

18.0 DIETSYS ANALYSIS REPORT

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SECTION 18.0

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The "Respondent's Report" option has three settings, WITH ADVICE, NO ADVICE, or NO REPORT. As you would expect, if this option is set to NO REPORT, only the investigator's copy of the report will be printed. The advice settings pertain to the paragraphs shown on page 18A-4 which contain an evaluation of the results. The advice section includes recommendations and suggestions regarding specific nutrient estimates and other results. DIETSYS reads the advice text from a file called ADVICE.TXT which must be in the same directory as the DIETSYS software. You may customize the text used in the advice section by following the instructions in Section 18.7.

18.4 Investigator's Report.

The investigator's copy of the report is shown on pages 18A-5 through 18A-9. This sample was generated with the "Investigator's Report" option set to "FULL REPORT".

If the "Investigator's Report" option is set to either SHORT REPORT or FULL REPORT, the investigator's copy will be printed. The statistics listed below are reported in the FULL but not the SHORT version. Refer to the page numbers shown to see these sections in the sample Analysis Report.

Page 18A-8	Nutrients per 1000 kcal
Page 18A-8	Nutrients per kg Body Weight
Page 18A-8	Nutrients per 100 Grams Solid Food
Page 18A-9	Dietary Variability Indices

18.5 Vitamin Data Section.

If the "Vitamin Data Section" option is NO REPORT, the "Average Daily Intake of Vitamins from Supplements" section of the results will not be included in the Analysis Report. See pages 18A-2 or 18A-6 to view this results section.

18.6 **Calculations.** The results printed in the Analysis Report are the same as those stored in the Analysis Results File. The algorithms used to calculate the values shown in the Analysis Report are described in Section 16. Section 15 contains information regarding Food Groups and TopSources nutrients. Section 14 contains information regarding the edit-checks performed by DIETSYS. The table below shows the text used in the Analysis Report as headings for the various results included in the report. The documentation section which describes the calculations used to generate these results are printed next to each label.

Section 16.2	AVERAGE DAILY NUTRIENTS
Section 16.7	% Calories Excluding Alcoholic Beverages
Section 16.6	Percent of Total Calories
Section 16.9	Average Daily Intake of Vitamins from Supplements:
Section 16.10	The desirable weight for your height is approximately...pounds
Section 15.14	Grouped Foods - Frequency (per day) Recommended Servings
Section 16A.29	TOP SOURCES
Section 15.14	DIETARY VARIABILITY - NUMBER OF DIFFERENT FOODS EATEN AT LEAST WEEKLY OR MONTHLY:

18.7 **How to create or modify advice for respondent's print-out.** Advice can be given based on any nutrient, plus the following 9 variables:

1. Weight Ratio (Weight/Desirable Weight)
2. Percent of Calories from FAT
3. Percent of Calories from PROTEIN
4. Percent of Calories from CARBOHYDRATES
5. Percent of Calories from FAT (Excluding Alcohol)
6. Percent of Calories from PROTEIN (Excluding Alcohol)
7. Percent of Calories from CARBOHYDRATES (Excluding Alcohol)
8. Percent of Calories from SWEETS
9. Percent of Calories from ALCOHOLIC BEVERAGES

DIETSYS reads the advice text from a file called ADVICE.TXT which must be in the same directory as the DIETSYS software. This file must be saved as a DOS text file (ASCII file). A maximum of 80 characters per line is allowed.

The standard file format for ADVICE.TXT is:

Variable/range description

Text line

.

.

Text line

Variable/range description

Text line

.

.

Text line

End of file line

VARIABLE/RANGE DESCRIPTION LINE

This line takes the following form:

VAR = NUTRIENT 14 SEX = BOTH RANGE = LT 60

This line describes

- * Which variable the advice is based.
- * Which gender the range applies to. (For example, for some nutrients there is a different RDA for males than females.)
- * What range of values for this variable will trigger the particular advice text that follows. For example, you may wish to have one message for people below the RDA, and a different message for people above the RDA.

