

# DOG WATCH

*nutrition*

NOURISHMENT FOR NIGHT SHIFT



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## YOUR DIETARY ANALYSIS

**Welcome!** You have made the first step in your health journey and nourishing your body. Below we are taking an indepth look at your nutritional status, as well as some recommendations for bringing balance to your current diet.

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### PRESENTING SYMPTOMS

Low serum iron, early stages of pregnancy, trouble sleeping, fatigue

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### KNOWN AGGRAVATING FOODS

Unknown

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### EXECUTIVE SUMMARY

This dietary analysis is based on the diet diary provided on 11/02/2020. Due to the details provided, specific quantities recorded and the limitations of the software Food Choices, a basic nutritional summary is provided. Some specific nutrients are not calculated using this software and assumptions were made for quantities where necessary. For further nutritional analysis hair mineral testing is available.

Below is a list of the nutrients that need modification in your diet, in order of most importance for you:

**Iron** - Increasing iron rich foods will help manage your fatigue and increase your energy. Your iron intake is currently 12.2mg per

day, and the daily recommended intake during pregnancy is 27 mg per day. Having one iron rich meal a day, can help reach the recommended intake, foods include mollusks, liver, dark chocolate, pumpkin seeds, molasses, nuts, beans & legumes, spinach, beef, lamb, and olives. However, in your case, and for your baby's health supplementation is recommended.

**Folate** - Your dietary intake of folate is 557µg, the daily recommended intake is 600µg during pregnancy. Folate is the most important for the first 6 weeks of the growth and development of the foetus. Healthy folate levels have been shown to prevent neural tube defects such as spina bifida. Spinach, liver, brewer's yeast, asparagus, and Brussels sprouts are among the foods with the highest levels of folate. By increasing quality high fibre foods you will also be increasing your folate intake.

**Caffeine** - Your caffeine intake is averaging at 292.6mg per day. In pregnancy 200mg of caffeine a day is considered a safe level for the unborn child. Most evidence on the risk of caffeine use and pregnancy is not conclusive. Most evidence suggests that having less than two standard cups of instant coffee a day is safe.

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## NUTRITIONAL SUMMARY

From your nutritional analysis, your current dietary intake is showing:

**Protein** – 101g protein per day which makes 19% of your total daily energy, you are consuming your the most of your protein intake for the day at dinner

**Fats** – 91g fat per day which makes 38% of your total daily energy, you are consuming the most of your fat intake for the day at lunch.

**Saturated Fat** - Of your 90g of total fat you are consuming daily, approximately 32g is from saturated fat

**Carbohydrates** – 205g carbohydrates per day which makes approximately 38% of your total daily energy, you are consuming your the most of your carbohydrate intake for the day through snacks

**Fibre** – 29g fibre per day which makes approximately 3% of your total daily energy, you are consuming most of your fibre intake for the day at dinner.

**Added Sugar** - Your average intake over a week is 33.7g which is approximately 9tsp a day

**Energy** - Your average intake is 8803 kJ per day. Based on your food diary Thursday you consumed 8803 kJ of energy which is the closest to the Recommended Daily intake of 7600 kJ for a sedentary 30 year old pregnant female.

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## KEY MISSING NUTRIENTS

From your dietary analysis you are not meeting the Recommended Daily Intake for the follow essential nutrients:

**Vitamin B1** - assists the body to produce energy by breaking down sugars, for healthy nerves and heart. Thiamin deficiency is linked to fatigue, irritability and abdominal discomfort.

**Folate** - Necessary for healthy hair, skin, eye and liver, assists with fat and protein metabolism. Folate also plays an important role in DNA synthesis, repair, cell division and growth. People with digestive disorders are at higher risk of inadequate folate intake. Diminished gastric acid secretion is also associated with folate malabsorption.

**Iron** – For the production of hemoglobin and myoglobin, helps muscles store and use oxygen. Iron is important for growth, development, normal cellular functioning, and synthesis of some hormones and connective tissue. Iron deficiency is associated with poor diet, malabsorptive disorders, and blood loss, people with iron deficiency usually have other nutrient deficiencies. Groups most likely to have inadequate intakes of iron include pregnant women, infants and young children, women with heavy menstrual bleeding, people who have gastrointestinal disorders or have had gastrointestinal surgery, and frequent blood donors.

