

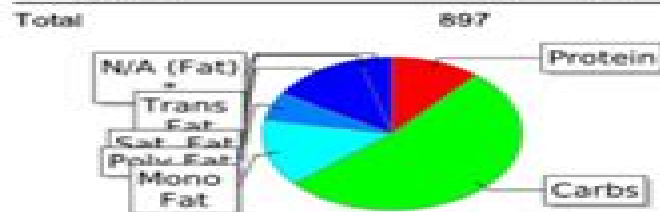
## Macronutrient Distribution

The Macronutrient Distribution report is useful for quickly seeing the calorie and fat breakdowns of your intake. The Source of Calories window shows graphically the percentage of calories from protein, carbohydrates, fat, and alcohol. The Source of Fat window shows the breakdown of fat (saturated, monounsaturated, polyunsaturated, and other fats).

### Profile Info

Personal: Emilie Valentine Female 20 yrs 5 ft 6 in 155 lb  
 Student Info: Emilie Valentine Kimberly Harmon NUTR 1653  
 Day(s): 2024 Sep 22 (Lunch, Dinner, Snack)  
 Activity Level: Sedentary (Strive for an Active activity level.)  
 BMI: 25.0 Normal is 18.5 to 25.  
 Weight Change: Lose 1.4 lb per week Best not to exceed 2 lbs per week.

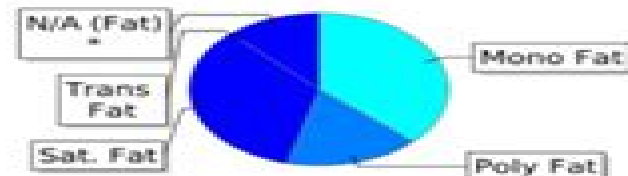
Source of Calories	Calori	Gra	Perce
Protein	103	25.7	11 %
Carbohydrates	463	115.9	52 %
Alcohol	0	0.0	0 %
Fat (Total)	331	36.7	37 %
Saturated Fat	112	12.4	12%
Trans Fat	0	0.0	0%
Mono Fat	123	13.6	14%
Poly Fat	56	6.2	6%



\*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Exchanges			
Starch	4.38	Fruit	0.00
Other Carbs	3.33	Vegetable	0.00
Lean Meat	1.76	Fat	6.37
Alcohol	0.00	NonFatMil	0.00

Source of Fat (approx.)	Fat (g)	Perce
Saturated Fat	12.4	34 %
Mono Fat	13.6	37 %
Poly Fat	6.2	17 %
Trans Fat	0.0	0 %
Total (g)	36.7	



\*The N/A Fat category includes the glycerol portion of the fat molecule (typically 5%), as well as any unavailable values for saturated, mono, poly, and trans fats.

Ratios	
P:S ( Poly Fat / Saturated Fat )	0.50 : 1
Potassium : Sodium	0.18 : 1
Calcium : Phosphorus	0.95 : 1
CSI ( Cholesterol / Saturated Fat )	15.02

# The Iom Nas Macronutrient Report

**Institute of Medicine, Food and  
Nutrition Board, Committee on  
Nutrition Standards for National  
School Lunch and Breakfast Programs**

## **The Iom Nas Macronutrient Report:**

**Federal Register** ,2013-11      **Food, Drug, Cosmetic Law Reporter** ,1963      *Modern Nutrition in Health and Disease* A. Catharine Ross,Benjamin Caballero,Robert J. Cousins,Katherine L. Tucker,2020-07-10      Modern Nutrition in Health and Disease Katherine L Tucker,Christopher Duggan,Gordon Jensen,Karen Peterson,2024-12-11 This widely acclaimed and authoritative reference first published in 1950 offers coverage of nutrition s role in disease prevention international nutrition issues public health concerns the role of obesity in a variety of chronic illnesses genetics as it applies to nutrition and areas of major scientific progress relating nutrition to disease      **Krause and Mahan's Food and the Nutrition Care Process E-Book** Janice L Raymond,Kelly Morrow,2020-05-03 NEW Food Nutrient Delivery Planning the Diet with Cultural Competency chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning NEW Clinical Nutritional Genomics chapter features an author from the NIH s Human Genome Project and introduces you to the latest research about CRISPR and epigenetics NEW MNT for Neurologic Disorders chapter features two new authors including a speech therapist and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients NEW Clinical Water Electrolytes and Acid Base Balance and Clinical Biochemical Physical and Functional Assessment chapters are updated with the most relevant and evidence based complementary and integrative approaches to expand your expertise in these clinical nutritional areas NEW MNT for Adverse Reactions to Food Food Allergies and Intolerance chapter features completely revised guidelines and a new pathophysiology algorithm to ensure you are confident in your knowledge of how to prevent emergencies and what to do when emergencies do happen NEW Coverage of intermittent fasting health at every size and health disparities focuses on the latest nutrition trends to ensure you are well versed in these topics NEW The Mediterranean Diet Choline and Biotin appendices display at a glance information to help you find quickly supplemental information NEW Directions boxes and Focus On boxes as well as useful websites resources and key terms at the end of each chapter help you find information quickly and easily      *The Cardiac Care Unit Survival Guide* Herzog,2012 This book is geared toward cardiologists trainees and housestaff anyone who rotates or practices in the CCU who must grasp the subtleties when treating patients in a cardiac care unit It is organized in a way to help you understand the simplified pathophysiology of the disease the diagnosis modalities the initial critical care management in the CCU the clinical care in a step down unit and plan for discharge therapy Dr Herzog has developed unified pathways for the management of patients presenting with acute chest pain or its equivalent acute heart failure atrial fibrillation and flutter syncope cardiac arrest hypertension and hyperglycemia Algorithms and pathways for management are provided in each chapter for easy implementation in any health care system In addition because specialized units are frightening to the patients and their families there is a section in each chapter on what the patient and family need to know that encompasses a capsulated explanation of the condition and treatment management

