

Your Personalized Assessment

BMI: 32.1 / Obese

Based on your profile

Age 62: age-related decline in absorption can lower B12, vitamin D, and calcium status.

BMI 32.1 (obesity): inflammation and adipose sequestration raise risk of vitamin D, iron, zinc, magnesium, calcium, B12, and folate deficiency.

Prioritize getting enough: Vitamin B-12 Vitamin D (D2 + D3) Calcium, Ca Vitamin B-6 Iron, Fe Zinc, Zn Magnesium, Mg
Folate, DFE

These are general, profile-based risk factors — not a property of this food.

Food Quality Scores 3 of 3 foods ▼

Kind, breakfast bars, dark chocolate cocoa
Kind, Kind LLC

A B **C** D E

 **NOVA 4: Ultra-Processed**


 **Acidic (+2.9)**

Yogurt Greek plain whole milk

 **Acidic (+4.9)**

Spinach raw

 **Alkaline (-11.8)**

 Whole foods (fruits, vegetables, meats) show PRAL acid/alkaline scores only — Nutri-Score and NOVA apply to packaged products.

Nutri-Score: A (best) → E (worst) nutritional quality

NOVA:  1 Unprocessed  2 Culinary  3 Processed  4 Ultra-Processed

PRAL:  Alkaline (negative)  Neutral  Acidic (positive)

Nutri-Score & NOVA from Open Food Facts. PRAL (Potential Renal Acid Load) calculated from Remer & Manz formula — measures acid/alkaline effect on the body.