**Calcium** – Builds and maintains strong bones and teeth, for nerve and muscle function, prevention of osteoporosis. Calcium is required for vascular contraction and vasodilation, muscle function, nerve transmission, intracellular signaling and hormonal secretion. Groups at risk of calcium inadequacy include postmenopausal women and people with cow's milk allergy & intolerances.

**Zinc** – Essential for the immune system and integumentary system, and plays a role in protein synthesis, wound healing, DNA synthesis, and cell division. Zinc deficiency is characterized by growth retardation, loss of appetite, and impaired immune function. Digestive disorders can decrease zinc absorption.

**Iodine** - essential component of the thyroid hormones, thyroid hormones regulate many important biochemical reactions, including protein synthesis and enzymatic activity, and are critical determinants of metabolic activity. Iodine is a critical nutrient for proper health at all life stages.

**Potassium** - required for building proteins, breaking down and using carbohydrates, building muscle, maintaining normal body growth, controlling the electrical activity of the heart, and balancing acidity.

As the Recommended Daily Intakes are considered adequate for healthy individuals, it is recommended keep an eye on your intake of the following nutrients, due to your current presenting symptoms:

**Vitamin B6** - performs a wide variety of functions in the body and is extremely versatile, with involvement in more than 100 enzyme reactions, mostly concerned with protein metabolism. Vitamin B6 also plays a role in cognitive development and immune function. Inadequate vitamin B6 status is usually associated with low concentrations of other B-complex vitamins, such as vitamin B12 and folate.

**Sodium** - plays an essential role in helping maintain healthy fluid balance, it also contributes to proper muscle contraction and nerve impulse conduction. Excess sodium intake has been associated with increased chronic disease risk, and in particular high blood pressure.

## CHART OF IDEAL MICRONUTRIENT NUTRIENT INTAKE

Use the Key below to see your areas of focus

😊 - Ideal, keep up the good work

😐 - Let's keep an eye on for the future

😞 - Area of focus for you

RECOMMENDED DAILY ALLOWANCES FOR ADULTS (19 YEARS AND UP)					CLIENT NAME
NUTRIENT	FEMALE PREGNANT	FEMALE LACTATING	FEMALE 19-50 YRS	FEMALE >50 YRS	CURRENT INTAKE
<b>Recommended Daily Allowances for Vitamins and Minerals (Per Day)</b>					
Vitamin A – retinol	800 µg	800 µg	700 µg	700 µg	2473µg 😊
Vitamin C – ascorbic acid	75 mg	85 mg	75 mg	75 mg	124.5mg 😊
Vitamin E	7mg	11mg	7mg	7mg	19.3mg 😊
Vitamin B1 – thiamin	1.4 mg	1.4 mg	1.1mg	1.1 mg	1.2mg 😞
Vitamin B2 – riboflavin	1.4 mg	1.6 mg	1.1 mg	1.1 mg	1.8mg 😊
Vitamin B3 – niacin	18 mg	16 mg	14 mg	14 mg	27.5mg 😊
Vitamin B6– pyridoxine	1.9 mg	2.0 mg	1.3 mg	1.5 mg	1.9mg 😐
Folate	600 µg	500 µg	400 µg	400 µg	557µg 😞
Vitamin B12	2.6 µg	2.8 µg	2.4 µg	2.4 µg	4.7 µg 😊
Calcium	1000 mg	1000 mg	1000 mg	1200 mg	934mg 😞

Iron	27 mg	9 mg	18 mg	8 mg	12.2mg	😞
Magnesium	350 mg	310 mg	320 mg	320 mg	424mg	😊
Phosphorus	1000 mg	1000 mg	1000 mg	1000 mg	1644mg	😊
Zinc	11 mg	12 mg	8 mg	8 mg	10.2mg	😞
Sodium	2 g	2 g	2 g	2 g	2.3g	😐
Selenium	65 µg	75 µg	55 µg	55 µg	97µg	😊
Iodine	220 µg	270 µg	150 µg	150 µg	197µg	😞
Potassium	4.7g	4.7g	4.7g	4.7g	3.9g	😞