A companion website accompanies the text that includes fully searchable text and patient information Krause and Mahan's Food and the Nutrition Care Process, 16e, E-Book Janice L Raymond, Kelly Morrow, 2022-07-30 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Nutrition Provide optimal nutritional care with the latest guidelines to evidence based practice Krause and Mahan's Food the Nutrition Care Process 16th Edition provides an all in one resource for the dietetics information you need to care for patients throughout the entire life cycle With insight from clinical specialists the book guides you through the steps of assessment diagnosis and intervention monitoring and evaluation It also covers nutrition in each stage of life weight management medical nutrition therapies for conditions and disorders and the use of nutrition therapies in childhood From a team of nutrition experts led by Janice L Raymond and Kelly Morrow this classic text has been trusted by nurses nutritionists and dieticians for since 1952 UNIQUE Pathophysiology algorithms and flow charts present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you understand illness and provide optimal nutritional care Clinical case studies help you translate academic knowledge into practical patient care using a framework of the nutrition care process Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms then conclude with a nutrition diagnosis providing scenarios you may encounter in practice Clinical Insight boxes expand on information in the text highlight new areas of focus and contain information on studies and clinical resources New Directions boxes suggest areas for further research by spotlighting emerging areas of interest in nutrition care Focus On boxes provide thought provoking information on key nutrition concepts Summary boxes highlight CRISPR the Indigenous food movement hearing assessment health disparities and the Health At Every Size movement and include a tribute to Dr George Blackburn a respected specialist in obesity and nutrition Key terms are listed at the beginning of each chapter and bolded within the text NEW Infectious Diseases chapter is written by a new author with specific expertise in infectious disease NEW Transgender Nutrition chapter is added from two new authors NEW COVID 19 updates are provided in multiple chapters each relating to epidemiology and patient care NEW Information on the FODMAP diet is included in the appendix covering the sugars that may cause intestinal distress NEW Emphasis on diversity equity and inclusion is included in all chapters NEW Updated International Dysphagia Diet Standardisation Initiative IDDSI information is included in the appendix NEW Updated pregnancy growth charts are added to this edition NEW Updated Healthy People 2030 information is added throughout the book **Use of Dietary Supplements by Military Personnel** Institute of Medicine, Food and Nutrition Board, Committee on Dietary Supplement Use by Military Personnel, 2008-10-31 Dietary supplements are widely available through a rapidly expanding market of products commonly advertised as beneficial for health performance enhancement and disease prevention Given the importance and frequent evaluation of physical performance and health as a criteria to join and remain in the military the use of these products by military personnel has raised concern regarding over all and long term efficacy and safety This evaluation is especially difficult as many of these

supplements contain multiple ingredients have a changing composition over time or are used intermittently at doses difficult to measure This book analyzes the patterns of dietary supplement use among military personnel examines published reviews of the scientific evidence and identifies those dietary supplements that are beneficial and or warrant concern due to risks to health or performance The book also recommends a system to monitor adverse health effects and a framework to identify the need for active management of dietary supplements by military personnel Military policy makers personnel and recruits will find this book useful as will nutritionists athletes and others working in strenuous environments *Nutrition, a Key to Good Health* ,1995 Applied Physiology, Nutrition, and Metabolism ,2006 *Busy Mom's Guide to Family Nutrition* Paul C. Reisser,2012-04-01 With almost everything you need to know to care for your family available on the Internet or at the library these days how do you sort through the wealth of information available How do you narrow down your web search And how many pages are in that reference guide It can be overwhelming to look for specific information Relax we have the cure for the common search The information you need is at your fingertips in the practical and easy to use Busy Mom s Guide series Using a question and answer format Busy Mom s Guide to Family Nutrition provides bite sized pieces of information including nutritional basics the skinny on fats interpreting food labels exploring popular diet plans and much more Improve your family s health quotient with the quick reference material found inside and enjoy your healthy family Some content previously published in the Complete Guide s Family Health Nutrition and Fitness *Milling & Baking News* ,2007-12

