

# JCS- KOSHER HDM C2W5 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)	632.65	1873.00	33.78
Protein (g)	40.80	48.99	83.29
Carbohydrates (g)	80.86	257.54	31.40
Dietary Fiber (g)	8.47	21.00	40.31
Fat (g)	16.40	58.27	28.15
Cholesterol (mg)	72.09	300.00	24.03
Calcium (mg)	608.38	1200.00	50.70
Vitamin B6 (mg)	0.82	1.50	54.48
Vitamin B12 (mcg)	1.92	2.40	79.98
Vitamin A - RAE (RAE)	812.42	700.00	116.06
Vitamin C (mg)	75.63	75.00	100.84
Magnesium (mg)	130.51	320.00	40.79
Sodium (mg)	495.20	3000.00	16.51
Zinc (mg)	4.38	8.00	54.73
Potassium (mg)	1423.51	4700.00	30.29

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