

Food Record Harley Johnstone Durianrider

FOODS

Bf

Banana,flesh,fresh	30 banana
Celery,stem,raw	8 stem (10x2cm)
Watermelon,flesh,fresh	20 LB
Orange,flesh,fresh	10 orange
Sultanas	.5 cup
Water,municipal	4 L

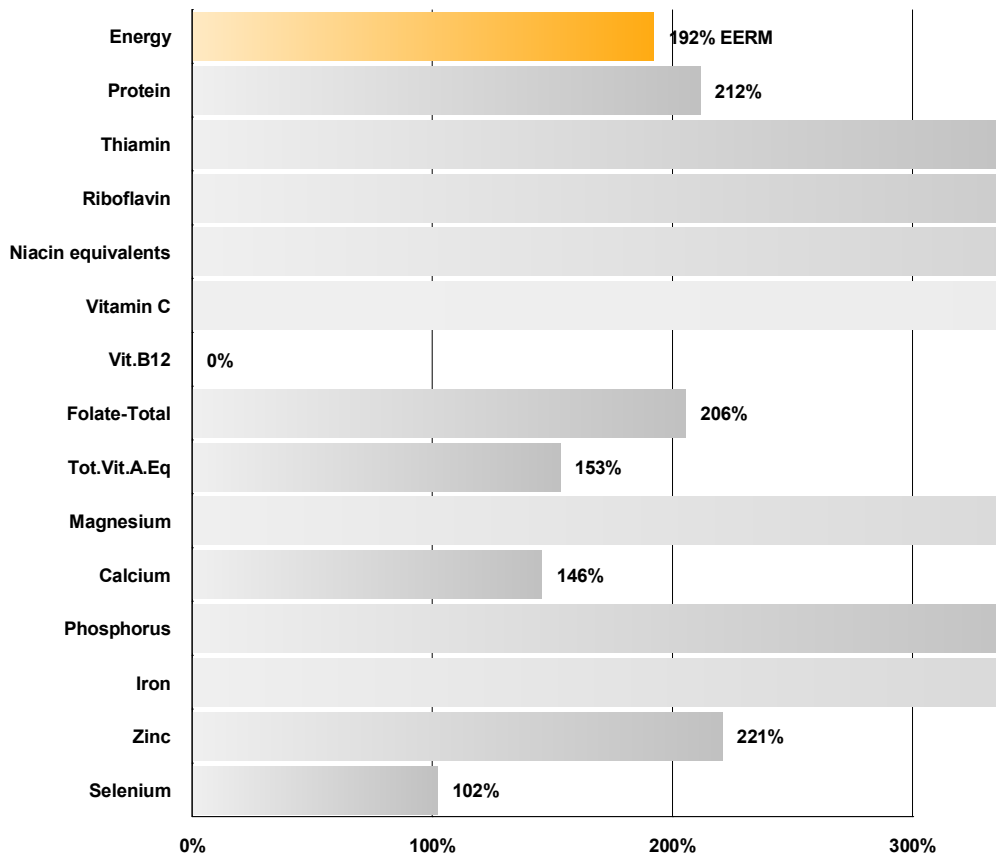
ANALYSIS SUMMARY

	Avg/Day	EAR	EAR(%)	Alerts
Weight (g)	18428			
Energy (kJ)	28663			
Protein (g)	94	44	212%	
Total fat (g)	38			
- Saturated fat (g)	7			
- Polyunsaturated fat (g)	6			
- Monounsaturated fat (g)	3			
Cholesterol (mg)	0			
Carbohydrate (g)	1558			
Sugars (g)	1497			
- Glucose (g)	453			
- Fructose (g)	376			
- Sucrose (g)	668			
- Lactose (g)	0			
- Maltose (g)	0			
Starch (g)	61			
Water (g)	16561			
Alcohol (g)	0			
Fibre-Englest (g)	92			
Thiamin (mg)	3.54	1.00	354%	
Riboflavin (mg)	4.98	1.10	452%	
Niacin (mg)	52.71			
Niacin equivalents (mg)	72.47	12.00	604%	
Vitamin C (mg)	1491.03	30.00	4970%	
Vitamin D (ug)	0.00			<AI
Vitamin E (mg)	19.64			
Vitamin B12 (ug)	0.00	2.00	0%	<EAR, <RDI
Total folate (ug)	658.09	320.00	206%	

