

JCS- KOSHER HDM C2W1 05-09

Female

Age: 70

Height: 5 ft. 7 in.

Weight: 135.00 lb.

Lightly Active

BMI: 21.14

<i>Nutrient</i>	<i>Value</i>	<i>RDI</i>	<i>%RDI</i>
Calories (kcal)	622.07	1873.00	33.21
Protein (g)	41.21	48.99	84.12
Carbohydrates (g)	84.22	257.54	32.70
Dietary Fiber (g)	8.41	21.00	40.07
Fat (g)	13.18	58.27	22.62
Cholesterol (mg)	67.68	300.00	22.56
Calcium (mg)	631.16	1200.00	52.60
Vitamin B6 (mg)	0.88	1.50	58.49
Vitamin B12 (mcg)	2.55	2.40	106.38
Vitamin A - RAE (RAE)	1010.67	700.00	144.38
Vitamin C (mg)	64.17	75.00	85.56
Magnesium (mg)	136.12	320.00	42.54
Sodium (mg)	509.74	3000.00	16.99
Zinc (mg)	4.83	8.00	60.34
Potassium (mg)	1435.87	4700.00	30.55

<i>Nutrient</i>	<i>Value</i>	<i>RDI</i>	<i>%RDI</i>
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