human body needs the right “mix” of nutrients for good health. This includes eating the right amount of carbohydrate, protein, and fat (these are macronutrients), and vitamins and minerals (these are micronutrients). Micronutrients help your body use macronutrients and support many body processes.

To learn more about the functions of various vitamins and minerals in your body, and examples of foods containing these nutrients, go to https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/vitamins.cfm (https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/vitamins.cfm)

SELECTED MACRONUTRIENTS AND FIBER



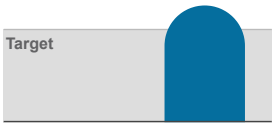
VITAMINS

Folate (mcg DFE)[1]	
EATEN	206
TARGET	400

Niacin (mg)	
EATEN	19
TARGET	16

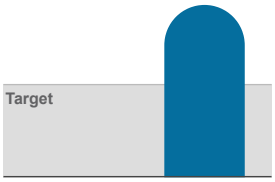
Riboflavin (mg)	
EATEN	1.4
TARGET	1.3

Thiamin (mg)	
EATEN	1.5
TARGET	1.2



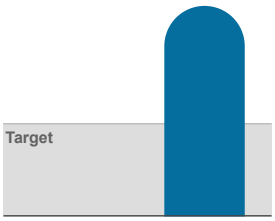
Vitamin A (mcg RAE)[2]	
EATEN	529
TARGET	900

Vitamin B6 (mg)	
EATEN	2.4
TARGET	1.3



Vitamin B12 (mcg)	
EATEN	3
TARGET	2.4

Vitamin C (mg)	
EATEN	203
TARGET	90



Vitamin D (IU)[3]	
EATEN	201
TARGET	600

Vitamin E (mg AT)[4]	
EATEN	3
TARGET	15

Vitamin K (mcg)	
EATEN	55
TARGET	120

MINERALS

Calcium (mg)	
EATEN	1083
TARGET	1000

Copper (mg)	
EATEN	1.8
TARGET	0.9

Iron (mg)	
EATEN	6
TARGET	8

Magnesium (mg)	
EATEN	366
TARGET	400

Phosphorus (mg)	
EATEN	1192
TARGET	700

Potassium (mg)	
EATEN	3920
TARGET	3400

Selenium (mcg)	
EATEN	55
TARGET	55

Zinc (mg)	
EATEN	9
TARGET	11

[1]DFE - Dietary Folate Equivalents
[2]RAE - Retinol Activity Equivalents
[3]IU - International Units
[4]AT - alpha-tocopherol