	Avg/Day	EAR	EAR(%)	Alerts
Total vitamin A equivalents (ug)	957.78	625.00	153%	<SDT
Retinol (ug)	0.00			
Beta carotene equivalents (ug)	5927.97			
Sodium (mg)	728.81			
Potassium (mg)	27262.33			
Magnesium (mg)	2561.81	350.00	732%	
Calcium (mg)	1225.23	840.00	146%	
Phosphorus (mg)	2083.22	580.00	359%	
Iron (mg)	42.97	6.00	716%	
Zinc (mg)	26.49	12.00	221%	
Manganese (ug)	10133.16			
Copper (mg)	7.20			
Selenium (ug)	61.34	60.00	102%	<RDI
Kj from protein (%)	6			
Kj from fat (%)	5			
Kj from carbohydrate (%)	87			
Kj from alcohol (%)	0			
Kj from others (%)	2			
Fat as mono (%)	20			
Fat as poly (%)	39			
Fat as saturated (%)	41			

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

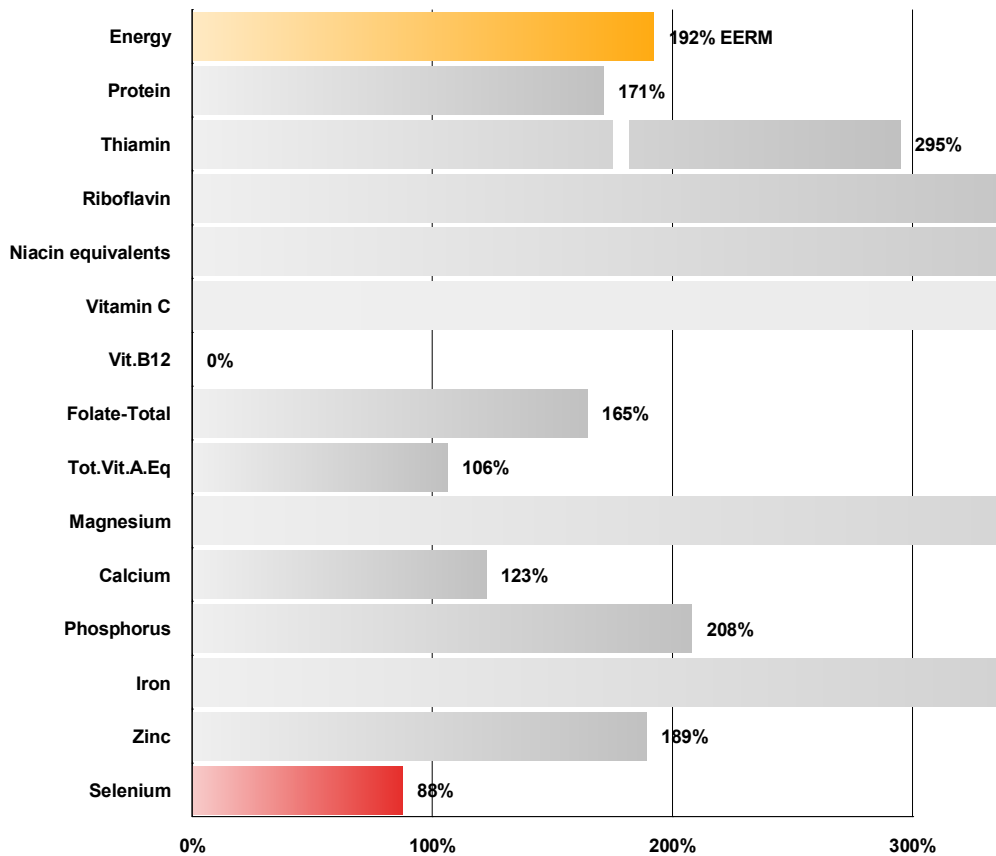
ESTIMATED AVERAGE REQUIREMENT (EAR)