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#### MACRONUTRIENT RECOMMENDED DAILY INTAKES

NUTRIENT	REFERENCE RANGE	CURRENT INTAKE	RECOMMENDATION/COMMENT	
Protein	Women: 45-60g/day Men: 65-80g/day	101g/day	Higher than recommended. Protein intake will vary depending on physical activity. On days where you are exercising intensely protein intake should be between 80-90g/day	😞
Fat	30% of total energy intake and 70g/day	Approx. 38% of total energy intake and 90.5g /day	This is slightly out of range due to the varied amount of kJ you are consuming. A diet high in Omega 3 fatty acids is anti-inflammatory and neuroprotective	😞
Saturated fat	less than 10% of total energy intake and less than 24g/day	31.5g/day	Higher than recommended. Higher amounts are ok in the diet short-term, provided the saturated fat is coming from whole foods, not takeaway or	😞

			fast food	
Carbohydrates	45-65% of total energy intake and 230-310g/day	Approx. 39% of total energy and 205.5g/day	Lower than recommended, a way to increase carbohydrate intake is to include vegetables in every meal and complex carbohydrates at least once a day. Carbohydrates are essential for a well-balanced diet and healthy body. They provide the only fuel source for vital organs, and play an important role in balancing hormones.	😞
Fibre	Women: 25g/day Men: 30g/day	29g/day	Within range. However it is out of balance in relation to your other macronutrients. A diet high in dietary fibre is considered low inflammatory and gastroprotective	😊

\* The above charts represent the recommended daily allowances considered adequate for healthy individuals, if you suffer from disease states or conditions the reference range is subject to change.

## ENERGY INTAKE

FEMALES					
Height	Age	Weight	Activity	kJ/day	Calories/day
1.6m	31-50	60kg	Sedentary*	7600	1800
			Moderate**	9800	2350

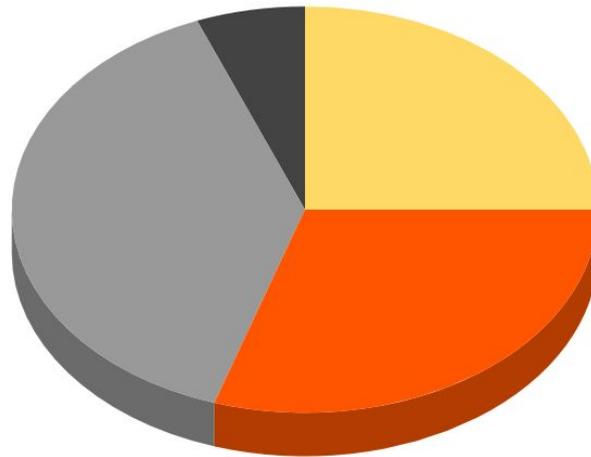
\*Sedentary – seated work with little or no strenuous leisure activity.

\*\*Moderate – standing or walking work, or sedentary work with regular exercise of at least 30 minutes.

Your energy intake from food is averaging at 8805 kJ. Your basal metabolic rate has been calculated at 5782 kJ, your aim for days when you are not exercising should be 7600 kJ and for days when you are exercising 9800 kJ.

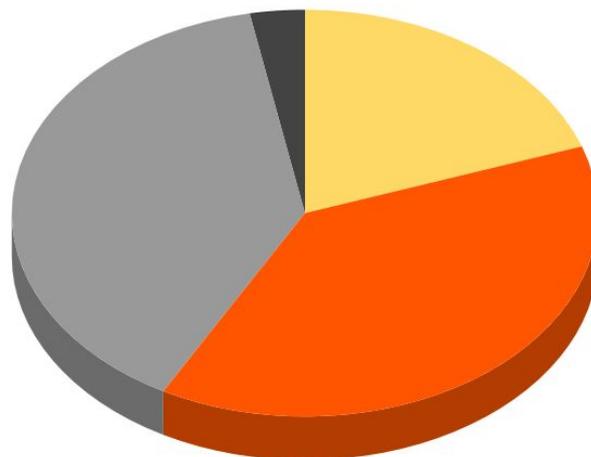
## ENERGY RATIOS

### IDEAL ENERGY RATIOS



● Protein ● Fat ● Carbohydrate ● Fiber from Carbs

### YOUR TOTAL ENERGY RATIOS



● Protein ● Fat ● Carbohydrate ● Fiber from Carbs

## FOOD SOURCES

Below is a list of dietary sources of vitamins and minerals the ones marked in **bold** are specifically recommended for you.

