|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Top Vit A, C, E Choice** | **Top Mg, P, K Choice** |
| **Macronutrient** | **Recommended Daily Intake** | Yellow squash | Kale |
| Carbohydrate | **300 grams** | (4.93 g/300)x100= 1.64% | (1.4g/300)x100=0.5% |
| Total Fiber | **25 grams** | (1.3 g/25)x100=0.6% | (0.6g/25)x100=2.4% |
| Protein | **47 grams** | (1.28 g/47)x100=2.7% | (0.68g/47)x100=1.4% |
| Fat | **51 grams** | (.34 g/51)x100=0.66% | (0.15g/54)x100=0.29% |

Interactive DRI for Healthcare Professionals

Sample Worksheet

37 year old, 5’4”, 128lbs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Vitamins** | **Recommended Daily Intake** | Yellow squash | Kale |
| Vitamin A | **700 mcg** | (10mcg/700)x100=1.4% | (80mcg/700)x100=11% |
| Vitamin C | **75 mg** | (24.5mg/75)x100=33% | (19.2mg/75)x100=26% |
| Vitamin D | **15 mg** | (0mcg/15)x100=0% | (0mcg/15)x100=0% |
| Vitamin E | **15 mg** | (0.17mg/15)x100=1.13% | (0.025mg/15)x100=2% |
| Vitamin K | **90 mcg** | (4.1mcg/90)x100=4.5% | (112.8mcg/90)x100=125% |
| Thiamin | **1.1 mg** | (0.065mg/1.1)x100=6% | (0.018mg/1.1)x100=2% |
| Riboflavin | **1.1 mg** | (0.052mg/1.1)x100=5% | (0.021mg/1.1)x100=2% |
| Vitamin B6 | **1.3 mg** | (0.132mg/1.3)x100=10% | (0.043mg/1.3)x100=3% |
| Folate | **400 mcg** | (24mcg/400)x100=6% | (23mcg/400)x100=6% |
| Vitamin B12 | **2.4 mcg** | (0mcg/2.4)x100=0% | (0mcg/2.4)x100=0% |

|  |  |  |  |
| --- | --- | --- | --- |
| **Minerals** | **Recommended Daily Intake** | Yellow squash | Kale |
| Calcium | **1000 mg** | (27mg/1000)x100=3% | (24mg/1000)x100=2% |
| Iron | **18 mg** | (0.56mg/18)x100=3% | (0.24mg/18)x100=1% |
| Magnesium | **320 mg** | (25mg/320)x100=8% | (8mg/100)x100=2.5% |
| Phosphorus | **700 mg** | (41mg/700)x100=6% | (15mg/700)x100=2% |
| Potassium \*\* | **4.7 grams** | (282mg(.282g)/4.7)x100=6% | (79mg (.079g)/4.7)x100=2% |
| Sodium \*\* | **1.5 grams** | (3mg(0.003g)/1.5)x100=0.2% | (6mg(.006g)/1.5)x100=0.4% |
| Zinc | **8 mg** | (0.37mg/8)x100=5% | (0.09mg/8)x100=1% |

\*\* These two are given in mg but recommended intake is in grams so you must convert mg to g.

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Top Vit A, C, E Choice** | **Top Mg, P, K Choice** |
| **Macronutrient** | **Recommended Daily Intake** |  |  |
| Carbohydrate | **300 grams** |  |  |
| Total Fiber | **25 grams** |  |  |
| Protein | **47 grams** |  |  |
| Fat | **51 grams** |  |  |

Interactive DRI for Healthcare Professionals

Sample Worksheet

|  |  |  |  |
| --- | --- | --- | --- |
| **Vitamins** | **Recommended Daily Intake** |  |  |
| Vitamin A | **700 mcg** |  |  |
| Vitamin C | **75 mg** |  |  |
| Vitamin D | **15 mg** |  |  |
| Vitamin E | **15 mg** |  |  |
| Vitamin K | **90 mcg** |  |  |
| Thiamin | **1.1 mg** |  |  |
| Riboflavin | **1.1 mg** |  |  |
| Vitamin B6 | **1.3 mg** |  |  |
| Folate | **400 mcg** |  |  |
| Vitamin B12 | **2.4 mcg** |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Minerals** | **Recommended Daily Intake** |  |  |
| Calcium | **1000 mg** |  |  |
| Iron | **18 mg** |  |  |
| Magnesium | **320 mg** |  |  |
| Phosphorus | **700 mg** |  |  |
| Potassium \*\* | **4.7 grams** |  |  |
| Sodium \*\* | **1.5 grams** |  |  |
| Zinc | **8 mg** |  |  |

\*\* These two are given in mg but recommended intake is in grams so you must convert mg to g.