	Avg/Day	EAR	EAR(%)
Protein (g)	94	44	212%
Thiamin (mg)	3.54	1.00	354%
Riboflavin (mg)	4.98	1.10	452%
Niacin equivalents (mg)	72.47	12.00	604%
Vitamin C (mg)	1491.03	30.00	4970%
Vitamin B12 (ug)	0.00	2.00	0%
Total folate (ug)	658.09	320.00	206%
Total vitamin A equivalents (ug)	957.78	625.00	153%
Magnesium (mg)	2561.81	350.00	732%
Calcium (mg)	1225.23	840.00	146%
Phosphorus (mg)	2083.22	580.00	359%
Iron (mg)	42.97	6.00	716%
Zinc (mg)	26.49	12.00	221%
Selenium (ug)	61.34	60.00	102%

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

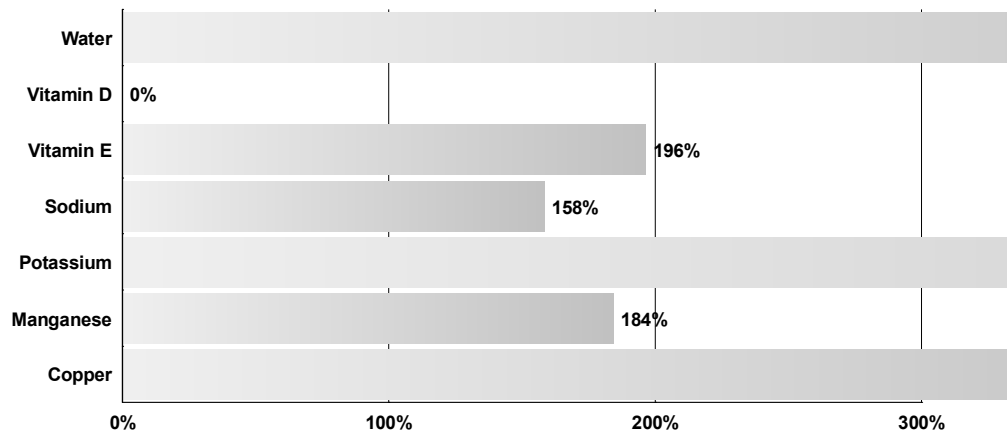
RECOMMENDED DIETARY INTAKES (RDI)



	Avg/Day	RDI	RDI(%)
Protein (g)	94	55	171%
Thiamin (mg)	3.54	1.20	295%
Riboflavin (mg)	4.98	1.30	383%
Niacin equivalents (mg)	72.47	16.00	453%
Vitamin C (mg)	1491.03	45.00	3313%
Vitamin B12 (ug)	0.00	2.40	0%
Total folate (ug)	658.09	400.00	165%
Total vitamin A equivalents (ug)	957.78	900.00	106%
Magnesium (mg)	2561.81	420.00	610%
Calcium (mg)	1225.23	1000.00	123%
Phosphorus (mg)	2083.22	1000.00	208%
Iron (mg)	42.97	8.00	537%
Zinc (mg)	26.49	14.00	189%
Selenium (ug)	61.34	70.00	88%

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

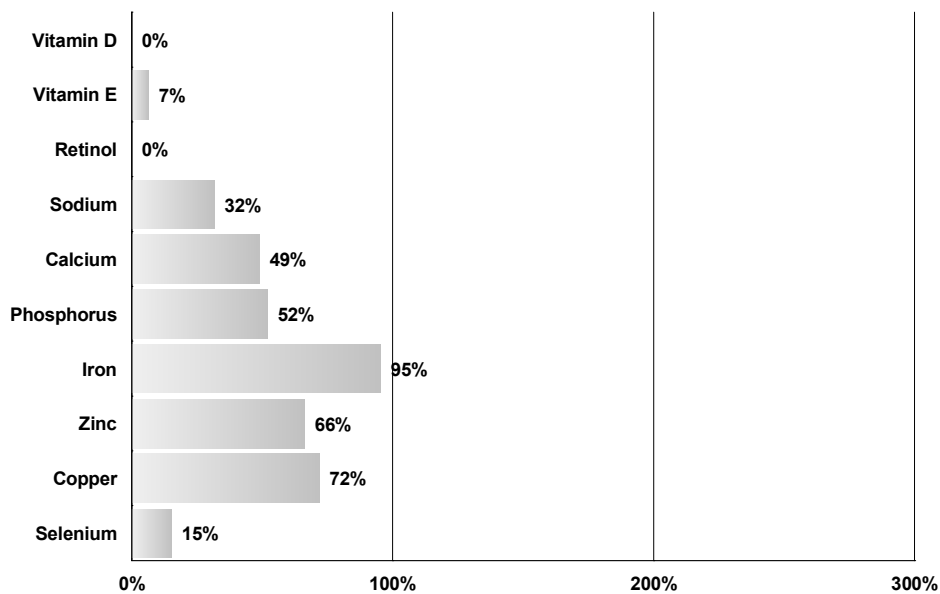
ADEQUATE INTAKE (AI)