Rare Bioactive Compounds Detected 3 found ▼

Betaine

92.34 mg

Amino Compound

Liver protection, homocysteine reduction, exercise performance, heart health

Found primarily in: Beets, spinach, quinoa, wheat bran

Tocopherol, gamma

0.16 mg

Tocopherol

Anti-inflammatory (superior to alpha-tocopherol for this), anti-cancer

Found primarily in: Soybean oil, corn oil, walnuts, pecans, sesame seeds

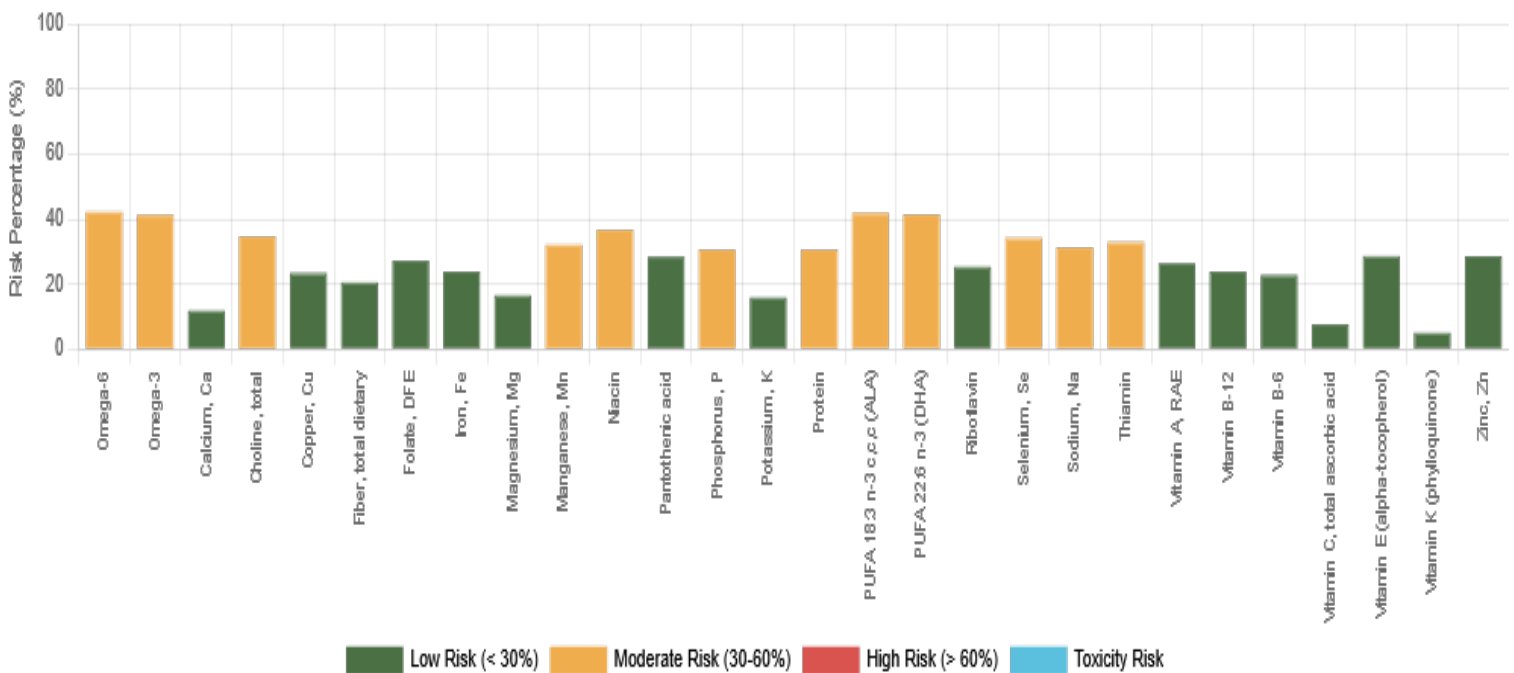
Retinol

1.7 mcg

Vitamin A Form




Preformed Vitamin A — immediately usable, essential for vision, immune, skin

Found primarily in: Liver, cod liver oil, eggs, butter, cheese — animal foods only



Data Quality

 Lab analyzed
  From product label
  Estimated
  Assumed zero
  Mixed quality
 "Mostly" = ≥70% one tier

Nutrient	RDI	Intake	% RDI	Risk %	Status
Omega-6	17 g	0.355 g	2.1%	42.2%	Moderate
Omega-3	1.6 g	0.046 g	2.9%	41.2%	Moderate
 Calcium, Ca	1200 mg	299.1 mg	24.9%	11.8%	Low
 Choline, total	550 mg	43.04 mg	7.8%	34.6%	Moderate
 Copper, Cu	0.9 mg	0.15 mg	16.2%	23.4%	Low

Nutrient	RDI	Intake	% RDI	Risk %	Status
🍷 Fiber, total dietary	38 g	6.98 g	18.4%	20.5%	Low
📄 Folate, DFE	400 mcg	183.1 mcg	45.8%	27.1%	Low
🍷 Iron, Fe	8 mg	4.24 mg	53%	23.8%	Low
⚖️ Magnesium, Mg	420 mg	89.8 mg	21.4%	16.5%	Low
⚖️ Manganese, Mn	2.3 mg	0.82 mg	35.7%	32.1%	Moderate
⚖️ Niacin	16 mg	1.01 mg	6.3%	36.6%	Moderate
⚖️ Pantothenic acid	5 mg	0.62 mg	12.4%	28.4%	Low
⚖️ Phosphorus, P	700 mg	273.6 mg	39.1%	30.5%	Moderate
⚖️ Potassium, K	3400 mg	741.9 mg	21.8%	15.9%	Low
🍷 Protein	56 g	21.87 g	39.1%	30.5%	Moderate
⚖️ PUFA 18:3 n-3 c,c,c (ALA)	1.6 g	0.04 g	2.4%	41.8%	Moderate
⚖️ PUFA 22:6 n-3 (DHA)	0.25 g	0.01 g	2.8%	41.3%	Moderate
⚖️ Riboflavin	1.3 mg	0.64 mg	49.5%	25.3%	Low
⚖️ Selenium, Se	55 mcg	17.39 mcg	31.6%	34.2%	Moderate
🍷 Sodium, Na	1500 mg	155.6 mg	10.4%	31.2%	Moderate
⚖️ Thiamin	1.2 mg	0.11 mg	9.1%	32.9%	Moderate
📄 Vitamin A, RAE	900 mcg	425.5 mcg	47.3%	26.4%	Low
⚖️ Vitamin B-12	2.4 mcg	1.28 mcg	53.1%	23.8%	Low
⚖️ Vitamin B-6	1.7 mg	0.28 mg	16.6%	22.8%	Low
Vitamin C, total ascorbic acid	90 mg	25.29 mg	28.1%	7.5%	Low
⚖️ Vitamin E (alpha-tocopherol)	15 mg	1.84 mg	12.3%	28.6%	Low
Vitamin K (phylloquinone)	120 mcg	434.61 mcg	362.2%	5.0%	Low
⚖️ Zinc, Zn	11 mg	1.36 mg	12.4%	28.5%	Low
Alanine	N/A	0.13 g	N/A	N/A	No RDI
Arginine	N/A	0.15 g	N/A	N/A	No RDI
⚖️ Ash	N/A	2.77 g	N/A	N/A	No RDI
Aspartic acid	N/A	0.22 g	N/A	N/A	No RDI
📄 Betaine	N/A	92.34 mg	N/A	N/A	No RDI
🍷 Carbohydrate, by difference	N/A	43.03 g	N/A	N/A	No RDI
🍷 Carotene, beta	N/A	5075.3 mcg	N/A	N/A	No RDI
Cholesterol	N/A	22.1 mg	N/A	N/A	No RDI
Cystine	N/A	0.03 g	N/A	N/A	No RDI
🍷 Energy	N/A	405.6 kcal	N/A	N/A	No RDI
📄 Fatty acids, total monounsaturated	N/A	3.64 g	N/A	N/A	No RDI
📄 Fatty acids, total polyunsaturated	N/A	0.95 g	N/A	N/A	No RDI
🍷 Fatty acids, total saturated	N/A	5.63 g	N/A	N/A	No RDI

