

Spreadsheet Analysis

How to “Highlight Worksheet”

Basic Components

(Percent based on your personal profile)

Calories (below 80% or above 120%)	DRI _____	Your Value _____	% _____	below 80% _____	above 120% _____
Protein (below 100% or above 200%)	DRI _____	Your Value _____	% _____	below 100% _____	above 200% _____
Carbohydrate (below 130 grams)	DRI _____	Your Value _____	% _____	below 130 g _____	
Fiber (less than 80%)	DRI _____	Your Value _____	% _____	less than 80% _____	
Mono and poly saturated fat (above 100%)	DRI _____	Your Value _____	% _____	above 100% _____	
Cholesterol (above 100%)	DRI _____	Your Value _____	% _____	above 100% _____	
Potassium (below 100%)	DRI _____	Your Value _____	% _____	below 100% _____	
Sodium (above 100%)	DRI _____	Your Value _____	% _____	above 100% _____	
Other Minerals (below 80% or above 200%)	See DRI / Upper Tolerable Intake / p503 _____			below 80% _____	above 200% _____
Vitamins (below 80% or above 200%)	See DRI / Upper Tolerable Intake / p503 _____			below 80% _____	above 200% _____

Sources of Calories

(Percent based on calories you consumed)

	Total Calories Consumed _____				
Carbohydrates (below 45% or above 65%)	Calories from carbohydrate _____	% _____		below 45% _____	above 65% _____
Fat (below 20% or above 35%)	Calories from fat _____	% _____		below 20% _____	above 35% _____
Protein (below 10% or above 35%)	Calories from protein _____	% _____		below 10% _____	above 35% _____

Source of Fat

Saturated fat (above 10%)

Mono and polyunsaturated fat (below 10%)

	Total fat consumed _____		
Saturated fat (above 10%)	Saturated fat _____	% _____	above 10% _____
Mono and polyunsaturated fat (below 10%)	Mono and polyunsaturated fat _____	% _____	below 10% _____