	Avg/Day	AI	AI(%)
Water (g)	16561	3400	487%
Vitamin D (ug)	0.00	5.00	0%
Vitamin E (mg)	19.64	10.00	196%
Sodium (mg)	728.81	460.00	158%
Potassium (mg)	27262.33	3800.00	717%
Manganese (ug)	10133.16	5500.00	184%
Copper (mg)	7.20	1.70	424%

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

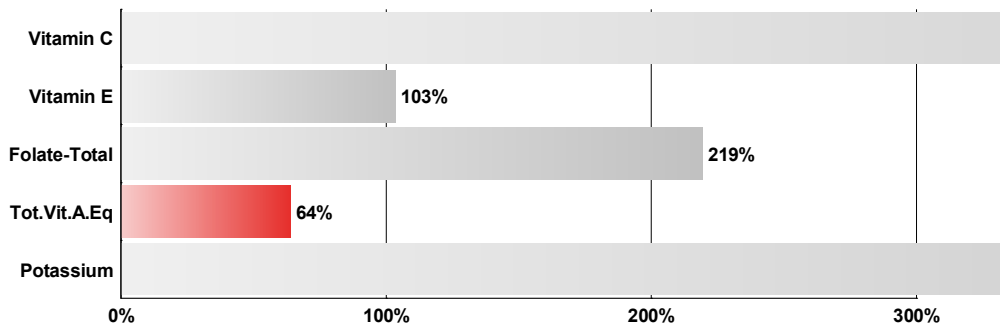
UPPER LEVEL OF INTAKE (UL)



	Avg/Day	UL	UL(%)
Vitamin D (ug)	0.00	80.00	0%
Vitamin E (mg)	19.64	300.00	7%
Retinol (ug)	0.00	3000.00	0%
Sodium (mg)	728.81	2300.00	32%
Calcium (mg)	1225.23	2500.00	49%
Phosphorus (mg)	2083.22	4000.00	52%
Iron (mg)	42.97	45.00	95%
Zinc (mg)	26.49	40.00	66%
Copper (mg)	7.20	10.00	72%
Selenium (ug)	61.34	400.00	15%

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

SUGGESTED DIETARY TARGETS (MINIMUMS)



	Avg/Day	SDT-Min	(%)
Vitamin C (mg)	1491.03	220.00	678%
Vitamin E (mg)	19.64	19.00	103%
Total folate (ug)	658.09	300.00	219%
Total vitamin A equivalents (ug)	957.78	1500.00	64%
Potassium (mg)	27262.33	4700.00	580%

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

SUGGESTED DIETARY TARGETS (MAXIMUMS)



	Avg/Day	SDT-Max	(%)
Sodium (mg)	728.81	1600.00	46%

NRVs based on: Male, 31years, 65kg, 183cm, Very heavy Activity

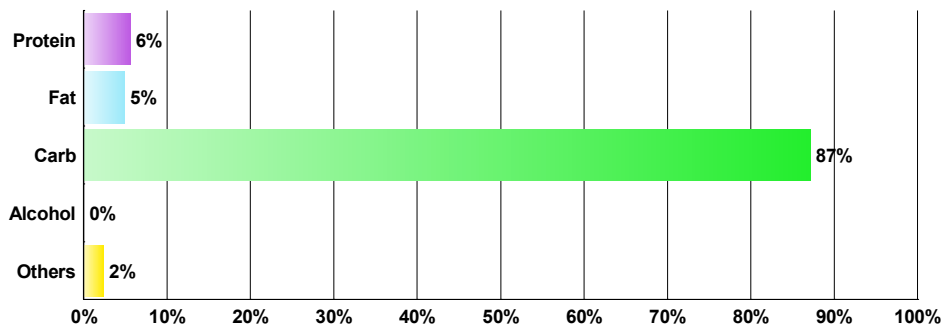
GOALS (MINIMUMS)