Nutrient	RDI	Intake	% RDI	Risk %	Status
📄 Folate, food	N/A	183.1 mcg	N/A	N/A	No RDI
📄 Folate, total	N/A	183.1 mcg	N/A	N/A	No RDI
Fructose	N/A	0.14 g	N/A	N/A	No RDI
Galactose	N/A	0.09 g	N/A	N/A	No RDI
Glucose	N/A	0.1 g	N/A	N/A	No RDI
Glutamic acid	N/A	0.31 g	N/A	N/A	No RDI
Glycine	N/A	0.12 g	N/A	N/A	No RDI
Histidine	N/A	0.06 g	N/A	N/A	No RDI
Isoleucine	N/A	0.13 g	N/A	N/A	No RDI
Leucine	N/A	0.2 g	N/A	N/A	No RDI
📄 Lutein + zeaxanthin	N/A	10978.2 mcg	N/A	N/A	No RDI
Lysine	N/A	0.16 g	N/A	N/A	No RDI
Methionine	N/A	0.05 g	N/A	N/A	No RDI
📄 MUFA 14:1	N/A	0.03 g	N/A	N/A	No RDI
MUFA 16:1	N/A	0.09 g	N/A	N/A	No RDI
📄 MUFA 16:1 c	N/A	0.08 g	N/A	N/A	No RDI
MUFA 18:1	N/A	1.69 g	N/A	N/A	No RDI
📄 MUFA 18:1 c	N/A	1.49 g	N/A	N/A	No RDI
📄 MUFA 20:1	N/A	0.06 g	N/A	N/A	No RDI
Phenylalanine	N/A	0.12 g	N/A	N/A	No RDI
Phytosterols	N/A	8.1 mg	N/A	N/A	No RDI
Proline	N/A	0.1 g	N/A	N/A	No RDI
PUFA 18:2	N/A	0.38 g	N/A	N/A	No RDI
📄 PUFA 18:2 n-6 c,c	N/A	0.36 g	N/A	N/A	No RDI
PUFA 18:3	N/A	0.16 g	N/A	N/A	No RDI
📄 Retinol	N/A	1.7 mcg	N/A	N/A	No RDI
Serine	N/A	0.09 g	N/A	N/A	No RDI
📄 SFA 10:0	N/A	0.45 g	N/A	N/A	No RDI
📄 SFA 12:0	N/A	0.22 g	N/A	N/A	No RDI
📄 SFA 14:0	N/A	0.55 g	N/A	N/A	No RDI
📄 SFA 15:0	N/A	0.11 g	N/A	N/A	No RDI
📄 SFA 16:0	N/A	1.74 g	N/A	N/A	No RDI
📄 SFA 17:0	N/A	0.1 g	N/A	N/A	No RDI
📄 SFA 18:0	N/A	0.72 g	N/A	N/A	No RDI
📄 SFA 20:0	N/A	0.01 g	N/A	N/A	No RDI
📄 SFA 6:0	N/A	0.09 g	N/A	N/A	No RDI

Nutrient	RDI	Intake	% RDI	Risk %	Status
⚠ SFA 8:0	N/A	0.15 g	N/A	N/A	No RDI
Sucrose	N/A	0.06 g	N/A	N/A	No RDI
⚠ TFA 16:1†	N/A	0.01 g	N/A	N/A	No RDI
⚠ TFA 18:1†	N/A	0.19 g	N/A	N/A	No RDI
Threonine	N/A	0.11 g	N/A	N/A	No RDI
Tocopherol, gamma	N/A	0.16 mg	N/A	N/A	No RDI
📌 Total lipid (fat)	N/A	16.85 g	N/A	N/A	No RDI
📌 Total Sugars	N/A	18.18 g	N/A	N/A	No RDI
Tryptophan	N/A	0.04 g	N/A	N/A	No RDI
Tyrosine	N/A	0.1 g	N/A	N/A	No RDI
Valine	N/A	0.15 g	N/A	N/A	No RDI
📌 Vitamin A, IU	N/A	8464.8 IU	N/A	N/A	No RDI
📌 Water	N/A	220.47 g	N/A	N/A	No RDI

