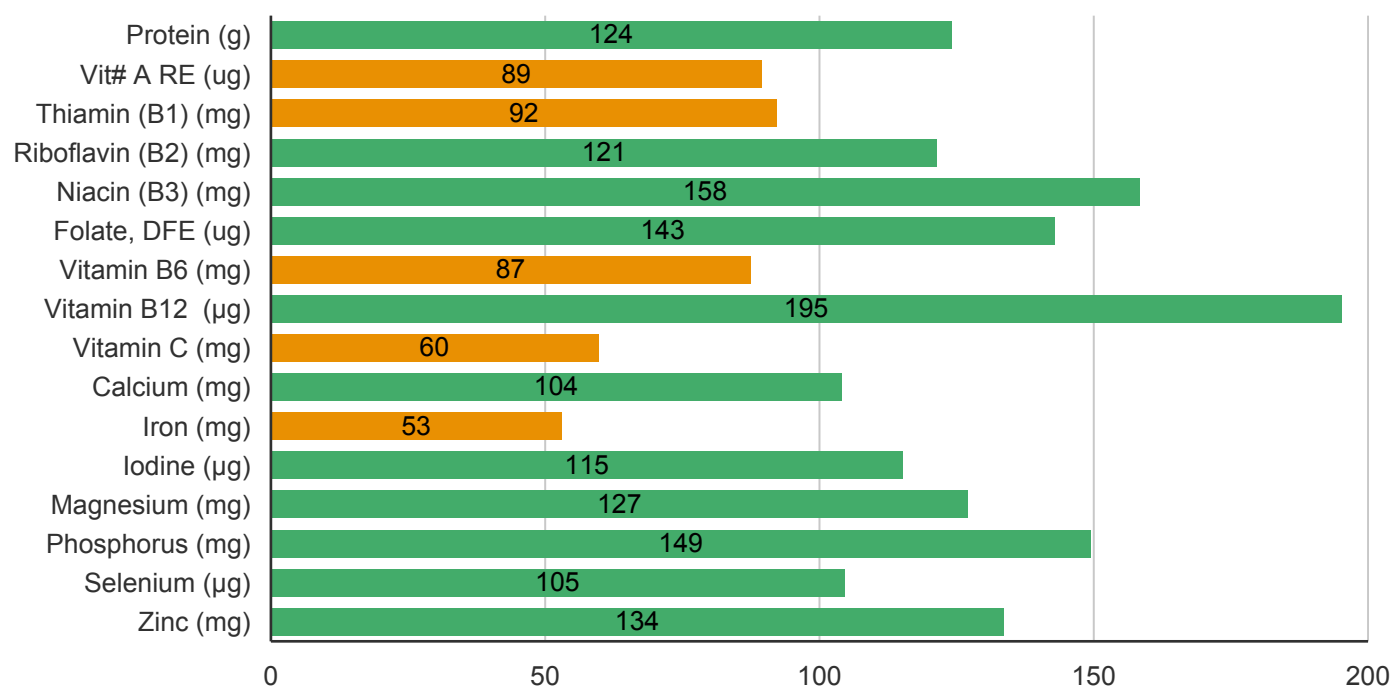
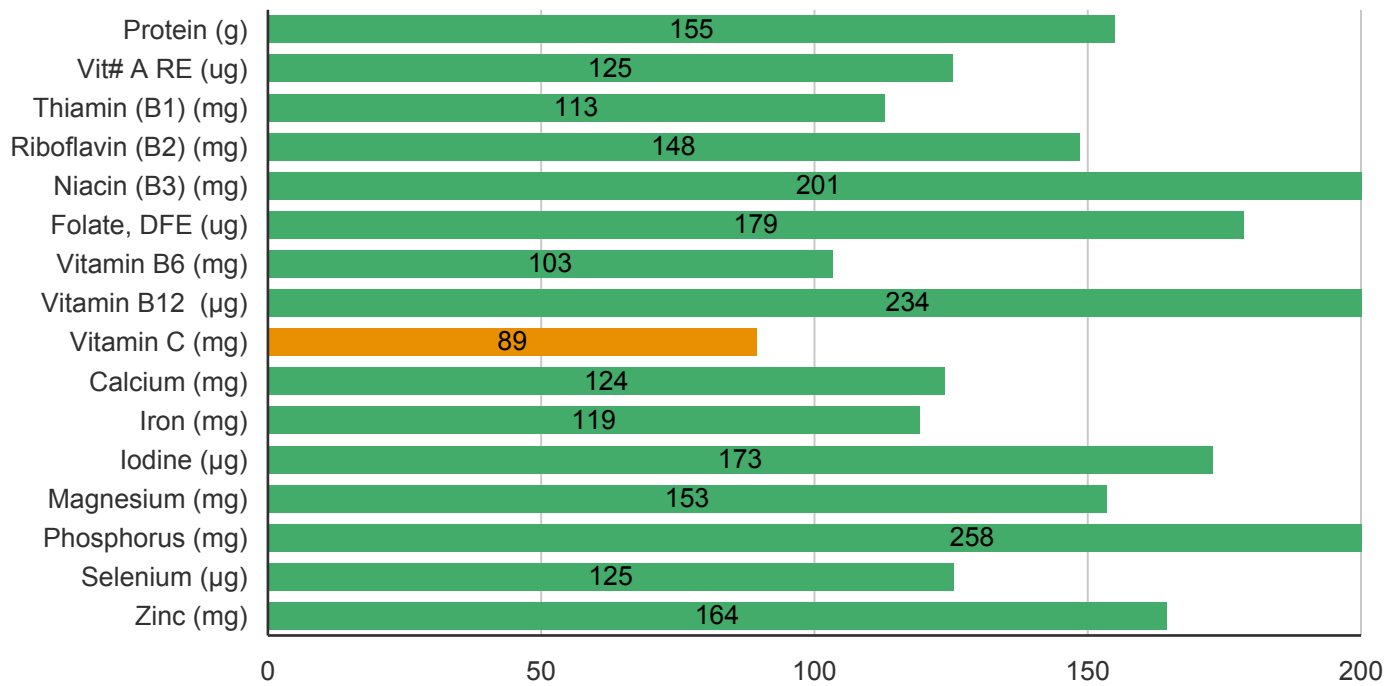


