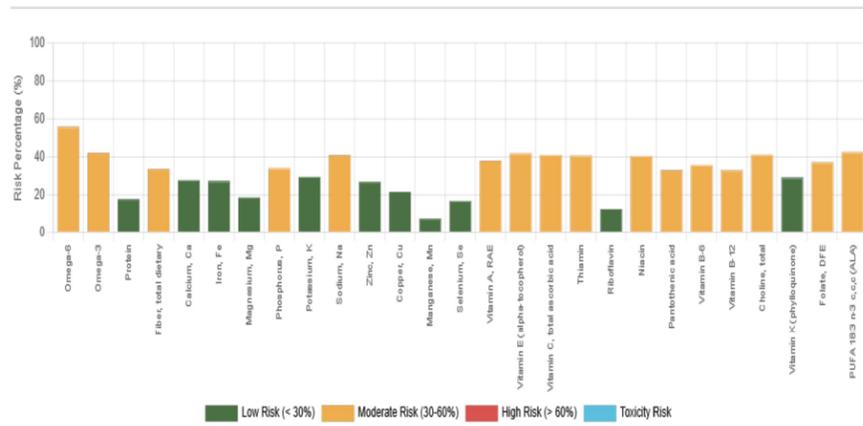


# Your Personalized Assessment

BMI: 25.0 / Overweight



Nutrient	RDI	Intake	% RDI	Risk %	Status
Omega-6	17 g	0.551 g	3.2%	55.7%	Moderate
Omega-3	1.6 g	0.037 g	2.3%	41.9%	Moderate
Protein	56 g	11.49 g	20.5%	17.6%	Low
Fiber, total dietary	38 g	3.31 g	8.7%	32.4%	Moderate
Calcium, Ca	1000 mg	130.6 mg	13.1%	27.6%	Low
Iron, Fe	8 mg	3.65 mg	45.6%	27.2%	Low
Magnesium, Mg	420 mg	83.54 mg	19.9%	18.5%	Low
Phosphorus, P	700 mg	227.22 mg	32.5%	33.8%	Moderate
Potassium, K	3400 mg	399.5 mg	11.8%	29.3%	Low
Sodium, Na	1500 mg	48.57 mg	3.2%	40.7%	Moderate
Zinc, Zn	11 mg	1.51 mg	13.7%	26.7%	Low
Copper, Cu	0.9 mg	0.53 mg	59%	21.4%	Low
Manganese, Mn	2.3 mg	0.65 mg	28.3%	7.3%	Low
Selenium, Se	55 mcg	11.73 mcg	21.3%	16.6%	Low
Vitamin A, RAE	900 mcg	49.47 mcg	5.5%	37.7%	Moderate
Vitamin E (alpha-tocopherol)	15 mg	0.38 mg	2.5%	41.6%	Moderate
Vitamin C, total ascorbic acid	90 mg	2.81 mg	3.1%	40.8%	Moderate
Thiamin	1.2 mg	0.04 mg	3.4%	40.4%	Moderate
Riboflavin	1.3 mg	0.32 mg	24.5%	12.3%	Low
Niacin	16 mg	0.58 mg	3.6%	40.2%	Moderate
Pantothenic acid	5 mg	0.46 mg	9.1%	32.8%	Moderate
Vitamin B-6	1.3 mg	0.09 mg	7.2%	35.4%	Moderate
Vitamin B-12	2.4 mcg	0.83 mcg	34.5%	32.7%	Moderate
Choline, total	550 mg	17.03 mg	3.1%	40.9%	Moderate
Vitamin K (phylloquinone)	120 mcg	50.36 mcg	42%	29.0%	Low
Folate, DFE	400 mcg	24.4 mcg	6.1%	36.9%	Moderate
PUFA 18:3 n-3 c.c.c. (ALA)	1.6 g	0.03 g	2.1%	42.3%	Moderate
Total lipid (fat)	N/A	17.13 g	N/A	N/A	No RDI
Carbohydrate, by difference	N/A	17.36 g	N/A	N/A	No RDI