### Vitamins

Vitamin A – carrots, capsicum, cabbage, lettuce, pumpkins, Mangoes, papaya, carrots, Liver, kidney, egg yolk, milk, butter, cheese cream

Vitamin B1 (Thiamin) – yeast extract, tahini, sunflower seeds, coriander, **pork chop, pine nuts, pistachios, macadamias, pecans, tuna**

Vitamin B2 (Riboflavin) – yeast extract, liver, dried chilli, almonds, roasted soybeans, cheese, wheat bran, mackerel, sesame seeds, sun dried tomatoes

Vitamin B3 (Niacin) – tuna, liver, chicken, peanuts, lean pork, lean beef, sunflower seeds, mushrooms, green peas, avocado

Vitamin B6 – Rice & wheat bran, pistachios, garlic, liver, tuna, sunflower seeds, pork tenderloin, molasses, hazelnuts

Folate/Vitamin B9 – Yeast extract, turkey liver, spearmint, sunflower seeds, roasted soybeans, spinach, soybean sprouts, chickpeas, asparagus, peanuts

Vitamin B12 – Shellfish, beef liver, all bran cereals, mackerel, crustaceans, red meat, cheese, tofu, egg yolk

Vitamin D - Ultraviolet light from the sun, cod liver oil, eggs, butter, atlantic herring, Fortified oils, fats and cereals, mushrooms,

Vitamin E – sunflower seeds, almonds, olive oil, tofu, prawns, avocado, spinach,

Vitamin C - Fresh fruits (oranges, banana, mango, grapefruits, lemons) and vegetables (cabbage, carrots, pepper, tomatoes, dark green leafy vegetables)

### Minerals

Iron – mollusks, liver, dark chocolate, pumpkin seeds, molasses, nuts, beans & legumes, spinach, beef, lamb, olives,

Calcium – Cheese, sardines, tofu, almonds, figs, cabbage, kale, broccoli, turnips, rocket, chia seeds

Iodine – dried seaweed, cod, potato with peel, prawns, turkey breast, milk, tuna

Magnesium – nuts, seeds, dark chocolate, mackerel, soy beans, spinach, brown rice

Phosphorus – pumpkin seeds, cheese, brazil nuts, shellfish, salmon, lean pork, lean beef, tofu, lentils

Potassium – dried apricots, salmon, dark leafy greens, white beans, avocado, mushroom

Selenium – brazil nuts, oysters, tuna, sunflower seeds, lean pork, chicken, mushroom, rye

**Zinc – oysters, wheat germ, pumpkin seeds, dark chocolate, cashews, beef**

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## LIQUID INTAKE

Water serves as a lubricant in digestion, our joints and cartilages, and almost all other body processes. The water in our saliva helps facilitate chewing and swallowing. All the cell and organ functions that make up our entire anatomy and physiology depend on water for their functioning. Even mild dehydration can drain your energy and contribute to your fatigue.

Recommendations for water intake throughout the day are approximately 2 litres or 8 x 250ml glasses for an inactive person. When you are exercising you should increase your water intake accordingly and we lose water through perspiration.

Other beverages such as black tea, coffee or alcohol, have a mild diuretic effects, which promotes urination and therefore water loss, which ultimately defeats the purpose. If you are consuming these beverages regularly make sure to increase your water.

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## RECOMMENDED HERBAL TEAS

Chamomile - calming to the nervous system and gastrointestinal tract, helps reduce anxiety, safe during all of pregnancy

Hibiscus - antioxidant, good source of vitamin C, safe during all of pregnancy

Elderflower - antiviral, safe during all of pregnancy

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## MEAL SUGGESTIONS

Misomite

Coleslaw made with raw kale

Bolognese made with liver and red kidney beans

Seaweed snacks

Mixed nuts coated in blackstrap molasses

Salad with pumpkin seeds

Sardines with lemon on toast

Smoothie with wheat germ and cashews

Omelette with broccoli and rocket

Mexican with white beans, red kidney beans and guacamole