Recommended Dietary Intake (%)



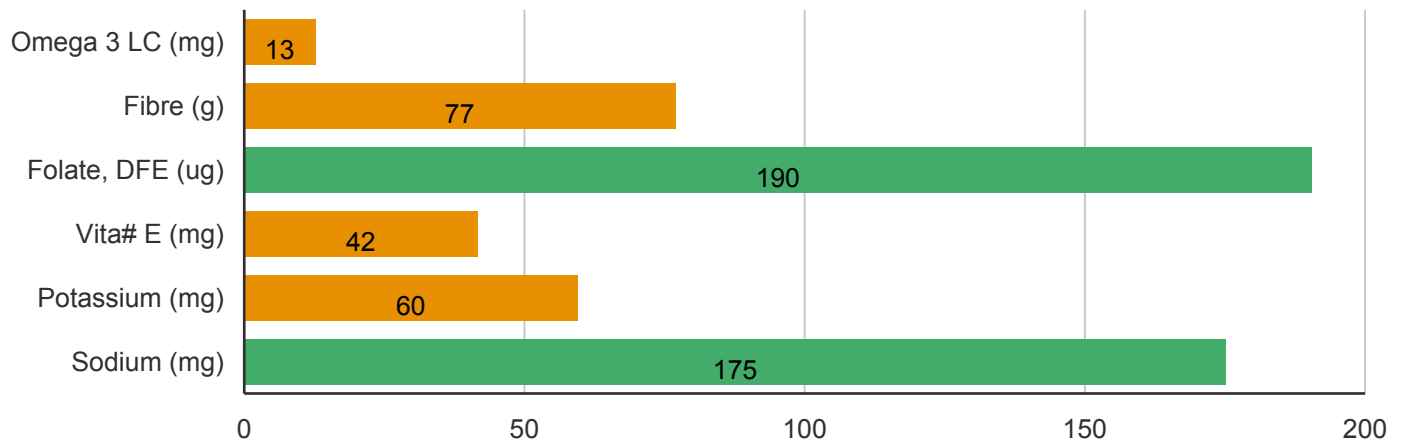
| Nutrient             | Amount  | RDI  | RDI % |
|----------------------|---------|------|-------|
| Protein (g)          | 81.8    | 66   | 124.0 |
| Vit# A RE (ug)       | 626.3   | 700  | 89.5  |
| Thiamin (B1) (mg)    | 1.0     | 1.1  | 92.3  |
| Riboflavin (B2) (mg) | 1.3     | 1.1  | 121.4 |
| Niacin (B3) (mg)     | 22.2    | 14   | 158.3 |
| Folate, DFE (ug)     | 571.4   | 400  | 142.8 |
| Vitamin B6 (mg)      | 1.1     | 1.3  | 87.4  |
| Vitamin B12 (µg)     | 4.7     | 2.4  | 195.1 |
| Vitamin C (mg)       | 26.8    | 45   | 59.6  |
| Calcium (mg)         | 1,040.0 | 1000 | 104.0 |
| Iron (mg)            | 9.5     | 18   | 53.0  |
| Iodine (µg)          | 172.8   | 150  | 115.2 |
| Magnesium (mg)       | 406.5   | 320  | 127.0 |
| Phosphorus (mg)      | 1,494.6 | 1000 | 149.5 |
| Selenium (µg)        | 62.7    | 60   | 104.5 |
| Zinc (mg)            | 10.7    | 8    | 133.5 |