Summary

High Risk: 0

Moderate: 12

Toxicity Risk: 0

Recommended Recipes



Chia Seed Breakfast Pudding

High in Omega-3

Your intake of Omega-3 is only 2.9% of RDI

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Creamy Spinach and Ricotta Stuffed Shells

High in Calcium

Your intake of Calcium, Ca is only 24.9% of RDI

[Browse all →](#)



Hotpot Dipping Ingredients (Sichuan)

Hotpot Dipping Ingredients (Sichuan)

High in Choline · 30 min

Your intake of Choline, total is only 7.8% of RDI

[Browse all →](#)



Singapore Noodles

Singapore Noodles

High in Copper · 50 min · 388 cal

Your intake of Copper, Cu is only 16.2% of RDI

[Browse all →](#)



Hearty Split Pea Soup

High in Fiber

Your intake of Fiber, total dietary is only 18.4% of RDI

[Browse all](#) →



Super Foods

Super Foods

High in Folate · 2 min

Your intake of Folate, DFE is only 45.8% of RDI

[Browse all](#) →



Hearty Lentil and Spinach Curry

High in Iron

Your intake of Iron, Fe is only 53% of RDI

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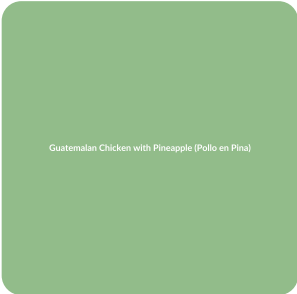


Spinach Quinoa Salad

High in Magnesium

Your intake of Magnesium, Mg is only 21.4% of RDI

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Guatemalan Chicken with Pineapple (Pollo en Pina)

Guatemalan Chicken with Pineapple (Pollo en Pina)

High in Manganese · 75 min · 667 cal

Your intake of Manganese, Mn is only 35.7% of RDI

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Salmon Lentil Salad

High in Niacin

Your intake of Niacin is only 6.3% of RDI

[Browse all](#) →



Eggs Asparagus Frittata

High in Pantothenic Acid

Your intake of Pantothenic acid is only 12.4% of RDI

[Browse all](#) →



Roasted Chicken Lasagna With Ricotta and Spinach (Taste of H)

Roasted Chicken Lasagna With Ricotta and Spinach (Taste of Home)

High in Phosphorus · 85 min · 300 cal

Your intake of Phosphorus, P is only 39.1% of RDI

[Browse all](#) →



Banana Coconut Smoothie

High in Potassium

Your intake of Potassium, K is only 21.8% of RDI

[Browse all →](#)



Chicken Quinoa Power Bowl

High in Protein

Your intake of Protein is only 39.1% of RDI

[Browse all →](#)



Liver Spinach Skillet

High in Riboflavin

Your intake of Riboflavin is only 49.5% of RDI

[Browse all →](#)



Simple Brazil Nuts

High in Selenium

Your intake of Selenium, Se is only 31.6% of RDI

[Browse all →](#)



Jazzy Miso Soup

Jazzy Miso Soup

High in Sodium · 60 min · 42 cal

Your intake of Sodium, Na is only 10.4% of RDI

[Browse all →](#)



Chickpea Broccoli Curry

High in Thiamin

Your intake of Thiamin is only 9.1% of RDI

[Browse all →](#)



Creamy Sweet Potato and Carrot Soup

High in Vitamin A

Your intake of Vitamin A, RAE is only 47.3% of RDI

[Browse all →](#)



Salmon Brussels Sprouts Roast

High in Vitamin B12

Your intake of Vitamin B-12 is only 53.1% of RDI

[Browse all →](#)



Eggs Lentil Wrap

High in Vitamin B6

Your intake of Vitamin B-6 is only 16.6% of RDI

[Browse all →](#)



Strawberry and Kiwi Smoothie

High in Vitamin C

Your intake of Vitamin C, total ascorbic acid is only 28.1% of RDI

[Browse all →](#)



Spinach and Avocado Salad with Almonds

High in Vitamin E

Your intake of Vitamin E (alpha-tocopherol) is only 12.3% of RDI

[Browse all →](#)



Classic Steamed Oysters with Lemon

High in Zinc

Your intake of Zinc, Zn is only 12.4% of RDI

[Browse all →](#)

!! MISSING NUTRIENTS DETECTED

You're missing 8 essential nutrients

1. Biotin

0% of RDI

Current Intake: 0 (Need: 30)

**** Health Risk:** Hair loss (alopecia), brittle nails, skin rash (especially around eyes, nose, mouth), fatigue, depression, tingling in extremities.

