

Study Title

You have completed the questionnaire.

When you filled out your Diet History Questionnaire, we asked you to report what you ate and drank, how much, and how often over the past month. We used your answers to calculate average amounts of calories, nutrients, and food groups that you consumed. We compared your average intake to current guidelines based on your age and sex (see link below). The information below provides a best guess about your usual diet but some things, like calories, may not be accurate.

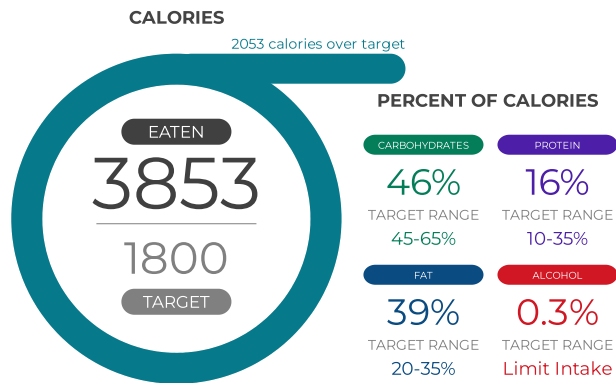
If this doesn't seem accurate of your true diet, it may be because:

- Details about what you ate and drank in the past may be hard to remember
- We may not have asked you enough about what you ate and drank to reflect your true diet
- We may not have asked about all foods and beverages that you ate or how they are prepared
- Long questionnaires like this can be tiring

Talk with your healthcare provider if you have questions about your diet.

Dietary Guidelines for Americans: <https://dietaryguidelines.gov/>

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

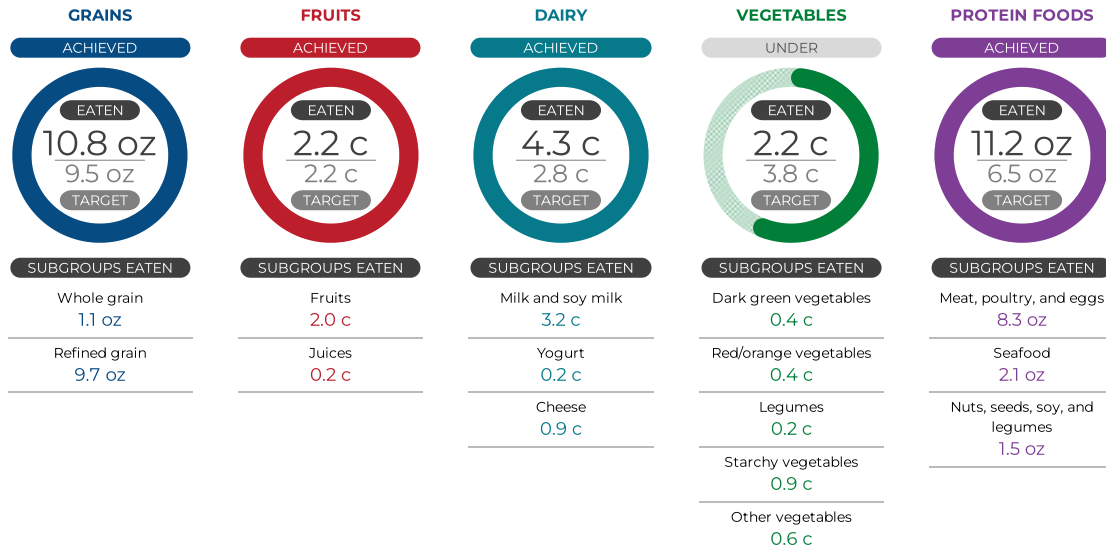
Alcoholic beverage intake is not recommended in the Dietary Guidelines for Americans. If alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are also many circumstances in which individuals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

Sources

Dietary Guidelines for Americans (<https://dietaryguidelines.gov/>) and Dietary Reference Intakes(<https://www.nal.usda.gov/fnic/macronutrients>).

Daily Food Group Targets

c = cups oz = ounces



Portion sizes for foods within a food group varies. To learn more about portion sizes, visit <https://www.myplate.gov/eat-healthy/food-group-gallery>.

