

UCSD Cancer Prevention and Control Program

Nutritional Summary

HELP weight Loss Study - Pilot

Dietary Intake Collected Over 3 Days From 01/13/2011 to 01/25/2011

Nutrient (Unit)				
	Food	Supplements	Total	
Energy (Calories)	1,273	0	1,273	
Protein (g)	65	0.00	65.04	46 - 56 g
Protein (% Energy)	20	0	20	10 - 35 %
Fat (% Energy)	16	0	16	20 - 35 %
Carbohydrates (% Energy)	64	0	64	45 - 65 %
Fiber (g)	31	0	31	25 - 38 g
Cholesterol (mg)	147	0	147	300 mg
Vitamins - Fat-Soluble				
Vitamin A Activity (IU)	20,359	0	20,359	2,333 IU
Vitamin D (IU)	238	2267	2505	600 - 800 IU
Vitamin E (IU)	14.7	35.2	49.9	16.5 - 22 IU
Vitamin K (mcg)	156	50	206	90 - 120 mcg
Vitamins - Water-Soluble				
Thiamin (mg)	1.1	1.1	2.2	1.1 - 1.4 mg
Riboflavin (mg)	1.9	1.1	3.0	1.1 - 1.3 mg
Niacin (mg)	18	14	32	14 - 16 mg
Vitamin B6 (mg)	1.3	5.0	6.3	1.5 - 1.7 mg
Vitamin B12 (mcg)	3.1	50.0	53.1	2.4 mcg
Folic Acid (mcg)	325	400	725	400 mcg
Pantothenic Acid (mg)	4.8	5.0	9.8	5.0 mg
Vitamin C (mg)	119	100	219	75 - 90 mg
Minerals				
Calcium (mg)	1,060	1,700	2,760	1,000 - 1,200 mg
Magnesium (mg)	299	50	349	320 - 420 mg
Phosphorus (mg)	1,286	20	1,306	700 mg
Sodium (mg)	1,854	0	1,854	1,200 - 1,500 mg
Potassium (mg)	2,848	80	2,928	4,700 mg
Minerals - Trace Elements				
Iron (mg)	10	8	18	8 mg
Copper (mcg)	1,041	500	1,541	900 mcg
Selenium (mcg)	84	55	139	55 mcg
Manganese (mg)	3.9	4.0	7.9	1.8 - 2.3 mg
Zinc (mg)	8	15	23	8 - 11 mg