Estimated energy requirement (EER) is the daily caloric amount needed to maintain the amount of energy required (Williams, 2010). Basal metabolic rate (BMR) is defined as the caloric need for the body during rest (Williams, 2010). According to Robertson et al. (2017) the accepted macronutrient distribution ranges (AMDR) is 45%-65% carbohydrates, 10%-35% proteins and 20%-30% lipids.

<table>
<thead>
<tr>
<th>Carbohydrate (kcal)</th>
<th>Lipids (kcal)</th>
<th>Protein (kcal)</th>
<th>Water (oz)</th>
<th>Vitamin A (μg)</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1243 - 1795</td>
<td>552 - 966</td>
<td>276 - 966</td>
<td>91</td>
<td>700</td>
<td>18</td>
</tr>
</tbody>
</table>

**Week One**

This means they were closest to the AMDR and DRI.

The subject consumed 2351 total kilocalories, 160 ounces of water, 3,248 μg of Vitamin A and 12.06 mg of Iron. On the subject’s worst day, the subject only consumed 1746 kilocalories, 71 ounces of water, 301 μg of Vitamin A and 10 mg of Iron. The subject consumed high sugar foods on their worse days due to stress, an example of this is when they consumed a lollipop and pizza on the same day.

**Week Two**

The subject consumed fairly less lipids and more carbohydrates according to the ratio. The subject consumed on average 87.03 ounces of water out of the 90 ounces needed. The subject consumed soybeans as a protein supplement and it increased their protein range. It made their protein consumption more acceptable according to the AMDR. The subject consumed on average 929 μg of Vitamin A for the week. The subject also consumed approximately 11.32 mg of Iron.

On the days that the subject did not well, they consumed approximately 22% added sugar, 15% added sugar. The subject consumed more sweets. On the bad days they consumed around 16% added sugar. The total calories overall and within each macronutrient category was within suggested ranges, but she did not consume enough total calories overall and within each macronutrient category. Although the subject didn’t meet all of the goals and recommendations, they were a lot closer to the AMDR and DRI than their initial consumptions.

**Conclusion**

In terms of overall caloric intake, the subject consumed less calories than their EER. The first week on the day of highest consumption she consumed 1000 less calories than her EER. Since protein consumption during the first week was low, they consumed a protein supplement during the second week which made her protein consumption increase and better meet the AMDR. It will be beneficial for the subject to increase her protein and iron intakes by consuming plant foods, legumes, and soy products. Overall, the subject is consuming the right types of foods, but needs to increase amount of consumption to meet caloric need.

**References**


