

Women's Daily Nutritional Requirements Chart

Patient's name: Amina Kouyaté Age: 34 Height: 165 cm Weight: 68 kg Activity level: Moderately active

Medical history

History of gestational diabetes during previous pregnancy
Family history of Type 2 Diabetes
Mild hypertension (under control with medication)

Other medical considerations

Are you pregnant or breastfeeding? ☐ Pregnant ☐ Breastfeeding ☒ Not applicable

Daily nutritional requirements for ages 6-12 months and 12-23 months		
Nutrients	6 - 12 months	12 - 23 months
Macronutrients		
Protein (g)	11	13
Carbohydrate (g)	95	130
Fiber, total dietary (g)	n/a	19
Total lipid (% kcal)	n/a	30 - 40
18:2 Linoleic acid (g)	4.6	7
18:3 Linolenic acid (g)	0.5	0.7
Minerals		
Calcium (mg)	260	700
Iron (mg)	11	7
Magnesium (mg)	75	80
Phosphorus (mg)	275	460
Potassium (mg)	860	2,000
Sodium (mg)	370	1,200
Zinc (mg)	3	3

Tone It Up Nutritional Guide

Jessica J Manson



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Table of Contents Tone It Up Nutritional Guide

1. Understanding the eBook Tone It Up Nutritional Guide
 - The Rise of Digital Reading Tone It Up Nutritional Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Tone It Up Nutritional Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Tone It Up Nutritional Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Tone It Up Nutritional Guide
 - Personalized Recommendations
 - Tone It Up Nutritional Guide User Reviews and Ratings

- Tone It Up Nutritional Guide and Bestseller Lists
- 5. Accessing Tone It Up Nutritional Guide Free and Paid eBooks
 - Tone It Up Nutritional Guide Public Domain eBooks
 - Tone It Up Nutritional Guide eBook Subscription Services
 - Tone It Up Nutritional Guide Budget-Friendly Options
- 6. Navigating Tone It Up Nutritional Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Tone It Up Nutritional Guide Compatibility with Devices
 - Tone It Up Nutritional Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Tone It Up Nutritional Guide
 - Highlighting and Note-Taking Tone It Up Nutritional Guide
 - Interactive Elements Tone It Up Nutritional Guide
- 8. Staying Engaged with Tone It Up Nutritional Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Tone It Up Nutritional Guide
- 9. Balancing eBooks and Physical Books Tone It Up Nutritional Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Tone It Up Nutritional Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Tone It Up Nutritional Guide
 - Setting Reading Goals Tone It Up Nutritional Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Tone It Up Nutritional Guide
 - Fact-Checking eBook Content of Tone It Up Nutritional Guide
 - Distinguishing Credible Sources

-
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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