## Estimated Average Requirement (%)



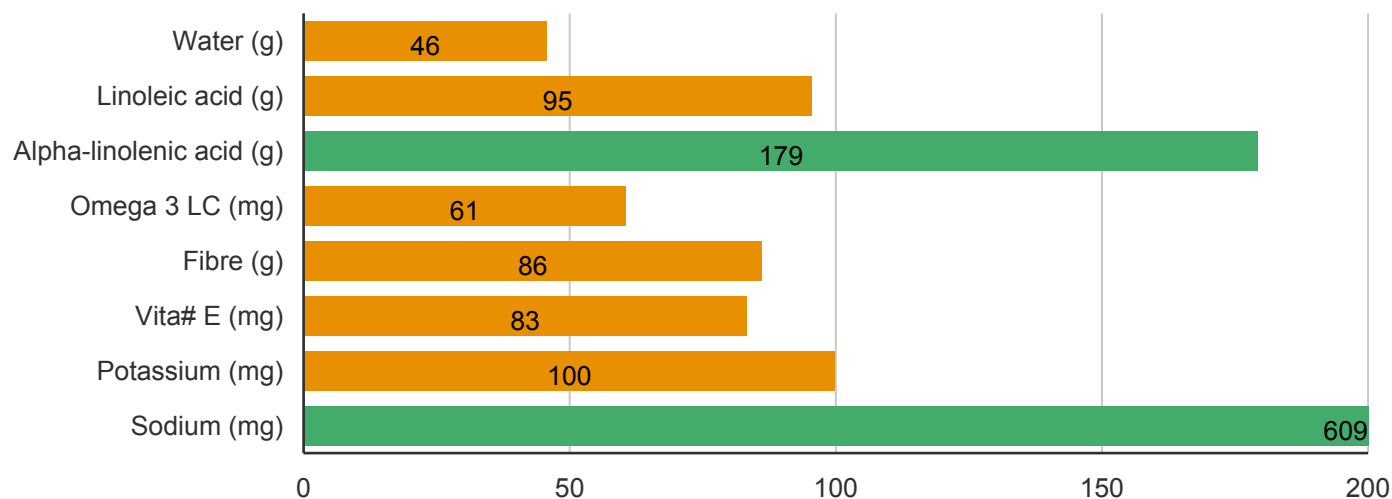
| Nutrient             | Amount  | EAR  | EAR % |
|----------------------|---------|------|-------|
| Protein (g)          | 81.8    | 52.8 | 155.0 |
| Vit# A RE (ug)       | 626.3   | 500  | 125.3 |
| Thiamin (B1) (mg)    | 1.0     | 0.9  | 112.8 |
| Riboflavin (B2) (mg) | 1.3     | 0.9  | 148.4 |
| Niacin (B3) (mg)     | 22.2    | 11   | 201.4 |
| Folate, DFE (ug)     | 571.4   | 320  | 178.6 |
| Vitamin B6 (mg)      | 1.1     | 1.1  | 103.2 |
| Vitamin B12 (µg)     | 4.7     | 2    | 234.2 |
| Vitamin C (mg)       | 26.8    | 30   | 89.5  |
| Calcium (mg)         | 1,040.0 | 840  | 123.8 |
| Iron (mg)            | 9.5     | 8    | 119.2 |
| Iodine (µg)          | 172.8   | 100  | 172.8 |
| Magnesium (mg)       | 406.5   | 265  | 153.4 |
| Phosphorus (mg)      | 1,494.6 | 580  | 257.7 |
| Selenium (µg)        | 62.7    | 50   | 125.4 |
| Zinc (mg)            | 10.7    | 6.5  | 164.3 |

