

# [How might insufficient or excessive amounts of proteins carbohydrates fats or fib...](https://assignbuster.com/how-might-insufficient-or-excessive-amounts-of-proteins-carbohydrates-fats-or-fiber-contribute-to-health-or-illness/)

[Nutrition](https://assignbuster.com/essay-subjects/nutrition/)

iProfile / My DRI / Complete View Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Nutrient Recommended Daily Intake Comments Kilocalories 2533 kcal Calories from Fat 507 - 887 kcal 20 - 35% total Kcalories Fat, Total 56 - 99 g 20 - 35% total Kcalories Saturated Fat < 28. 1 g < 10% total Kcalories Trans Fatty Acid minimize Monounsaturated Fat not determined Polyunsaturated Fat not determined Omega-6 Fatty Acids 12. 0 g Omega-3 Fatty Acids 1. 1 g Cholesterol < 300 mg Carbohydrate 285 - 412 g Sugar, Total Dietary Fiber, Total 45 - 65% of total Kcalories not determined 25 g Soluble Fiber not determined Insoluble Fiber not determined Protein 63 - 222 g 10 - 35% of total Kcalories Protein Based on Body Weight 73 g Based on grams of protein per kilogram of body weight Histidine 1306 mg Isoleucine 1814 mg Lysine 3992 mg Leucine 3701 mg Methionine Methionine can be used to synthesize Cysteine so the recommended intake is given as the sum of Methionine plus Cysteine Cystine Methionine can be used to synthesize Cysteine so the recommended intake is given as the sum of Methionine plus Cysteine iProfile 3. 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 1 Nutrient Phenylalanine Recommended Daily Intake Comments Phenylalanine can be used to synthesize Tyrosine so the recommended intake is given as the sum of Phenylalanine plus Tyrosine Tyrosine Phenylalanine can be used to synthesize Tyrosine so the recommended intake is given as the sum of Phenylalanine plus Tyrosine Threonine 1960 mg Tryptophan 508 mg Valine 2322 mg Alanine not determined Aspartic Acid not determined Glutamic Acid not determined Serine not determined Arginine not determined Glycine not determined Proline not determined Moisture 2700 g Vitamin A (RAE) 700 µg Vitamin D (ug) 15 - 100 µg Vitamin E (Alpha-Tocopherol) 15 mg Vitamin K 90 µg Thiamin 1. 1 mg Riboflavin 1. 1 mg Niacin 14 mg Biotin 30 µg Pantothenic Acid 5. 0 mg Vitamin B6 (Pyridoxine) 1. 3 mg Folate (DFE) 400 µg Vitamin B12 (Cobalamin) 2. 4 µg Vitamin C 75 mg Sodium 1500 mg iProfile 3. 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 2 Nutrient Recommended Daily Intake Potassium 4700 mg Calcium 1000 - 2500 mg Magnesium 320 mg Iron 18 mg Zinc 8 mg Copper 0. 9 µg Fluoride 3000. 0 µg Iodine 150 µg Phosphorus 700 mg Selenium 55 µg Alcohol not determined Caffeine Comments not determined iProfile / Macronutrient Distribution Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Nutrient My DRI My Intakes Kilocalories 2533 kCal 1940 kCal Fat, Total 20 - 35 % 605 kCal Carbohydrate 45 - 65 % 1122 kCal Protein 10 - 35 % 258 kCal 31. 2% 57. 8% 13. 