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



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://www.myplate.gov/eat-healthy/more-key-topics>

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/>

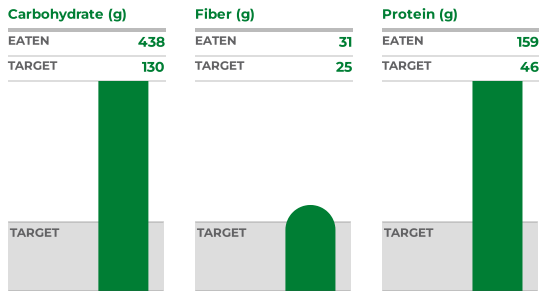
Nutrient Intake From Food and Drinks

g = grams mg = milligrams mcg = micrograms

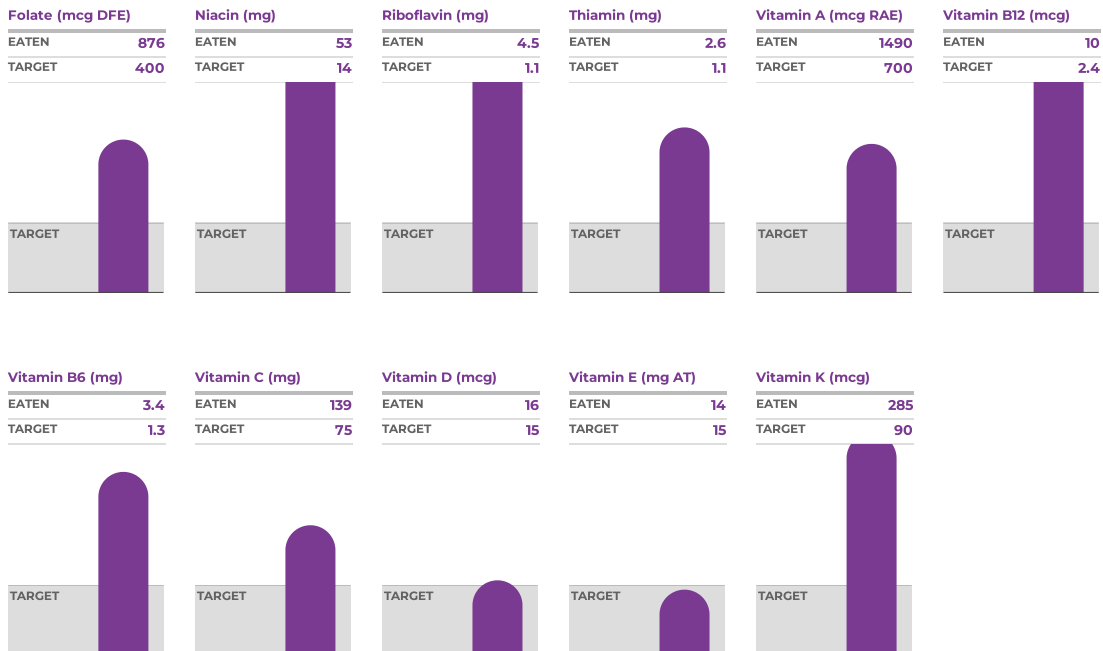
The human body needs the right "mix" of nutrients for good health. This includes eating the right amount of carbohydrate, protein, and fat (these are macronutrients), and vitamins and minerals (these are micronutrients). Micronutrients help your body use macronutrients and support many body processes.

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>.

SELECTED MACRONUTRIENTS AND FIBER



VITAMINS

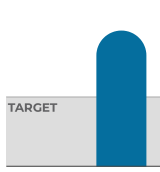


AT = Alpha Tocopherol DFE = Dietary Folate Equivalents RAE = Retinol Activity Equivalents

MINERALS

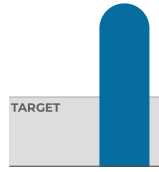
Calcium (mg)

EATEN	1945
TARGET	1000



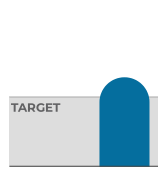
Copper (mg)

EATEN	2.1
TARGET	0.9



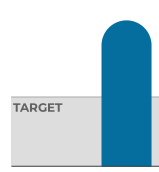
Iron (mg)

EATEN	23
TARGET	18



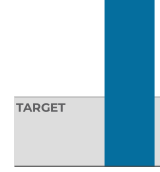
Magnesium (mg)

EATEN	669
TARGET	320



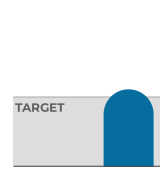
Phosphorus (mg)

EATEN	2692
TARGET	700



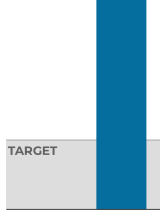
Potassium (mg)

EATEN	5197
TARGET	4700



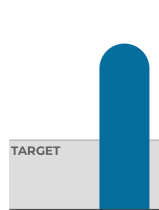
Selenium (mcg)

EATEN	218
TARGET	55



Zinc (mg)

EATEN	19
TARGET	8.0



Information Sources:

For more information about dietary guidance visit: <https://health.gov/dietaryguidelines/> or <https://www.choosemyplate.gov/dietary-guidelines>