The terms that can be used in this line are as follows:

1. VAR:

	NUTRIENT #	Nutrient Estimate (# is the Nutrient ID)
	WEIGHT-RATIO	Weight / Desirable Weight
	TOT-PCT-FAT	Percent of Calories from Fat
	TOT-PCT-PROTEIN	Percent of Calories from Protein
	TOT-PCT-CARBO	Percent of Calories from Carbohydrates
Alcohol)	NON-ALC-PCT-FAT	Percent of Calories from Fat (Excluding
	NON-ALC-PCT-PROT	Percent of Calories from Protein (Excluding
	NON-ALC-PCT-CARBO	Alcohol) Percent of Calories from Carbohydrate
	PERCENT-SWEET	(Excluding Alcohol) Percent total calories from Sweets
	PERCENT-ALCOHOL	Percent total calories from Alcohol

2. SEX = {FEMALE, MALE, BOTH}

3. RANGE = { GE #, GT #, LE #, LT #, #-#}

The 2-character operators must have a space before and after them.

If you had a nutrient that had different RDAs for males and females, and you wanted a different message for those below the RDA and those above it, you would need a total of four variable/range description lines and their accompanying text.

TEXT LINES

These are the text that you want printed if an individual meets the range criteria specified in the preceding variable/range line.

Text lines may not contain ENDFILE or VAR.

The text will be printed exactly as it is written in the file with the following exceptions.

1. For all variable, the term VALUE in the text will be replaced by the value of the variable of interest. The term VALUE can be used only once per line.
2. For the body weight variable, the term VALUE will be replaced by the individual's reported weight and the term DESIRWT will be replaced by the calculated desirable weight. The formula used to calculate DESIRWT is given in Section 16.10.

Note: Only 1 key term can be used on any given text line. However, you may have another occurrence of a key term on a subsequent line in the paragraph.

END OF FILE LINE

If a line in the file has the string ENDFILE anywhere in it, then that line and any lines following it will be ignored. If there is no line with ENDFILE in it then the end of the file will be used.

Thus, you could retain some advice statements in this file which you do not wish to use now, or do not wish to use for this study population, but you want to retain for possible future use. Simply place the word ENDFILE before those advice statements, and they will be retained but not used.

Review the example below.

If the Variable/Range Description Line is:

VAR = WEIGHT SEX = BOTH RANGE = GT 1.15

And the Advice Text is:

Your weight is VALUE lbs.

Your desirable weight is DESIRWT lbs. Reducing your weight is a valuable step you can take to improve your health. You can do this healthfully by exercising a little more and by eating smaller portions. Eat fewer sweets and salty snacks, soft drinks and alcoholic beverages, and fatty foods. A low-fat diet with a lot of fruits, vegetables and grains, combined with more exercise, is the best way to lose weight. Good luck.

When DIETSYS evaluates the WEIGHT variable/range description line above, the advice text will be printed for all respondents (male or female) if the Weight Ratio (weight/desirable weight) is greater than 1.15. For example, if a female respondent's height is 5'7", and she weighs 160 pounds, the Weight Ratio is 1.185. Therefore, the following advice text will be printed to the report.

Your weight is 160 lbs.

Your desirable weight is 135 lbs. Reducing your weight is a valuable step you can take to improve your health. You can do this healthfully by exercising a little more and by eating smaller portions. Eat fewer sweets and salty snacks, soft drinks and alcoholic beverages, and fatty foods. A low-fat diet with a lot of fruits, vegetables and grains, combined with more exercise, is the best way to lose weight. Good luck.

APPENDIX A

Respondent ID: DEMOXXXXXX Simpson Marge B

The following nutrient values are estimates based on reported frequency of consumption and portion sizes on the diet questionnaire. Nutrients from vitamin supplements are reported separately.