3% iProfile / Food Journal Summary / View by Meal Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Monday, October 01 Breakfast 1. 0 items MCDONALD'S McCafe Coffee, Cappuccino, Whole, Small Lunch 3. 0 cups Spaghetti, with Meat Sauce 2. 0 slcs Bread, Garlic, Toasted 1. 0 svgs Drink, Fruit Punch 1. 0 pcs Candy Bar, Milk Chocolate, with Almonds 16. 0 fl. oz COCA-COLA Coke Soda Snacks iProfile / Intake Compared to DRI / Complete View iProfile 3. 0 Frances Cintron Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 3 Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Nutrient My DRI My Intakes 76. 6% Kilocalories 2533 kcal 1940 kcal Calories from Fat 507 - 887 kcal 605 kcal within recommended range Fat, Total 56 - 99 g 67 g within recommended range Saturated Fat < 28. 1 g 24. 1 g within recommended range Trans Fatty Acid minimize 0. 0 g within recommended range Monounsaturated Fat not determined 24. 0 g n/a Polyunsaturated Fat not determined 10. 6 g n/a Omega-6 Fatty Acids 12. 0 g 9. 7 g Omega-3 Fatty Acids 1. 1 g 0. 7 g Cholesterol < 300 mg 199 mg within recommended range Carbohydrate 285 - 412 g 280 g below recommended range not determined 146 g n/a 25 g 15 g Soluble Fiber not determined 0g n/a Insoluble Fiber not determined 0g n/a Protein 63 - 222 g 64 g Protein Based on Body 73 g 64 g within recommended range 88. 7% Histidine 1306 mg 67 mg Isoleucine 1814 mg 182 mg Lysine 3992 mg 188 mg Leucine 3701 mg 319 mg Methionine 1814 mg 67 mg Cystine 1814 mg 35 mg Phenylalanine 3411 mg 198 mg Tyrosine 3411 mg 152 mg Sugar, Total Dietary Fiber, Total 81. 0% 67. 9% 62. 0% Weight iProfile 3. 0 5. 1% 10. 0% 4. 7% 8. 6% 3. 7% 2. 0% 5. 8% 4. 5% Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 4 Nutrient My DRI My Intakes 7. 6% Threonine 1960 mg 148 mg Tryptophan 508 mg 49 mg Valine 2322 mg 222 mg Alanine not determined 143 mg n/a Aspartic Acid not determined 368 mg n/a Glutamic Acid not determined 833 mg n/a Serine not determined 167 mg n/a Arginine not determined 219 mg n/a Glycine not determined 126 mg n/a Proline not determined 298 mg n/a Moisture 2700 g 1083 g Vitamin A (RAE) 700 µg 320 µg Vitamin D (ug) 15 - 100 µg 0 µg Vitamin E (Alpha- 15 mg 9 mg Vitamin K 90 µg 116 µg Thiamin 1. 1 mg 1. 4 mg Riboflavin 1. 1 mg 1. 2 mg Niacin 14 mg 17 mg Biotin 30 µg 0 µg Pantothenic Acid 5. 0 mg 0. 3 mg Vitamin B6 (Pyridoxine) 1. 3 mg 1. 0 mg Folate (DFE) 400 µg 556 µg Vitamin B12 (Cobalamin) 2. 4 µg 2. 6 µg Vitamin C 75 mg 63 mg Sodium 1500 mg 3282 mg 9. 6% 9. 6% 40. 1% 45. 8% below recommended range 60. 2% Tocopherol) iProfile 3. 0 129. 1% 127. 4% 110. 3% 119. 7% 0. 0% 6. 5% 75. 3% 138. 9% 107. 8% 83. 4% 218. 8% Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 5 Nutrient My DRI My Intakes 42. 3% Potassium 4700 mg 1988 mg Calcium 1000 - 2500 mg 672 mg Magnesium 320 mg 206 mg Iron 18 mg 13 mg Zinc 8 mg 9 mg Copper 0. 9 µg 1. 16 µg Fluoride 3000. 0 µg 315. 9 µg Iodine 150 µg 0 µg Phosphorus 700 mg 840 mg Selenium 55 µg 116 µg Alcohol not determined 0g n/a Caffeine not determined 53 mg n/a below recommended range 64. 