

How To Use Nutritional Analysis

Calories

The total amount of Calories a person needs each day depends on their age, sex, height, weight, and physical activity level. MyPyramid.gov can help you to create a customized food guide and determine the amount of Calories you need each day. Calories are found in carbohydrates and proteins (4 calories/g), fats (9 calories/g), and alcohol (7 calories/g).

Fat

Fat is needed as part of healthy diet. However, high intake of saturated fat and trans fat can increase the risk of heart disease. Fat intake should be 20-30% of total Calories, while saturated fat should be 10% or less. Based on a 2,000 Calorie diet, it is recommended that 65g of total fat and 20g of saturated fat are consumed.

Protein

Protein is important for cell functioning, the immune system, and fluid balance. Most people need .8g of protein per kilogram of body weight. Protein should consist of 10-25% of the daily caloric intake. Women are recommended to consume 46 grams of protein per day, while men are recommended 56 grams. Good protein sources include meats, soy products, and legumes.

Carbohydrates

Carbohydrates are used in the body as the primary source of fuel.

Carbohydrates should make up 45-65% of the total Calories in the diet. It is recommended that a person eating 2,000 total Calories per day consume approximately 225 to 325 grams of carbohydrates. Grains, fruits, and vegetables are good carbohydrate sources.

Fiber

Fiber is a carbohydrate found in plant sources that is not digested. It provides roughage necessary for a healthy digestive tract. Fiber can decrease cholesterol levels and also may lower the risk of cancer. Fruits, vegetables, legumes, and whole grains are fiber rich foods. It is recommended that women consume 25 grams of fiber and men consume 38 grams per day.

Sodium

Sodium plays an important role in maintaining body fluids and blood pressure. High levels of salt in the diet can contribute to high blood pressure. It is recommended that sodium intake be kept at less than 2,400 mg per day.

Cholesterol

Cholesterol is made in the body and is also found in animal derived foods. High cholesterol levels can contribute to an increased risk for cardiovascular disease. Cholesterol in the diet should not exceed 300mg per day.

A Note About Nutrient Analysis

The nutrient analysis is intended as a reference to help make choices between different items on the menu. It was not created to cause toiling over every number or detract from the pleasure of eating. Please note the following:

- The information should be used as approximate guides to the nutrient content of foods.
- The nutrient values presented are rounded to the nearest whole number.
- The Nutrient Analysis is based on portion size. Remember to evaluate the portion you are eating with the portion in the analysis.

The nutritional information on this webpage was compiled by Katrina Moor, Food and Nutrition Major.

Abbreviations

c	<i>cup</i>
t.	<i>teaspoon</i>
CHO	<i>carbohydrate</i>
ea	<i>each</i>
T.	<i>tablespoon</i>
S.S.	<i>serving size</i>
oz	<i>ounce</i>
Cal	<i>calories</i>
Ca	<i>calcium</i>
pce	<i>piece</i>
Pro	<i>protein</i>
Fe	<i>iron</i>
chol	<i>cholesterol</i>
Na	<i>sodium</i>
V-C	<i>vitamin C</i>
V-A	<i>beta carotene</i>

Conversions

1/2 c. = 4 oz.

1 c. = 8 oz.

3 t. = 1 T.

1 oz. usually = 2 T.

1 salad bar scoop = 1 oz. or 2 T.