AVERAGE DAILY NUTRIENTS	Recommended Ranges	
-----	-----	
TOTAL CALORIES	1233.2 CALORIES	Depends on Age, Sex, Activity
CALORIES EXCLUDING ALCOHOLIC BEVERAGES	1172.4 CALORIES	Depends on Age, Sex, Activity
PROTEIN	61.4 GRAMS	.36 grams per Lb Body Wt
TOTAL FAT	43.2 GRAMS	Under .034 x Non-Alcohol Cals
CARBOHYDRATE	143.1 GRAMS	.125 - .150 x Non-Alcohol Cals
CALCIUM	1226.3 MG	Age 11-24 or pregnant: 1200. 25+: 800
PHOSPHORUS	1336.3 MG	Age 11-24 or pregnant: 1200. 25+: 800
IRON	7.4 MG	Men: 10 mg Women: 15 mg
SODIUM	1590.3 MG	500-2400 mg
POTASSIUM	2510.3 MG	2000-3500 mg or more
VITAMIN A (IU)	4699.0 I. U.	Men: 5000 I.U.; Women: 4000 I.U.
VITAMIN A (RE)	885.6 RE	Men: 1000; Women: 800
THIAMIN (B1)	1.1 MG	Men: 1.5 mg; Women: 1.1 mg
RIBOFLAVIN (B2)	2.3 MG	Men: 1.7 mg; Women: 1.3 mg
NIACIN	12.9 MG	Men: 19 mg; Women: 15 mg
VITAMIN C	93.7 MG	60 mg, more for optimum Smoker 100+
SATURATED FAT	13.6 GRAMS	Approx. 1/3 of fat
OLEIC ACID	14.1 GRAMS	Approx. 1/3 of fat
LINOLEIC ACID	12.6 GRAMS	Approx. 1/3 of fat
CHOLESTEROL	165.0 MG	Less than 300 mg
DIETARY FIBER	6.6 GRAMS	20-30 grams
FOLATE	242.9 MCG	Men: 200; Women 15-50 yr: 400, 51+ 180
VITAMIN E	9.7 a-TE	Men: 10; Women: 8 mg a-TE
ZINC	10.4 MG	Men: 15 mg; Women: 12 mg
ZINC FROM ANIMAL	6.0 MG	Men: 15 mg; Women: 12 mg
VITAMIN B6	1.4 MG	Men: 2 mg; Women: 1.6 mg
MAGNESIUM	1001.6 MG	Men: 350 mg; Women: 280 mg
ALPHA-CAROTENE	273.5 MCG	A carotenoid, no range set
BETA-CAROTENE	1178.0 MCG	A carotenoid, no range set
CRYPTOXANTHIN	31.2 MCG	A carotenoid, no range set
LUTEIN	773.0 MCG	A carotenoid, no range set
LYCOPENE	469.4 MCG	A carotenoid, no range set
RETINOL	623.1 MCG	Preformed Vit. A, approx. 500-800
PRO-A CAROTENES	1578.7 MCG	Vit A carotenoids, approx. 1500-2000

Respondent ID: DEMXXXXXX Simpson Marge B

% Calories Excluding Alcoholic Beverages		Recommended Ranges
From Fat:	33.2%	LESS THAN 30 PERCENT
From Protein:	20.8%	10-12% (more if over age 60)
From Carbohydrate:	47.2%	50-60%

Percent of Total Calories

From Fat:	31.5%
From Protein:	19.9%
From Carbohydrate:	46.4%
From Sweets:	6.8%
From Alcohol:	4.9%

GROUPED FOODS	FREQUENCY (PER DAY)	RECOMMENDED SERVINGS
Vegetable group	1.0	3-5 Servings
Fruit and fruit juice group	0.4	2-4 servings
Bread, cereal, rice & pasta	1.7	6-11 servings
Milk, yogurt and cheese group	2.9	2-3 servings
Meat, poultry, fish, beans, eggs	1.3	2-3 servings
Fats, oils, sweets, & snacks	1.8	Use sparingly
Alcoholic Beverages	0.4	In Moderation

Your reported weight is 150 pounds.
The desirable weight for your height is approximately 128 - 142 pounds.