## Suggested Daily Target (%)



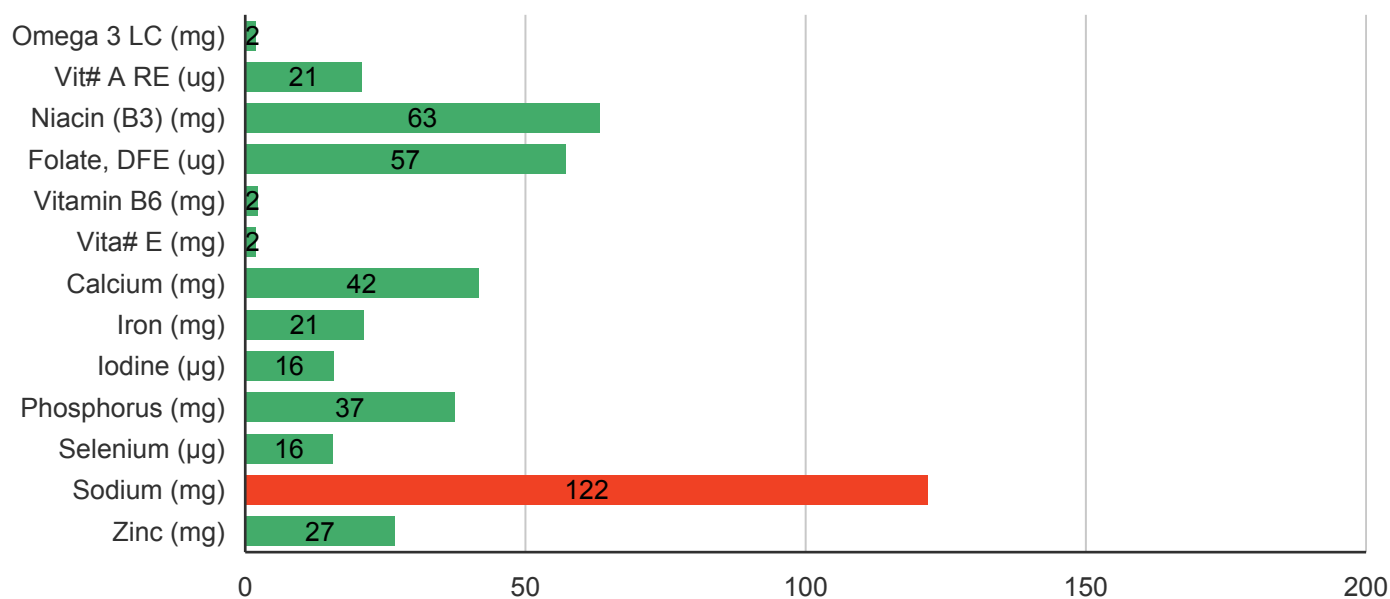
| Nutrient         | Amount  | SDT  | SDT % |
|------------------|---------|------|-------|
| Omega 3 LC (mg)  | 54.5    | 430  | 12.7  |
| Fibre (g)        | 21.5    | 28   | 76.9  |
| Folate, DFE (ug) | 571.4   | 300  | 190.5 |
| Vita# E (mg)     | 5.8     | 14   | 41.7  |
| Potassium (mg)   | 2,797.0 | 4700 | 59.5  |
| Sodium (mg)      | 2,802.7 | 1600 | 175.2 |