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Nutrient	RDI	Intake	% RDI	Risk %	Status
SFA 22:0	N/A	0.02 g	N/A	N/A	No RDI
MUFA 14:1	N/A	0.02 g	N/A	N/A	No RDI
MUFA 16:1	N/A	0.08 g	N/A	N/A	No RDI
MUFA 20:1	N/A	0.04 g	N/A	N/A	No RDI
Phytosterols	N/A	0.9 mg	N/A	N/A	No RDI
Stigmasterol	N/A	8.79 mg	N/A	N/A	No RDI
Campesterol	N/A	3.4 mg	N/A	N/A	No RDI
Beta-sitosterol	N/A	24.38 mg	N/A	N/A	No RDI
Fatty acids, total monounsaturated	N/A	5.76 g	N/A	N/A	No RDI
Fatty acids, total polyunsaturated	N/A	0.84 g	N/A	N/A	No RDI
SFA 15:0	N/A	0.07 g	N/A	N/A	No RDI
SFA 17:0	N/A	0.08 g	N/A	N/A	No RDI
SFA 24:0	N/A	0.01 g	N/A	N/A	No RDI
TFA 16:1 t	N/A	0.01 g	N/A	N/A	No RDI
TFA 18:1 t	N/A	0.12 g	N/A	N/A	No RDI
MUFA 16:1 c	N/A	0.07 g	N/A	N/A	No RDI
MUFA 18:1 c	N/A	4.46 g	N/A	N/A	No RDI
PUFA 18:2 n-6 c.c.c.	N/A	0.55 g	N/A	N/A	No RDI
Fatty acids, total trans-monenoic	N/A	0.01 g	N/A	N/A	No RDI
Total Sugars	N/A	10.84 g	N/A	N/A	No RDI

## Summary

High Risk: 0

Moderate: 16

Toxicity Risk: 0

## Recommended Recipes



**Grilled Salmon with Orange Glaze** (<https://www.allrecipes.com/recipe/77515/grilled-salmon-with-orange-glaze>)

High in Omega-6 (Edamam)

Your intake of Omega-6 is only 3.2% of RDI



**Tuna Salad with Celery and Onions** ([recipe.php?id=139](https://www.allrecipes.com/recipe.php?id=139))

Canned tuna, particularly light tuna, is a good and accessible source of Omega-3s. Making a classic tuna salad with it is a quick way to create a protein-rich meal that supports your brain and heart., High in Riboflavin, High in Niacin

Your intake of Omega-6 is only 2.3% of RDI



**Spirulina Power Bowl** ([/recipe.php?id=6](https://www.allrecipes.com/recipe.php?id=6))

Spirulina contains 60% protein and vitamin B12, addressing deficiencies in ~6-20% of adults, especially vegans [2, 11]., High in Thiamin

Your intake of Protein is only 20.5% of RDI



**Hearty Split Pea Soup** ([/recipe.php?id=161](https://www.allrecipes.com/recipe.php?id=161))

Split peas are incredibly high in fiber, with one cooked cup providing an impressive 16 grams. This soup is not only a comforting and satisfying meal, but it's also a powerful way to support your digestive system and keep you full for hours., High in Thiamin