Average Daily Intake of Vitamins from Supplements:

Vitamin A:	5000.0 I. U.
Vitamin C:	1060.0 mgs
Vitamin D:	400.0 I. U.
Vitamin E:	20.1 a-TE
Iron:	18.0 mgs
Calcium:	130.0 mgs
Zinc:	15.0 mgs
B-Carotene:	1200.0 mcgs*
Thiamin:	1.5 mgs
B6:	2.0 mgs
B12:	6.0 mcgs
Folate:	400.0 mcgs
Copper:	2.0 mgs

Other Vitamin: None Stated

* - Not all brands of multiple vitamins contain beta-carotene.

Respondent ID: DEMXXXXXX

TOP SOURCES

TOTAL CALORIES	
SKIM MLK	231.00 CALORIES
SALTY SNACKS (CHIPS, POPCORN)	102.24 CALORIES
MAYONNAISE, SALAD DRESSINGS	85.73 CALORIES

TOTAL FAT	
MAYONNAISE, SALAD DRESSINGS	9.26 GRAMS
SALTY SNACKS (CHIPS, POPCORN)	7.16 GRAMS
HAMBURGER, BEEF BURRITO, MEATLOAF	2.22 GRAMS

SATURATED FAT	
SALTY SNACKS (CHIPS, POPCORN)	1.79 GRAMS
MAYONNAISE, SALAD DRESSINGS	1.65 GRAMS
CHEESE AND CHEESE SPREAD	1.24 GRAMS

DIETARY FIBER	
BEANS (DRIED TYPE)	0.91 GRAMS
DARK BREAD	0.81 GRAMS
GREEN SALAD	0.72 GRAMS

VITAMIN C	
KOOL-ADE OR FRT DRINKS W/ VIT C	21.39 MG
ORANGE JUICE, GRAPEFRUIT JUICE	19.13 MG
HIGHLY FORTIFIED CEREALS	10.90 MG

PRO-A CAROTENES	
CARROTS, MIXED VEG WITH CARROTS	1136.50 MCG
GREEN SALAD	120.96 MCG
SPAGHETTI	112.42 MCG

ZINC	
HIGHLY FORTIFIED CEREALS	2.73 MG
SKIM MLK	2.71 MG
BEEF (FAT TRIMMED OFF)	0.82 MG

FOLATE	
HIGHLY FORTIFIED CEREALS	72.57 MCG
SKIM MLK	34.32 MCG
GREEN SALAD	22.32 MCG

VITAMIN E	
HIGHLY FORTIFIED CEREALS	4.02 a-TE
MAYONNAISE, SALAD DRESSINGS	1.57 a-TE
SALTY SNACKS (CHIPS, POPCORN)	0.95 a-TE

VITAMIN B6	
HIGHLY FORTIFIED CEREALS	0.37 MG
SKIM MLK	0.26 MG
SALTY SNACKS (CHIPS, POPCORN)	0.09 MG

Respondent ID: DEMOXXXXXX

33.2% of your calories come from fat. (This excludes calories from alcoholic beverages.) Experts in heart disease and cancer recommend that your fat intake should be limited to 30% of your calories. To improve your diet and your health, consider eating more vegetables, fruits and grains, and fewer fatty foods. Choose more fish, poultry, beans and grains as protein sources. Limit your intake of butter and margarine, and switch to lowfat milk products. Watch out for sweets and salty snacks -- they are hidden sources of fat. Good health!

Your vitamin C intake from your diet is approximately 93.7 mg per day, an amount that meets basic requirements. Stresses can increase your need for this vitamin, such as infections, burns, smoking, and use of medicines. For smokers, the recommended minimum is 100 mg. Vitamin C aids in healing and promotes healthy bones and gums, and is important in helping to prevent heart disease, cancer, cataracts, and other diseases. Help yourself to health by eating five servings of fruits and vegetables every day. Include one or two good vitamin C sources such as citrus fruits and juices, tomatoes and tomato juice, broccoli and other dark green vegetables. A diet rich in fruits and vegetables could provide 300-400 mg per day.