## Adequate Intakes (%)



| Nutrient                 | Amount  | AI   | AI %  |
|--------------------------|---------|------|-------|
| Water (g)                | 1,282.3 | 2800 | 45.8  |
| Linoleic acid (g)        | 7.6     | 8    | 95.5  |
| Alpha-linolenic acid (g) | 1.4     | 0.8  | 179.4 |
| Omega 3 LC (mg)          | 54.5    | 90   | 60.6  |
| Fibre (g)                | 21.5    | 25   | 86.1  |
| Vita# E (mg)             | 5.8     | 7    | 83.3  |
| Potassium (mg)           | 2,797.0 | 2800 | 99.9  |
| Sodium (mg)              | 2,802.7 | 460  | 609.3 |

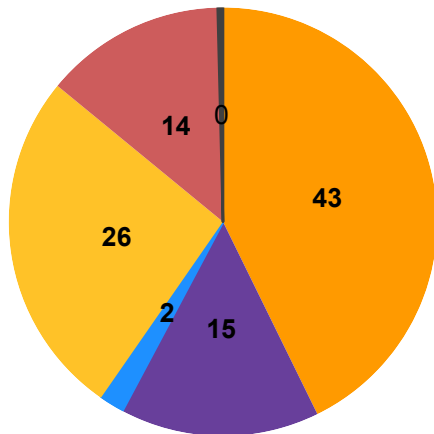
## Upper Limit (%)



| Nutrient         | Amount  | UL   | UL %  |
|------------------|---------|------|-------|
| Omega 3 LC (mg)  | 54.5    | 3000 | 1.8   |
| Vit# A RE (ug)   | 626.3   | 3000 | 20.9  |
| Niacin (B3) (mg) | 22.2    | 35   | 63.3  |
| Folate, DFE (ug) | 571.4   | 1000 | 57.1  |
| Vitamin B6 (mg)  | 1.1     | 50   | 2.3   |
| Vita# E (mg)     | 5.8     | 300  | 1.9   |
| Calcium (mg)     | 1,040.0 | 2500 | 41.6  |
| Iron (mg)        | 9.5     | 45   | 21.2  |
| Iodine (ug)      | 172.8   | 1100 | 15.7  |
| Phosphorus (mg)  | 1,494.6 | 4000 | 37.4  |
| Selenium (ug)    | 62.7    | 400  | 15.7  |
| Sodium (mg)      | 2,802.7 | 2300 | 121.9 |
| Zinc (mg)        | 10.7    | 40   | 26.7  |

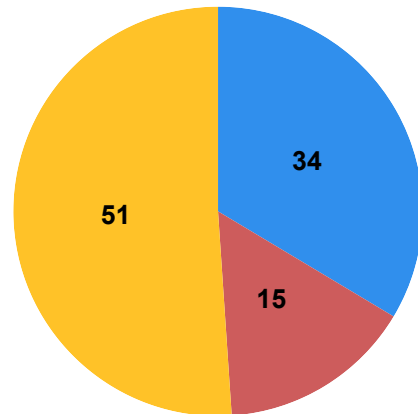
### Macronutrient Ratio (%)

■ Carbohydrate    ■ Protein    ■ Fibre  
■ Total Fat    ■ Alcohol    ■ Other



### Fat Ratio (%)

■ Monounsaturated    ■ Polyunsaturated    ■ Saturated



| Macronutrient    | Amount | Macro % |
|------------------|--------|---------|
| Carbohydrate (g) | 238    | 43      |
| Protein (g)      | 82     | 15      |
| Total Fat (g)    | 66     | 26      |
| Alcohol (g)      | 44     | 14      |
| Fibre (g)        | 22     | 2       |
| Other            | na     | 0       |

| Fat                 | Amount | Fat % | Energy % |
|---------------------|--------|-------|----------|
| Monounsaturated (g) | 20     | 34    | 8        |
| Polyunsaturated (g) | 9      | 15    | 4        |
| Saturated (g)       | 31     | 51    | 12       |