Your intake of Fiber, total dietary is only 8.7% of RDI

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Nutrient	RDI	Intake	% RDI	Risk %	Status
Ash	N/A	1.55 g	N/A	N/A	No RDI
Energy	N/A	268.83 kcal	N/A	N/A	No RDI
Sucrose	N/A	6.81 g	N/A	N/A	No RDI
Glucose	N/A	0.01 g	N/A	N/A	No RDI
Fructose	N/A	0.02 g	N/A	N/A	No RDI
Water	N/A	90.83 g	N/A	N/A	No RDI
Caffeine	N/A	22.68 mg	N/A	N/A	No RDI
Theobromine	N/A	227.37 mg	N/A	N/A	No RDI
Energy	N/A	1125.58 kJ	N/A	N/A	No RDI
Galactose	N/A	0.01 g	N/A	N/A	No RDI
Vitamin A, IU	N/A	963.76 IU	N/A	N/A	No RDI
Retinol	N/A	1 mcg	N/A	N/A	No RDI
Carotene, beta	N/A	574.99 mcg	N/A	N/A	No RDI
Carotene, alpha	N/A	1.99 mcg	N/A	N/A	No RDI
Cryptoxanthin, beta	N/A	0.28 mcg	N/A	N/A	No RDI
Lutein + zeaxanthin	N/A	1227.46 mcg	N/A	N/A	No RDI
Tocopherol, gamma	N/A	2.62 mg	N/A	N/A	No RDI
Tocopherol, delta	N/A	0.08 mg	N/A	N/A	No RDI
Tocotrienol, gamma	N/A	0.04 mg	N/A	N/A	No RDI
Folate, total	N/A	24.4 mcg	N/A	N/A	No RDI
Folate, food	N/A	24.4 mcg	N/A	N/A	No RDI
Betaine	N/A	10.26 mg	N/A	N/A	No RDI
Theanine	N/A	0.01 g	N/A	N/A	No RDI
Isoleucine	N/A	0.02 g	N/A	N/A	No RDI
Leucine	N/A	0.02 g	N/A	N/A	No RDI
Lysine	N/A	0.02 g	N/A	N/A	No RDI
Methionine	N/A	0.01 g	N/A	N/A	No RDI
Phenylalanine	N/A	0.01 g	N/A	N/A	No RDI
Tyrosine	N/A	0.01 g	N/A	N/A	No RDI
Valine	N/A	0.02 g	N/A	N/A	No RDI
Arginine	N/A	0.02 g	N/A	N/A	No RDI
Histidine	N/A	0.01 g	N/A	N/A	No RDI
Alanine	N/A	0.01 g	N/A	N/A	No RDI
Aspartic acid	N/A	0.02 g	N/A	N/A	No RDI
Glutamic acid	N/A	0.03 g	N/A	N/A	No RDI
Glycine	N/A	0.01 g	N/A	N/A	No RDI
Proline	N/A	0.01 g	N/A	N/A	No RDI
Serine	N/A	0.01 g	N/A	N/A	No RDI
Cholesterol	N/A	13.85 mg	N/A	N/A	No RDI
Fatty acids, total trans	N/A	0.01 g	N/A	N/A	No RDI
Fatty acids, total saturated	N/A	9.34 g	N/A	N/A	No RDI
SFA 6:0	N/A	0.05 g	N/A	N/A	No RDI
SFA 8:0	N/A	0.09 g	N/A	N/A	No RDI
SFA 10:0	N/A	0.28 g	N/A	N/A	No RDI
SFA 12:0	N/A	0.13 g	N/A	N/A	No RDI
SFA 14:0	N/A	0.34 g	N/A	N/A	No RDI
SFA 16:0	N/A	3.86 g	N/A	N/A	No RDI
SFA 18:0	N/A	4.29 g	N/A	N/A	No RDI
SFA 20:0	N/A	0.12 g	N/A	N/A	No RDI
MUFA 18:1	N/A	4.58 g	N/A	N/A	No RDI
PUFA 18:2	N/A	0.56 g	N/A	N/A	No RDI
PUFA 18:3	N/A	0.05 g	N/A	N/A	No RDI

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**Cheese and Broccoli Bake** ([/recipe.php?id=38](https://www.allrecipes.com/recipe.php?id=38))

This classic dish is packed with calcium from both cheese and broccoli. Cheddar cheese provides around 200mg per ounce, while broccoli offers around 43mg per cup., High in Riboflavin

Your intake of Calcium, Ca is only 13.1% of RDI



**Spinach and Mushroom Salad** ([/recipe.php?id=43](https://www.allrecipes.com/recipe.php?id=43))

Spinach is rich in non-heme iron. While absorption can be a challenge, pairing it with Vitamin C-rich foods like lemon dressing significantly improves its bioavailability., High in Riboflavin, High in Niacin