Your diet is providing approximately 885.6 RE of vitamin A per day. This meets or exceeds the recommended dietary allowance for basic requirements. This vitamin is essential to the health of eyes, bone and skin. To reduce risk of cancer, heart disease and other diseases, eat more of the carotenes (alpha- and beta-carotene, lutein and lycopene). They are found in dark green or deep orange vegetables and fruits, such as cantaloupe, peaches, apricots, carrots, winter squash, sweet potatoes, broccoli, spinach and greens.

Your intake of cholesterol is 165.0 mg per day. The recommended level is less than 300 mg per day. Your intake is within an acceptable range. Cholesterol is a type of fat which is found in animal products such as meat, whole milk and cheese, butter and cream. It is essential for the body, and it is not necessary to eliminate it entirely. However, eating too much cholesterol can increase cholesterol levels in your blood, which may increase your risk of heart disease. Saturated fat intake is even more important in raising blood cholesterol, so keep that level low. For good health, eat plenty of cereals, fruits and vegetables, and choose lean meats such as fish and poultry, and low-fat milk and cheese.

Your vitamin E intake of 9.7 aTE per day meets the recommended dietary allowance for basic requirements. This vitamin is needed for reproduction and nerve function. It is an important antioxidant in the body, and protects cells from oxidative damage. Reduced risk of heart disease and cancer and improved ability to fight infection have been seen with higher intakes. Sources include salad oils, nuts and seeds, and wheat germ

DIET QUESTIONNAIRE SUMMARY FOR INVESTIGATOR

Respondent ID: DEM0XXXXX Simpson Marge B SEX: FEMALE AGE: 32
 Age-sex-specific portion sizes have been used.

The following nutrient values are estimates based on reported frequency of consumption and portion sizes on the diet questionnaire. Nutrients from vitamin supplements are reported separately.

AVERAGE DAILY NUTRIENTS	Recommended Ranges	
-----	-----	
TOTAL CALORIES	1233.2 CALORIES	Depends on Age, Sex, Activity
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TOTAL FAT	43.2 GRAMS	Under .034 x Non-Alcohol Cals
CARBOHYDRATE	143.1 GRAMS	.125 - .150 x Non-Alcohol Cals
CALCIUM	1226.3 MG	Age 11-24 or pregnant: 1200. 25+:800
PHOSPHORUS	1336.3 MG	Age 11-24 or pregnant: 1200. 25+:800
IRON	7.4 MG	Men: 10 mg Women: 15 mg
SODIUM	1590.3 MG	500-2400 mg
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VITAMIN B6	1.4 MG	Men: 2 mg; Women: 1.6 mg
MAGNESIUM	1001.6 MG	Men: 350 mg; Women: 280 mg
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Respondent ID: DEMXXXXXX Simpson Marge B

% Calories Excluding Alcoholic Beverages	Recommended Ranges
From Fat: 33.2%	LESS THAN 30 PERCENT
From Protein: 20.8%	10-12% (more if over age 60)
From Carbohydrate: 47.2%	50-60%

Percent of Total Calories

From Fat:	31.5%
From Protein:	19.9%
From Carbohydrate:	46.4%
From Sweets:	6.8%
From Alcohol:	4.9%

GROUPED FOODS	FREQUENCY (PER DAY)	RECOMMENDED SERVINGS
Vegetable group	1.0	3-5 Servings
Fruit and fruit juice group	0.4	2-4 servings
Bread, cereal, rice & pasta	1.7	6-11 servings
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Meat, poultry, fish, beans, eggs	1.3	2-3 servings
Fats, oils, sweets, & snacks	1.8	Use sparingly
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Your reported weight is 150 pounds.

The desirable weight for your height is approximately 128 - 142 pounds.

Average Daily Intake of Vitamins from Supplements:

Vitamin A:	5000.0 I. U.
Vitamin C:	1060.0 mgs
Vitamin D:	400.0 I. U.
Vitamin E:	20.1 a-TE
Iron:	18.0 mgs
Calcium:	130.0 mgs
Zinc:	15.0 mgs
B-Carotene:	1200.0 mcgs*
Thiamin:	1.5 mgs
B6:	2.0 mgs
B12:	6.0 mcgs
Folate:	400.0 mcgs
Copper:	2.0 mgs

Other Vitamin: None Stated

* - Not all brands of multiple vitamins contain beta-carotene.