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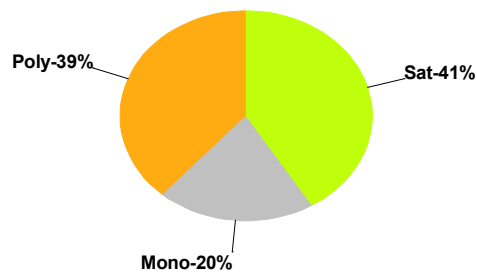
GOALS (MAXIMUMS)

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RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS



FOOD LIST

Ingredient	Weight(%)
Watermelon	49.2
Water	21.7
Banana	20.8
Orange	6.9
Celery	0.87
Sultanas	0.42

CONTRIBUTIONS BY DAY/MEAL

	Weight	Energy	Protein	Fat	Sat.Fat	Poly.Fat	Mono.Fat
BF	18428.35	28662.51	93.55	37.97	6.52	6.09	3.20

	Cholesterol	Carbohydra	Sugars	Glucose	Fructose	Sucrose	Lactose
BF	0.00	1557.54	1496.74	452.71	375.64	668.39	0.00

	Maltose	Starch	Water	Alcohol	Fibre-Engle	Thiamin	Riboflavin
BF	0.00	60.80	16560.58	0.00	92.12	3.54	4.98

	Niacin	Niacin equi	Vit.C	Vit.D	Vit.E	Vit.B12	Folate-Total
BF	52.71	72.47	1491.03	0.00	19.64	0.00	658.09

	Tot.Vit.A.Eq	Retinol	B.Carot.Eq	Sodium	Potassium	Magnesium	Calcium
BF	957.78	0.00	5927.97	728.81	27262.33	2561.81	1225.23

	Phosphorus	Iron	Zinc	Manganese	Copper	Selenium	Protein
BF	2083.22	42.97	26.49	10133.16	7.20	61.34	5.55

	Fat	Carb	Alcohol	Others	Mono(%)	Poly(%)	Sat(%)
BF	4.90	87.16	0.00	2.39	20.25	38.54	41.21

CONTRIBUTIONS BY FOOD

	Weight	Energy	Protein	Fat	Sat.Fat	Poly.Fat	Mono.Fat
BF	18428.35	28662.51	93.55	37.97	6.52	6.09	3.20
30 banana Banana,flesh,fresh	3840.00	16550.40	42.24	15.36	5.61	4.65	2.04
8 stem (10x2cm) Celery,stem,raw	160.00	76.80	1.62	0.32	0.07	0.13	0.05
20 LB Watermelon,flesh,fresh	9071.85	8890.41	36.29	18.14	0.00	0.00	0.00
10 orange Orange,flesh,fresh	1280.00	2150.40	11.26	3.84	0.72	1.20	1.10
.5 cup Sultanas	76.50	994.50	2.14	0.31	0.12	0.11	0.01
4 L Water,municipal	4000.00	0.00	0.00	0.00	0.00	0.00	0.00

	Cholesterol	Carbohydra	Sugars	Glucose	Fructose	Sucrose	Lactose

	Cholesterol	Carbohydra	Sugars	Glucose	Fructose	Sucrose	Lactose
BF	0.00	1557.54	1496.74	452.71	375.64	668.39	0.00
30 banana Banana,flesh,fresh	0.00	925.44	867.84	314.88	207.36	345.60	0.00
8 stem (10x2cm) Celery,stem,raw	0.00	2.24	2.08	1.28	0.80	0.00	0.00
20 LB Watermelon,flesh,fresh	0.00	462.66	462.66	81.65	108.86	272.16	0.00
10 orange Orange,flesh,fresh	0.00	109.82	108.16	27.52	30.08	50.56	0.00
.5 cup Sultanas	0.00	57.38	56.00	27.39	28.53	0.08	0.00
4 L Water,municipal	0.00	0.00	0.00	0.00	0.00	0.00	0.00