Your intake of Iron, Fe is only 45.6% of RDI



**Spinach Quinoa Salad** ([/recipe.php?id=51](https://www.allrecipes.com/recipe.php?id=51))

Spinach (80mg magnesium per cup) and quinoa (54mg per cup) provide high-quality magnesium for muscle relaxation and energy, addressing deficiencies in ~50% of adults [1]., High in Thiamin, High in Riboflavin

Your intake of Magnesium, Mg is only 19.9% of RDI



**Butternut Squash & Red Lentil Soup - Instant Pot Pressure Cooker** (<https://www.food52.com/recipes/86712-butternut-squash-red-lentil-soup-instant-pot-pressure-cooker>)

High in Phosphorus (Edamam)

Your intake of Phosphorus, P is only 32.5% of RDI



**White Bean Soup** ([/recipe.php?id=23](https://www.allrecipes.com/recipe.php?id=23))

White beans (829mg potassium per cup) support heart health and address deficiencies in ~97% of populations [1]. Spinach adds magnesium for energy., High in Thiamin, High in Riboflavin

Your intake of Potassium, K is only 11.8% of RDI



**Edamame and Radish Risotto from Vibrant Food** (<http://www.seriousseats.com/recipes/2014/07/edamame-and-radish-risotto-from-vibrant-food-kimberly-hasselbrink.html>)

High in Sodium (Edamam)

Your intake of Sodium, Na is only 3.2% of RDI



**Grilled Lamb Chops with Rosemary** ([/recipe.php?id=76](https://www.allrecipes.com/recipe.php?id=76))

Lamb is a rich source of zinc, with a single serving providing a significant portion of the daily recommended intake. This simple grilling method enhances the flavor and makes it a quick and healthy dinner option.

Your intake of Zinc, Zn is only 13.7% of RDI



**Easy Butternut Squash Soup 1** (<http://www.foodista.com/recipe/NMK47ZQN/easy-butternut-squash-soup1>)

High in Manganese (Edamam)

Your intake of Manganese, Mn is only 28.3% of RDI

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### Simple Brazil Nuts (/ncsitebuilder/recipe.php?id=61)

Brazil nuts are the most potent natural source of selenium. Eating just one or two a day can meet and even exceed your recommended daily intake, making them the simplest and most effective way to get this mineral.

Your intake of Selenium, Se is only 21.3% of RDI



### Massaged Kale Salad with Vinaigrette (/ncsitebuilder/recipe.php?id=83)

Kale is a nutritional powerhouse, with just one cup providing over 100% of your daily Vitamin A needs. Massaging the kale with olive oil and a vinaigrette not only tenderizes it but also helps your body absorb the fat-soluble Vitamin A., High in Riboflavin

Your intake of Vitamin A, RAE is only 5.5% of RDI



### Roasted Red Bell Pepper Dip (/ncsitebuilder/recipe.php?id=125)

Red bell peppers are rich in Vitamin E. Roasting them brings out their sweetness and makes this dip flavorful and highly nutritious. The dip can be served with whole-grain crackers or fresh vegetables., High in Riboflavin

Your intake of Vitamin E (alpha-tocopherol) is only 2.5% of RDI



### Tofu Broccoli Stir-Fry (/ncsitebuilder/recipe.php?id=148)

Tofu (10g protein per 100g) and broccoli (vitamin C) support muscle repair and immunity, ideal for plant-based diets [1].

Your intake of Vitamin C, total ascorbic acid is only 3.1% of RDI



### Wheat Germ Muesli Bowl (/ncsitebuilder/recipe.php?id=130)

Wheat germ is a potent source of Vitamin E. Adding it to a muesli bowl is a simple and effective way to boost your intake. Paired with fruit and milk, it's a complete and nourishing breakfast., High in Thiamin, High in Riboflavin

Your intake of Thiamin is only 3.4% of RDI



### White Bean Soup (/ncsitebuilder/recipe.php?id=23)

White beans (829mg potassium per cup) support heart health and address deficiencies in ~97% of populations [1]. Spinach adds magnesium for energy., High in Thiamin, High in Riboflavin

Your intake of Riboflavin is only 24.5% of RDI



### Lemon-Flavored Cod Liver Oil (/ncsitebuilder/recipe.php?id=89)

While not a recipe in the traditional sense, cod liver oil is a potent source of preformed Vitamin A. Taking a daily spoonful of a flavored variety is a simple, effective way to boost your intake, especially if you dislike organ meats., High in Niacin

Your intake of Niacin is only 3.6% of RDI



### Orange and Grapefruit Salad (/ncsitebuilder/recipe.php?id=103)

Citrus fruits like oranges and grapefruits are classic sources of Vitamin C, which is crucial for immune function. This refreshing salad is a simple and zesty way to get your dose.