3% 70. 7% 113. 7% 129. 4% 10. 5% 0. 0% 119. 9% 211. 3% iProfile / Intake Spreadsheet Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Item Name Quantity Weight Kilocalories Calories (kcal) from Fat (kcal) Spaghetti, with Meat Sauce 3 cups 744. 0 g 1049. 0 348. 2 Bread, Garlic, Toasted 2 slcs 52. 0 g 188. 8 65. 7 Drink, Fruit Punch 1 svgs 136. 4 g 86. 4 1. 5 MCDONALD'S McCafe Coffee, Cappuccino, 1 items 354. 5 g 120. 0 63. 0 Candy Bar, Milk Chocolate, with Almonds 1 pcs 41. 0 g 215. 7 126. 9 COCA-COLA Coke Soda 16 fl. oz 480. 0 g 280. 0 0. 0 1940 605 Whole, Small Totals Item Name Fat, Total (g) Saturated Fat (g) Trans Fatty Monounsatu Acid (g) rated Fat (g) Spaghetti, with Meat Sauce 38. 7 11. 42 - iProfile 3. 0 15. 74 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 6 Bread, Garlic, Toasted 7. 3 1. 41 - 3. 35 Drink, Fruit Punch 0. 2 0. 01 - 0. 02 MCDONALD'S McCafe Coffee, Cappuccino, 7. 0 4. 0 0. 0 - Candy Bar, Milk Chocolate, with Almonds 14. 1 7. 26 - 4. 9 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 67 24. 1 0. 0 24. 0 Item Name Polyunsatur Omega-6 Omega-3 Cholesterol ated Fat (g) Fatty Acids Fatty Acids (mg) (g) (g) Spaghetti, with Meat Sauce 7. 25 6. 62 0. 52 171. 1 Bread, Garlic, Toasted 2. 05 1. 87 0. 18 0. 0 Drink, Fruit Punch 0. 04 0. 02 0. 01 0. 0 MCDONALD'S McCafe Coffee, Cappuccino, - - - 20. 0 Candy Bar, Milk Chocolate, with Almonds 1. 24 1. 2 0. 03 7. 8 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 10. 6 9. 7 0. 7 199 Item Name Carbohydrat Sugar, Total Dietary Soluble e (g) (g) Fiber, Total Fiber (g) (g) Spaghetti, with Meat Sauce 124. 2 21. 9 11. 2 - Bread, Garlic, Toasted 26. 1 0. 2 1. 5 - Drink, Fruit Punch 21. 3 19. 0 0. 3 0. 0 MCDONALD'S McCafe Coffee, Cappuccino, 9. 0 9. 0 0. 0 0. 0 Candy Bar, Milk Chocolate, with Almonds 21. 9 18. 0 2. 5 - COCA-COLA Coke Soda 78. 0 78. 0 0. 0 0. 0 Totals 280 146 15 0 Item Name Insoluble Fiber (g) Protein (g) Histidine (mg) Isoleucine (mg) Spaghetti, with Meat Sauce - 49. 6 - - Bread, Garlic, Toasted - 4. 4 - - Drink, Fruit Punch 0. 0 0. 6 1. 7 4. 4 Whole, Small Whole, Small Whole, Small iProfile 3. 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 7 MCDONALD'S McCafe Coffee, Cappuccino, 0. 0 6. 0 - - Candy Bar, Milk Chocolate, with Almonds - 3. 7 65. 2 177. 1 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 0 64 67 182 Item Name Lysine (mg) Leucine (mg) Methionine Cystine (mg) (mg) Spaghetti, with Meat Sauce - - - - Bread, Garlic, Toasted - - - - Drink, Fruit Punch 5. 3 7. 8 2. 0 3. 1 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds 182. 9 311. 2 65. 2 32. 4 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 188 319 67 35 Item Name Phenylalani Tyrosine ne (mg) (mg) Threonine (mg) Tryptophan (mg) Spaghetti, with Meat Sauce - - - - Bread, Garlic, Toasted - - - - Drink, Fruit Punch 4. 9 2. 2 4. 6 1. 2 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds 192. 7 150. 1 143. 5 47. 