**Trans Fat Alternative** Dharma R. Kodali,Gary R. List,2019-07-26 Responding to government regulations that require declaration of the amount of trans fat present in foods Trans Fats Alternatives provides cutting edge research and insights into this major industry issue With contributions from major fats and oils suppliers including Aarhus ADM Bunge Cargill Loders Croklaan and Premium Vegetable Oils the book covers the new regulations in detail includes methods to analyze for trans fat explores consumer reaction to trans fat labeling discusses the nutrition facts and supplies approaches to trans fat replacement reformulation It an indispensable guide for everyone who is interested in trans fats **Aspectos Nutricionais na Síndrome Metabólica: Uma Abordagem Interdisciplinar** Monica Cattafesta,Luciane Bresciani Salaroli,2020-04-27 O livro Aspectos nutricionais na S ndrome Metab lica uma abordagem interdisciplinar lan a um novo olhar interdisciplinar sobre a conduta dietoter pica ao paciente com S ndrome Metab lica SM A obra apresenta aspectos importantes aos quais o profissional deve atentar se quanto epidemiologia dessa multicomorbidade aos aspectos fisiopatol gicos s condutas m dicas e farmac uticas atualmente preconizadas e por fim conduta nutricional necess ria tanto para adultos quanto para crian as e adolescentes O livro busca conciliar a teoria e a pr tica no atendimento ao paciente com SM trazendo diversos materiais para auxiliar na condu o do atendimento cl nico e na prescri o nutricional *Krause. Mahan. Dietoterapia* Janice L Raymond,Kelly Morrow,2025-02-14 Esta obra acompa a al estudante en el aprendizaje de la pr ctica cl nica aportando informaci n b sica sobre nutrici n a lo largo del ciclo vital algoritmos de abordaje cl nico cuadros de foco de inter s diagn sticos nutricionales de

muestra para los distintos contextos clínicos referencias sobre páginas web de utilidad y extensos apéndices como numerosas tablas e ilustraciones Los capítulos siguen la secuencia de pasos de valoración diagnóstica nutricional intervención seguimiento y evaluación con inclusión por separado de los capítulos dedicados al tratamiento nutricional médico TNM pediátrico en una sección específica En esta 16a edición todo el contenido se ha actualizado prestando especial consideración a la diversidad cultural Asimismo incluye nuevos capítulos sobre enfermedades infecciosas y nutrición en personas transgénero actualizaciones relacionadas con la COVID 19 en varios capítulos sobre epidemiología y atención del paciente y nuevos apéndices Va acompañada de Evolve que incluye recursos adicionales en inglés de gran valor para instructores y estudiantes

**Nutrition Standards and Meal Requirements for National School Lunch and Breakfast Programs** Institute of Medicine, Food and Nutrition Board, Committee on Nutrition Standards for National School Lunch and Breakfast Programs, 2009-01-15 The National School Breakfast Program feeds 10 million children each day and the National School Lunch Program feeds more than 30 million students Yet the national nutrition standards and meal requirements for these meals were created more than a decade ago making them out of step with recent guidance about children's diets With so many children receiving as much as 50 percent of their daily caloric intake from school meals it is vital for schools to provide nutritious food alongside the best possible education for the success of their students At the request of U S Department of Agriculture USDA the Institute of Medicine assembled a committee to recommend updates and revisions to the school lunch and breakfast programs The first part of the committee's work is reflected in the December 2008 IOM report Nutrition Standards and Meal Requirements for National School Lunch and Breakfast Programs Phase I Proposed Approach for Recommending Revisions Phase II of the report is expected in Fall 2009 This first report provides information about the committee's approach as it reviews the school lunch and breakfast programs In the report's second part the committee will share its findings and recommendations to bring these meals more in line with today's dietary guidelines The committee welcomes public comments about its intended approach An open forum will be held January 28 2009 in Washington DC to receive input from the public Please go to <http://www.iom.edu/fnb/schoolmeals> for details or email [FNBSchoolMeals@nas.edu](mailto:FNBSchoolMeals@nas.edu) with any input

