

Nutrients & My Intake

1. Calcium - 1405.9
2. Iron – 19.5
3. Vitamin A – 669.1
4. Vitamin C – 36.3
5. Sodium - 4188

Acceptable Range

1. Calcium - 1300
2. Iron -15
3. Vitamin A - 700
4. Vitamin C - 65
5. Sodium - 1500-2300

Nutrients That I am Not Getting Enough Of

Nutrient One: I consumed **less** ___Vitamin C_____ than is recommended or within an acceptable range. I could eat **more** ___fruits_____ and ___vegetables_____ to obtain more of this nutrient in my diet.

Nutrient Two: I consumed **less** __Iron_____ than is recommended or within an acceptable range. I could eat **more** ___protein/ meats_____ and ___eggs_____ to obtain more of this nutrient in my diet.

Nutrients That I am Getting Too Much Of

Nutrient One: I consumed **more** _Calcium_____ than is recommended or within an acceptable range. I could eat **less** ___milk_____ and ___yogurt_____ to consume less of this nutrient in my diet.

Nutrient Two: I consumed **more** _sodium_____ than is recommended or within an acceptable range. I could eat **less** ___salt_____ and ___processed foods_____ to consume less of this nutrient in my diet.