6 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 198 152 148 49 Item Name Valine (mg) Alanine (mg) Aspartic Acid (mg) Glutamic Acid (mg) Spaghetti, with Meat Sauce - - - - Bread, Garlic, Toasted - - - - Drink, Fruit Punch 6. 5 8. 7 43. 5 19. 4 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds 215. 7 134. 1 324. 7 813. 4 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Whole, Small Whole, Small Whole, Small Whole, Small iProfile 3. 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 8 Totals 222 Item Name 143 368 833 Serine (mg) Arginine (mg) Glycine (mg) Proline (mg) Spaghetti, with Meat Sauce - - - - Bread, Garlic, Toasted - - - - Drink, Fruit Punch 7. 7 27. 4 5. 5 25. 4 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds 159. 1 191. 9 120. 5 273. 1 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 167 219 126 298 Item Name Moisture (g) Vitamin A (RAE) (µg) Vitamin D (ug) (µg) Vitamin E (AlphaTocopherol) (mg) Spaghetti, with Meat Sauce 521. 6 178. 6 - 7. 0 Bread, Garlic, Toasted 13. 1 60. 3 - 0. 6 Drink, Fruit Punch 113. 9 0. 0 0. 0 0. 1 MCDONALD'S McCafe Coffee, Cappuccino, - 60. 1 - - Candy Bar, Milk Chocolate, with Almonds 0. 6 21. 3 0. 0 1. 3 COCA-COLA Coke Soda 433. 5 0. 0 - 0. 0 Totals 1083 320 0 9 Item Name Vitamin K (µg) Thiamin (mg) Riboflavin (mg) Niacin (mg) Spaghetti, with Meat Sauce 106. 5 1. 09 0. 85 13. 9 Bread, Garlic, Toasted 7. 4 0. 21 0. 16 2. 3 Drink, Fruit Punch 0. 3 0. 08 0. 02 0. 2 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds 2. 1 0. 02 0. 18 0. 3 COCA-COLA Coke Soda 0. 0 0. 0 0. 0 0. 0 Totals 116 1. 4 1. 2 17 Item Name Biotin (µg) Pantothenic Vitamin B6 Whole, Small Whole, Small Whole, Small iProfile 3. 0 Folate Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 9 Acid (mg) (Pyridoxine) (DFE) (µg) (mg) Spaghetti, with Meat Sauce - - 0. 84 416. 6 Bread, Garlic, Toasted - - 0. 03 96. 2 Drink, Fruit Punch - 0. 14 0. 09 37. 4 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds - 0. 19 0. 02 5. 3 COCA-COLA Coke Soda - 0. 0 0. 0 0. 0 Totals 0 0. 3 1. 0 556 Item Name Vitamin B12 Vitamin C (Cobalamin) (mg) (µg) Sodium (mg) Potassium (mg) Spaghetti, with Meat Sauce 2. 31 32. 0 2723. 0 1547. 5 Bread, Garlic, Toasted 0. 01 0. 1 348. 4 62. 4 Drink, Fruit Punch 0. 0 30. 4 5. 2 196. 4 MCDONALD'S McCafe Coffee, Cappuccino, - 0. 0 85. 0 - Candy Bar, Milk Chocolate, with Almonds 0. 27 0. 1 30. 3 182. 0 COCA-COLA Coke Soda 0. 0 0. 0 90. 0 0. 0 Totals 2. 6 63 3282 1988 Item Name Calcium (mg) Magnesium Iron (mg) (mg) Zinc (mg) Spaghetti, with Meat Sauce 267. 8 141. 4 10. 5 7. 9 Bread, Garlic, Toasted 37. 4 13. 5 1. 3 0. 5 Drink, Fruit Punch 15. 1 13. 8 0. 3 0. 1 MCDONALD'S McCafe Coffee, Cappuccino, 250. 0 - 0. 0 - Candy Bar, Milk Chocolate, with Almonds 91. 8 36. 9 0. 7 0. 5 COCA-COLA Coke Soda 9. 6 0. 0 0. 0 0. 1 Totals 672 206 13 9 Item Name Copper (µg) Fluoride (µg) Iodine (µg) Phosphorus (mg) Spaghetti, with Meat Sauce 0. 818 - 580. 3 Whole, Small Whole, Small Whole, Small iProfile 3. 