**Front-of-Package Nutrition Rating Systems and Symbols** Institute of Medicine, Food and Nutrition Board, Committee on Examination of Front-of-Package Nutrition Rating Systems and Symbols, 2010-12-21 The federal government requires that most packaged foods carry a standardized label the Nutrition Facts panel that provides nutrition information intended to help consumers make healthful choices In recent years manufacturers have begun to include additional nutrition messages on their food packages These messages are commonly referred to as front of package FOP labeling As FOP labeling has multiplied it has become easy for consumers to be confused about critical nutrition information In considering how FOP labeling should be used as a nutrition education tool in the future Congress directed the Centers for Disease Control and Prevention to undertake a two phase study with the IOM on FOP nutrition rating systems and nutrition

related symbols The Food and Drug Administration is also a sponsor In Phase 1 of its study the IOM reviewed current systems and examined the strength and limitations of the nutrition criteria that underlie them The IOM concludes that it would be useful for FOP labeling to display calorie information and serving sizes in familiar household measures In addition as FOP systems may have the greatest benefit if the nutrients displayed are limited to those most closely related to prominent health conditions FOP labeling should provide information on saturated fats trans fats and sodium

*Dietary Reference Intakes* Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, 2001-04-30 Since 1994 the Institute of Medicine's Food and Nutrition Board has been involved in developing an expanded approach to developing dietary reference standards This approach the Dietary Reference Intakes DRIs provides a set of four nutrient based reference values designed to replace the Recommended Dietary Allowances RDAs in the United States and the Recommended Nutrient Intakes RNIs in Canada These reference values include Estimated Average Requirement EAR Recommended Dietary Allowance RDA Adequate Intake AI and Tolerable Upper Intake Level UL To date several volumes in this series have been published This new book *Applications in Dietary Assessment* provides guidance to nutrition and health research professionals on the application of the new DRIs It represents both a how to manual and a why manual Specific examples of both appropriate and inappropriate uses of the DRIs in assessing nutrient adequacy of groups and of individuals are provided along with detailed statistical approaches for the methods described In addition a clear distinction is made between assessing individuals and assessing groups as the approaches used are quite different *Applications in Dietary Assessment* will be an essential companion to any or all of the DRI volumes

Committee on Military Nutrition Research Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, 1999-08-04 The activities of the Food and Nutrition Board's Committee on Military Nutrition Research CMNR the committee have been supported since 1994 by grant DAMD17 94 J 4046 from the U S Army Medical Research and Materiel Command USAMRMC This report fulfills the final reporting requirement of the grant and presents a summary of activities for the grant period from December 1 1994 through May 31 1999 During this grant period the CMNR has met from three to six times each year in response to issues that are brought to the committee through the Military Nutrition and Biochemistry Division of the U S Army Research Institute of Environmental Medicine at Natick Massachusetts and the Military Operational Medicine Program of USAMRMC at Fort Detrick Maryland The CMNR has submitted five workshop reports plus two preliminary reports including one that is a joint project with the Subcommittee on Body Composition Nutrition and Health of Military Women three letter reports and one brief report all with recommendations to the Commander U S Army Medical Research and Materiel Command since September 1995 and has a brief report currently in preparation These reports are summarized in the following activity report with synopses of additional topics for which reports were deferred pending completion of military research in progress This

activity report includes as appendixes the conclusions and recommendations from the nine reports and has been prepared in a fashion to allow rapid access to committee recommendations on the topics covered over the time period

**Dietary Reference Intakes** A Report of the Subcommittees on Interpretation and Uses of Dietary Reference Intakes and Upper Reference Levels of Nutrients, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine, 2001-05-14

Since 1994 the Institute of Medicine's Food and Nutrition Board has been involved in developing an expanded approach to developing dietary reference standards. This approach, the Dietary Reference Intakes (DRIs), provides a set of four nutrient-based reference values designed to replace the Recommended Dietary Allowances (RDAs) in the United States and the Recommended Nutrient Intakes (RNIs) in Canada. These reference values include Estimated Average Requirement (EAR), Recommended Dietary Allowance (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL). To date, several volumes in this series have been published. This new book, *Applications in Dietary Assessment*, provides guidance to nutrition and health research professionals on the application of the new DRIs. It represents both a how-to manual and a why manual. Specific examples of both appropriate and inappropriate uses of the DRIs in assessing nutrient adequacy of groups and of individuals are provided, along with detailed statistical approaches for the methods described. In addition, a clear distinction is made between assessing individuals and assessing groups, as the approaches used are quite different. *Applications in Dietary Assessment* will be an essential companion to any or all of the DRI volumes.



## **The Iom Nas Macronutrient Report** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**The Iom Nas Macronutrient Report**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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