*** Top Sources:** Check with a nutritionist

2. Chromium, Cr

0% of RDI

Current Intake: 0 (Need: 0.04)

**** Health Risk:** Impaired glucose tolerance, weight loss.

*** Top Sources:** Check with a nutritionist

3. Iodine, I

0% of RDI

Current Intake: 0 (Need: 150)

**** Health Risk:** Goiter (swollen thyroid), fatigue, weight gain, dry skin, hair loss, brain fog, cold intolerance.

*** Top Sources:** Check with a nutritionist

4. Molybdenum, Mo

0% of RDI

Current Intake: 0 (Need: 0.05)

**** Health Risk:** Extremely rare. Rapid heart rate, rapid breathing, headache, night blindness, mental confusion. Only seen in severe malnutrition or genetic disorders.

*** Top Sources:** Check with a nutritionist

5. PUFA 20:5 n-3 (EPA)

0% of RDI

Current Intake: 0 (Need: 0.25)

**** Health Risk:** Consult a healthcare professional about deficiency risks

*** Top Sources:** Fish oil, menhaden, Fish oil, salmon, Fish oil, sardine, Oil, bearded seal (oogruk) (alaska native), Fish oil, cod liver

6. Vitamin D (D2 + D3)

0% of RDI

Current Intake: 0 (Need: 20)

**** Health Risk:** Bone/muscle pain, frequent infections, depression, fatigue, hair loss, slow wound healing, bone loss in adults.

*** Top Sources:** Fish oil, cod liver, Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, Mushrooms, portabella, exposed to ultraviolet light, Mushrooms, maitake, Fish, halibut, greenland

7. Vitamin K (Menaquinone-4)

0% of RDI

Current Intake: 0 (Need: 90)

**** Health Risk:** Consult a healthcare professional about deficiency risks

*** Top Sources:** Pepperoni, beef and pork, sliced, Sausage, turkey, breakfast links, mild, Chicken, broilers or fryers, drumstick, rotisserie, original seasoning, meat only, Frankfurter, meat and poultry, cooked, grilled, Chicken, broilers or fryers, rotisserie, original seasoning, drumstick, meat and skin

8. Omega-3

2.88% of RDI

Current Intake: 0.046 g (Need: 1.6 g)

**** Health Risk:** Heart disease risk, inflammation, poor brain function

*** Top Sources:** Oil, flaxseed, cold pressed, Oil, flaxseed, contains added sliced flaxseed, Seeds, chia seeds, dried, Oil, canola, Seeds, hemp seed, hulled

Recipes to Fill Your Nutritional Gaps



Chickpea Avocado Bowl

Chickpeas (0.5 mg B6 per cup) and spinach (243 µg folate per cup) support energy and brain health, addressing deficiencies in ~10% of adults [1]., High in Thiamin, High in Riboflavin

Missing Biotin - 0% of RDI

[Browse all →](#)

Curried Chicken Casserole

Curried Chicken Casserole

High in Chromium · 65 min · 1118 cal

Missing Chromium - 0% of RDI

[Browse all →](#)

Miso Seafood Stew

Miso Seafood Stew

High in Iodine · 30 min · 298 cal

Missing Iodine - 0% of RDI

[Browse all →](#)

Friendship Soup

Friendship Soup

High in Molybdenum · 810 min · 437 cal

Missing Molybdenum - 0% of RDI

[Browse all →](#)



Salmon Zucchini Noodles

Salmon (570 IU vitamin D per 100g) supports bone health and immunity, addressing deficiencies in ~40% of adults [1]., High in Niacin

Missing Vitamin D (D2 + D3) - 0% of RDI

[Browse all →](#)



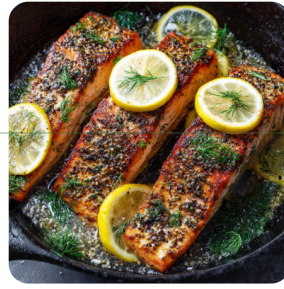
Kale and Bean Soup

Kale and Bean Soup

High in Vitamin K (Menaquinone-4) · 40 min · 400 cal

Missing Vitamin K (Menaquinone-4) - 0% of RDI

[Browse all →](#)



Pan-Seared Salmon with Lemon and Dill

Salmon is one of the richest sources of the long-chain Omega-3s EPA and DHA, which are easily used by the body. This simple recipe highlights the fish's flavor while providing a significant boost for your brain and cardiovascular system., High in Niacin

Missing Omega-3 - 2.88% of RDI

[Browse all →](#)