0 - Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 10 Bread, Garlic, Toasted 0. 094 - - 54. 1 Drink, Fruit Punch 0. 075 42. 25 - 14. 9 MCDONALD'S McCafe Coffee, Cappuccino, - - - - Candy Bar, Milk Chocolate, with Almonds 0. 173 - - 108. 2 COCA-COLA Coke Soda 0. 004 273. 6 - 82. 0 Totals 1. 16 315. 9 0 840 Item Name Selenium (µg) Alcohol (g) Caffeine (mg) Spaghetti, with Meat Sauce 98. 2 0. 0 0. 0 Bread, Garlic, Toasted 15. 7 0. 0 0. 0 Drink, Fruit Punch 0. 2 0. 0 0. 0 MCDONALD'S McCafe Coffee, Cappuccino, - 0. 0 - Candy Bar, Milk Chocolate, with Almonds 1. 6 0. 0 7. 4 COCA-COLA Coke Soda 0. 5 0. 0 46. 0 Totals 116 0 53 Whole, Small Whole, Small iProfile 3. 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 11 iProfile / MyPlate Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 http://choosemyplate. gov/ iProfile / Food Exchanges Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Food Name Quantity Weight Vegetable Bread/ Starch Spaghetti, with Meat Sauce 3 cups 744. 0 g 4. 56 6. 09 Bread, Garlic, Toasted 2 slcs 52. 0 g 0 2 Drink, Fruit Punch 1 svgs 136. 4 g 0 0 MCDONALD'S McCafe Coffee, Cappuccino, 1 items 354. 5 g 0 0 Candy Bar, Milk Chocolate, with Almonds 1 pcs 41. 0 g 0 0 COCA-COLA Coke Soda 16 fl. oz 480. 0 g 0 0 4. 56 8. 09 Whole, Small Totals Food Name Fruit Other Carb. Milk Meat / Meat Substitute Spaghetti, with Meat Sauce 0 0 0 iProfile 3. 0 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 12 Bread, Garlic, Toasted 0 0 0 0 Drink, Fruit Punch 0 1. 08 0 0 MCDONALD'S McCafe Coffee, Cappuccino, 0 0 0 0 Candy Bar, Milk Chocolate, with Almonds 0 1. 46 0 0 COCA-COLA Coke Soda 0 3 0 0 Totals 0 5. 54 0 0 Food Name Fat Meat-Very Lean Milk-Skim MeatMedium Fat Spaghetti, with Meat Sauce 0 0 0 4. 53 Bread, Garlic, Toasted 1 0 0 0 Drink, Fruit Punch 0 0 0 0 MCDONALD'S McCafe Coffee, Cappuccino, 0 0 0 0 Candy Bar, Milk Chocolate, with Almonds 2. 53 0 0 0 COCA-COLA Coke Soda 0 0 0 0 Totals 3. 53 0 0 4. 53 Food Name Milk-Whole Meat-High Fat Milk-Low Fat Meat-Lean Spaghetti, with Meat Sauce 0 0 0 0 Bread, Garlic, Toasted 0 0 0 0 Drink, Fruit Punch 0 0 0 0 MCDONALD'S McCafe Coffee, Cappuccino, 1 0 0 0 Candy Bar, Milk Chocolate, with Almonds 0 0 0 0 COCA-COLA Coke Soda 0 0 0 0 Totals 1 0 0 0 Whole, Small Whole, Small Whole, Small iProfile / Activity Journal Summary Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Activity rest of the day(s) Totals: iProfile 3. 0 Rate (kCals/kg/hour) 1. 01 Duration (minutes) Calories Expended 1440 2202 24 hours 2202 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 13 iProfile / Energy Balance Frances Cintron Start date: Mon Oct 01 2012 End date: Mon Oct 01 2012 Date kCals Consumed kCal Burned Net kCal Monday, October 01 1940 2202 -262 Totals: 1940 2202 -262 Caloric Summary Recommended: 2533 Average Intake: 1940 Average Expenditure: 2202 Average Net Gain/Loss: -262 iProfile 3. 0 Copyright © 2012 John Wiley & Sons, Inc. All rights reserved. 14