Respondent ID: DEMXXXXXX

TOP SOURCES

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TOTAL FAT

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SATURATED FAT

SALTY SNACKS (CHIPS, POPCORN)	1.79 GRAMS
MAYONNAISE, SALAD DRESSINGS	1.65 GRAMS
CHEESE AND CHEESE SPREAD	1.24 GRAMS

DIETARY FIBER

BEANS (DRIED TYPE)	0.91 GRAMS
DARK BREAD	0.81 GRAMS
GREEN SALAD	0.72 GRAMS

VITAMIN C

KOOL-ADE OR FRT DRINKS W/ VIT C	21.39 MG
ORANGE JUICE, GRAPEFRUIT JUICE	19.13 MG
HIGHLY FORTIFIED CEREALS	10.90 MG

PRO-A CAROTENES

CARROTS, MIXED VEG WITH CARROTS	1136.50 MCG
GREEN SALAD	120.96 MCG
SPAGHETTI	112.42 MCG

ZINC

HIGHLY FORTIFIED CEREALS	2.73 MG
SKIM MLK	2.71 MG
BEEF (FAT TRIMMED OFF)	0.82 MG

FOLATE

HIGHLY FORTIFIED CEREALS	72.57 MCG
SKIM MLK	34.32 MCG
GREEN SALAD	22.32 MCG

VITAMIN E

HIGHLY FORTIFIED CEREALS	4.02 a-TE
MAYONNAISE, SALAD DRESSINGS	1.57 a-TE
SALTY SNACKS (CHIPS, POPCORN)	0.95 a-TE

VITAMIN B6	
HIGHLY FORTIFIED CEREALS	0.37 MG
SKIM MILK	0.26 MG
SALTY SNACKS (CHIPS, POPCORN)	0.09 MG

Respondent ID: DEMDXXXXXX

	NUTRIENTS PER 1000 CALORIES:	NUTRIENTS PER 100 GRAMS SOLID FOOD:	NUTRIENTS PER KG BODY WEIGHT:
TOTAL CALORIES	1000.00	44.96	18.13
PROTEIN	49.79	2.24	0.90
TOTAL FAT	35.04	1.58	0.64
CARBOHYDRATE	116.00	5.22	2.10
CALCIUM	994.36	44.71	18.02
PHOSPHORUS	1083.54	48.72	19.64
IRON	6.02	0.27	0.11
SODIUM	1289.51	57.98	23.37
POTASSIUM	2035.52	91.52	36.89
VITAMIN A (IU)	3810.30	171.31	69.06
VITAMIN A (RE)	718.10	32.29	13.02
THIAMIN (B1)	0.93	0.04	0.02
RIBOFLAVIN (B2)	1.87	0.08	0.03
NIACIN	10.50	0.47	0.19
VITAMIN C	75.97	3.42	1.38
SATURATED FAT	11.00	0.49	0.20
OLEIC ACID	11.47	0.52	0.21
LINOLEIC ACID	10.20	0.46	0.18
CHOLESTEROL	133.76	6.01	2.42
DIETARY FIBER	5.37	0.24	0.10
FOLATE	197.00	8.86	3.57
VITAMIN E	7.83	0.35	0.14
ZINC	8.41	0.38	0.15
ZINC FROM ANIMAL	4.89	0.22	0.09
VITAMIN B6	1.12	0.05	0.02
MAGNESIUM	812.15	36.51	14.72
ALPHA-CAROTENE	221.76	9.97	4.02
BETA-CAROTENE	955.19	42.94	17.31
CRYPTOXANTHIN	25.30	1.14	0.46
LUTEIN	626.84	28.18	11.36
LYCOPENE	380.66	17.11	6.90
RETINOL	505.23	22.71	9.16
PRO-A CAROTENES	1280.12	57.55	23.20

Respondent ID: DEMXXXXXX

DIETARY VARIABILITY -
NUMBER OF DIFFERENT FOODS EATEN AT LEAST WEEKLY OR MONTHLY:

Fruits For Adjust.....	1	3
Vegetables For Adjust.....	1	3
Cereals For Adjust.....	1	2
Alcoholic Beverages.....	2	2
Sweets.....	2	5
Bean Group for Fiber.....	0	2
Vegetables & Fruit for Fiber.....	7	11
Grain for Fiber.....	7	10
Vegetable group.....	4	6
Fruit and fruit juice group.....	2	4
Bread, cereal, rice & pasta.....	4	7
Milk, yogurt and cheese group.....	2	4
Meat, poultry, fish, beans, eggs.....	4	12
Fats, oils, sweets, & snacks.....	5	9
Dark green, deep yel fruit/veg.....	1	2
Citrus fruits and juices.....	1	3
Milks (for Edit Checking).....	1	3
Breads (for Edit Checking).....	2	2

Files Used in this Dietary Analysis.

Questionnaire Data File:

C:\V3\DEMSYS\DEM.DAT

Analysis Results File:

C:\V3\DEMSYS\DEM.RES

Portion Size Data File:

C:\V3\DEMSYS\DIETPORT.V30

Nutrient Composition Data File:

C:\V3\DEMSYS\DIETNUT.V30

Questionnaire Configuration File:

C:\V3\DEMSYS\BRIEF87.CFG

Analysis Options File:

C:\V3\DEMSYS\BRIEF87.OPT

Options Used in this Dietary Analysis.

AddFats = OFF	FruitAdj = ON	RestAdj = OFF
AddMilk = AUTO	LeanMeat = OFF	Sel-Quests = ALL
AddSalt = OFF	LowFatFoods = OFF	SexDefault = FEMALE
AgeDefault = MD AGE	MeatFat = ON	Sources-Matrix = OFF
CerealAdj = OFF	MedOnly = OFF	Sources-Sort = OFF
CodeCereal = OFF	Minimum Freq = NO MIN	TopSources = ON
ColapsXL = OFF	OpenEnded Min = NO OPEN FOODS	TunaQues = OFF
CookFat = MEDIUM	Portions = AGESEX	VegAdj = ON
DarkQues = OFF	Predict = OFF	
EatSkin = ON	Recalc = OFF	

There were no foods DROPPED.

There was 1 questionnaire analyzed during this analysis.

DIETSYS Edit Report Summary

Number of Questionnaires Checked: 1
 Number with one or more warning or error flags: 0

Error Description	Records Number	With Error Percent
-----	-----	-----
Foods Skipped: (did not indicate "number of times"):		
Warning: 10% to 15%.....	0	0.0
Error: Mbre than 15%.....	0	0.0
Too few foods per day:		
Males: Warning: less than 6.....	0	0.0
Error: less than 5.....	0	0.0
Females: Warning: less than 5.....	0	0.0
Error: less than 4.....	0	0.0
Error: Too many foods per day:		
Males: Mbre than 30.....	0	0.0
Females: Mbre than 30.....	0	0.0
Foods coded or inputed as once per time unit:		
Warning: 70% to 75%.....	0	0.0
Error: Mbre than 75%.....	0	0.0
Foods coded as small serving size:		
Warning: 85% to 99%.....	0	0.0
Error: Mbre than 99%.....	0	0.0
Foods coded or inputed as medium serving size:		
Warning: 94% to 99%.....	0	0.0
Error: Mbre than 99%.....	0	0.0
Foods coded as large serving size:		
Warning: 85% to 99%.....	0	0.0
Error: Mbre than 99%.....	0	0.0
Questionably high frequencies:		
Warning: 1 to 2 questionable foods.....	0	0.0
Error: 3 or more questionable foods....	0	0.0
Warning: 1 or more high group frequencies.	0	0.0
Questionnaires with questionable data.....	0	0.0

NOTE: The foods per day and high frequency warning/error counts may be different in this summary than in the summary generated by the DIETSYS Edit-Checking system. This discrepancy is due to calculation differences generated by the adjustment options implemented during the analysis. See Sections 13 and 16 of the documentation for details.