Your intake of Pantothenic acid is only 9.1% of RDI

2. Fluoride, F

0% of RDI

Current Intake: 0 (Need: 4000)

\*\* Health Risk: Increased dental cavities, weakened tooth enamel, potentially weaker bones and increased fracture risk.

\* Top Sources: Beverages, tea, instant, lemon, sweetened, powder, Beverages, tea, black, brewed, prepared with tap water, Beverages, tea, instant, unsweetened, prepared with water, Raisins, dark, seedless (includes foods for usda's food distribution program), Crustaceans, crab, blue

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

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Recipes to Fill Your Nutritional Gaps



### Beef and Broccoli Stir-Fry (https://www.themealdb.com/meal/53366)

High in Chromium (TheMealDB)

Missing Chromium, Cr - 0% of RDI



### Sunomono (Japanese Cucumber and Seafood Salad) (https://www.allrecipes.com/recipe/233184/sunomono-japanese-cucumber-and-seafood-salad)

High in Fluoride (Edamam)

Missing Fluoride, F - 0% of RDI



### Very "Saucy" Seafood Rice - Arroz de Marisco Malandro (Portugal) (https://food52.com/recipes/1947-very-saucy-seafood-rice-arroz-de-marisco-malandro-portugal)

High in Iodine (Edamam)

Missing Iodine, I - 0% of RDI

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### Amaranth Breakfast Porridge (/ncsitebuilder/recipe.php?id=1)

Amaranth, a gluten-free grain, is rich in protein (14g/100g) and magnesium (65% DV per cup), supporting muscle function and energy production [1]. It provides vitamin B6, addressing the ~11% prevalence of suboptimal intake in adults [2]., High in Riboflavin

Your intake of Vitamin B-6 is only 7.2% of RDI



### Spirulina Power Bowl (/ncsitebuilder/recipe.php?id=6)

Spirulina contains 60% protein and vitamin B12, addressing deficiencies in ~6-20% of adults, especially vegans [2, 1]., High in Thiamin

Your intake of Vitamin B-12 is only 34.5% of RDI



### Wake Up Call: Sweet Beet Juice Recipe (http://www.seriousseats.com/recipes/2011/03/wake-up-call-sweet-beet-juice.html)

High in Choline (Edamam)

Your intake of Choline, total is only 3.1% of RDI



### Nitrate-Rich Salad (/ncsitebuilder/recipe.php?id=12)

Combines beets (110-250 mg nitrates/100g), spinach (70-250 mg/100g), arugula (100-250 mg/100g), and celery (80-150 mg/100g) for heart health and endurance. Addresses vitamin K needs (~10-20% subclinical deficiency)., High in Riboflavin

Your intake of Vitamin K (phyloquinone) is only 42% of RDI



### Clam Spinach Chowder (/ncsitebuilder/recipe.php?id=98)

Clams (22 µg B12 per 100g) and spinach (243 µg folate per cup) support brain health and energy, addressing deficiencies [1]., High in Riboflavin

Your intake of Folate, DFE is only 6.1% of RDI



### Brown Stew Chicken (https://www.themealdb.com/meal/52940)

High in Omega-3 (ALA) (TheMealDB)

Your intake of PUFA 18:3 n-3 c,c,c (ALA) is only 2.1% of RDI

!! MISSING NUTRIENTS DETECTED

You're missing 6 essential nutrients

1. Chromium, Cr

0% of RDI

Current Intake: 0 (Need: 0.04)

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

\* Top Sources: Check with a nutritionist

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