	Maltose	Starch	Water	Alcohol	Fibre-Engle	Thiamin	Riboflavin
BF	0.00	60.80	16560.58	0.00	92.12	3.54	4.98
30 banana Banana,flesh,fresh	0.00	57.60	2764.80	0.00	56.06	1.54	2.69
8 stem (10x2cm) Celery,stem,raw	0.00	0.16	148.80	0.00	3.20	0.05	0.05
20 LB Watermelon,flesh,fresh	0.00	0.00	8527.54	0.00	18.14	1.81	1.81
10 orange Orange,flesh,fresh	0.00	1.66	1107.20	0.00	13.18	0.00	0.38
.5 cup Sultanas	0.00	1.38	12.24	0.00	1.53	0.14	0.04
4 L Water,municipal	0.00	0.00	4000.00	0.00	0.00	0.00	0.00

	Niacin	Niacin equi	Vit.C	Vit.D	Vit.E	Vit.B12	Folate-Total
BF	52.71	72.47	1491.03	0.00	19.64	0.00	658.09
30 banana Banana,flesh,fresh	23.04	30.72	297.60	0.00	6.14	0.00	384.00
8 stem (10x2cm) Celery,stem,raw	0.52	0.82	12.00	0.00	0.94	0.00	20.80
20 LB Watermelon,flesh,fresh	18.14	27.22	725.75	0.00	9.07	0.00	181.44
10 orange Orange,flesh,fresh	10.62	13.18	455.68	0.00	2.94	0.00	51.20
.5 cup Sultanas	0.38	0.54	0.00	0.00	0.54	0.00	20.66
4 L Water,municipal	0.00	0.00	0.00	0.00	0.00	0.00	0.00

	Tot.Vit.A.Eq	Retinol	B.Carot.Eq	Sodium	Potassium	Magnesium	Calcium
BF	957.78	0.00	5927.97	728.81	27262.33	2561.81	1225.23
30 banana Banana,flesh,fresh	480.00	0.00	2880.00	23.04	13056.00	1344.00	192.00
8 stem (10x2cm) Celery,stem,raw	20.80	0.00	128.00	241.60	483.20	17.60	89.60
20 LB Watermelon,flesh,fresh	272.16	0.00	1814.37	362.87	10886.22	997.90	453.59
10 orange Orange,flesh,fresh	181.76	0.00	1088.00	34.56	2048.00	153.60	371.20
.5 cup Sultanas	3.06	0.00	17.60	27.54	696.92	28.31	42.84
4 L Water,municipal	0.00	0.00	0.00	39.20	92.00	20.40	76.00

	Phosphorus	Iron	Zinc	Manganese	Copper	Selenium	Protein
BF	2083.22	42.97	26.49	10133.16	7.20	61.34	5.55
30 banana Banana,flesh,fresh	960.00	11.52	6.91	6912.00	3.46	59.52	4.34
8 stem (10x2cm) Celery,stem,raw	56.00	1.04	0.16	270.40	0.04	0.34	35.77
20 LB Watermelon,flesh,fresh	725.75	27.22	18.14	2358.68	2.72	0.00	6.94
10 orange Orange,flesh,fresh	268.80	1.66	0.90	384.00	0.51	0.64	8.90
.5 cup Sultanas	72.68	1.53	0.38	208.08	0.40	0.84	3.66
4 L Water,municipal	0.00	0.00	0.00	0.00	0.08	0.00	?

	Fat	Carb	Alcohol	Others	Mono(%)	Poly(%)	Sat(%)
BF	4.90	87.16	0.00	2.39	20.25	38.54	41.21
30 banana Banana,flesh,fresh	3.43	89.81	0.00	2.41	16.56	37.81	45.63
8 stem (10x2cm) Celery,stem,raw	15.42	46.88	0.00	1.94	20.13	52.20	27.67
20 LB Watermelon,flesh,fresh	7.55	83.27	0.00	2.24	?	?	?
10 orange Orange,flesh,fresh	6.61	81.79	0.00	2.70	36.44	39.83	23.73
.5 cup Sultanas	1.14	92.45	0.00	2.75	5.63	44.69	49.69
4 L Water,municipal	?	?	?	?	?	?	?