



# Client Diet Record Intake

**First:**  
**Middle:**  
**Last:** Standard Shelf Stable Meals 2010  
**Company:**

**Identification Number:**  
**Date of Birth:**  
**Height:**                      **Weight:**

**Total Days:** 5                      **Total Foods:** 32  
**Avg. Daily Kcals:** 625.009      **Diet Name:** SS50555

**Percentage of Kcals**  
 Protein                      14.3%  
 Carbohydrate                68.5%  
 Fat, total                    17.3%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
CHEF BOYARDEE Beef Ravioli in Tomato and Meat Sauce	7.500	ounce(s)	SS10510	Lunch
Whole Wheat Crackers	2.000	item(s)	SS10510	Lunch
GA Non Fat Dry Milk 6/05	1.000	serving(s)	SS10510	Lunch
Applesauce	1.000	serving(s)	SS10510	Lunch
Composite-Cookies, Chocolate Chip/Oatmeal/Peanut Butter	1.000	item(s)	SS10510	Lunch
Apple Juice, Unsweetened, with Ascorbic Acid	4.230	fluid ounce(s)	SS10510	Lunch
Chocolate Instant Breakfast Powder	1.000	serving(s)	SS10510	Lunch
CHEF BOYARDEE Spaghetti and Meatballs in Tomato Sauce	1.000	cup(s)	SS10515	Lunch
GA Non Fat Dry Milk 6/05	1.000	serving(s)	SS10515	Lunch
RY KRISP Original Crackers	2.000	item(s)	SS10515	Lunch
Orange Juice, Unsweetened, Canned	4.200	fluid ounce(s)	SS10515	Lunch
Raisins, Seedless, Packed	1.000	ounce(s)	SS10515	Lunch
Composite-Cookies, Chocolate Chip/Oatmeal/Peanut Butter	1.000	item(s)	SS10515	Lunch
Whole Wheat Crackers	2.000	item(s)	SS10520	Lunch
GA Non Fat Dry Milk 6/05	1.000	serving(s)	SS10520	Lunch
Applesauce	1.000	serving(s)	SS10520	Lunch
CHEF BOYARDEE Lasagna Pasta with Tomato and Meat Sauce	7.500	ounce(s)	SS10520	Lunch
Orange Juice	4.230	fluid ounce(s)	SS10520	Lunch
Plain Graham Crackers	2.000	item(s)	SS10520	Lunch
Whole Wheat Crackers	2.000	item(s)	SS10525	Lunch
GA Non Fat Dry Milk 6/05	1.000	serving(s)	SS10525	Lunch
Composite-Cookies, Chocolate Chip/Oatmeal/Peanut Butter	1.000	item(s)	SS10525	Lunch
Chili Con Carne with Beans, Canned	7.500	ounce(s)	SS10525	Lunch
Raisins, Seedless, Packed	1.000	ounce(s)	SS10525	Lunch
Apple Juice, Unsweetened, with Ascorbic Acid	4.230	fluid ounce(s)	SS10525	Lunch
Chocolate Instant Breakfast Powder	1.000	serving(s)	SS10525	Lunch
GA Non Fat Dry Milk 6/05	1.000	serving(s)	SS10565	Lunch
Applesauce	1.000	serving(s)	SS10565	Lunch
Orange Juice	4.230	fluid ounce(s)	SS10565	Lunch
KELLOGG'S NUTRI-GRAIN Apple Cinnamon Cereal Bar	1.000	item(s)	SS10565	Lunch
Instant Oatmeal, Fortified, Dry	1.000	item(s)	SS10565	Lunch
KELLOGG'S ALL-BRAN Cereal	0.500	cup(s)	SS10565	Lunch



# Client Diet Record Nutrient Analysis

First:

Middle:

Last:

Company:

Standard Shelf Stable Meals 2010

Identification Number:

Date of Birth:

Height:

Total Days: 5

Total Foods: 32

Avg. Daily Kcals: 625.009

Weight:

Diet Name: SS50555

Nutrient	Value	Unit	Goal	%
Weight	651.078	g		
Kilocalories	691.707	kcal		
Protein	24.306	g	63.000	39 %
Carbohydrate	125.102	g		
Fat, Total	12.720	g		
Alcohol	0.000	g		
Cholesterol	25.751	mg		
Saturated Fat	4.265	g		
Monounsaturated Fat	5.105	g		
Polyunsaturated Fat	1.655	g		
MFA 18:1, Oleic	2.473	g		
PFA 18:2, Linoleic	1.539	g		
PFA 18:3, Linolenic	0.114	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	1339.581	mg		
Potassium	1403.113	mg		
Vitamin A (RE)	611.954	RE	1000.000	61 %
Vitamin A (IU)	2833.088	IU		
Vitamin A (RAE)	553.520	µg		
Beta-Carotene	0.000	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	38.881	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	88.200	mg	60.000	147 %
Calcium	556.337	mg	800.000	70 %
Iron	9.088	mg	10.000	91 %
Vitamin D (µg)	5.000	µg	5.000	100 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	1.089	mg	10.000	11 %
Vitamin E (IU)	1.481	IU		
Alpha-Tocopherol	3.566	mg		
Thiamin	0.525	mg	1.200	44 %
Riboflavin	0.609	mg	1.400	43 %
Niacin	6.654	mg	15.000	44 %
Pyridoxine (Vitamin B6)	0.632	mg	2.000	32 %
Folate (Total)	123.209	µg	200.000	62 %
Folate (DFE)	183.323	µg		
Cobalamin (Vitamin B12)	1.939	µg	2.000	97 %
Biotin	1.260	µg		
Pantothenic Acid	0.241	mg		
Vitamin K	34.642	µg	80.000	43 %

Nutrient	Value	Unit	Goal	%
Phosphorus	227.800	mg	800.000	28 %
Iodine	23.890	µg	150.000	16 %
Magnesium	133.828	mg	350.000	38 %
Zinc	5.704	mg	15.000	38 %
Copper	0.716	mg		
Manganese	0.347	mg		
Selenium	6.536	µg	70.000	9 %
Fluoride	211.172	µg		
Chromium	0.014	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	6.952	g		
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	0.793	g		
Sugar, Total	59.905	g		
Glucose	8.310	g		
Galactose	0.000	g		
Fructose	18.432	g		
Sucrose	6.348	g		
Lactose	0.000	g		
Maltose	0.341	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	16.780	mg		
Threonine	43.400	mg		
Isoleucine	52.380	mg		
Leucine	93.020	mg		
Lysine	58.920	mg		
Methionine	23.360	mg		
Cystine	26.460	mg		
Phenylalanine	62.120	mg		
Tyrosine	43.940	mg		
Valine	63.460	mg		
Arginine	83.400	mg		
Histidine	28.560	mg		
Alanine	51.200	mg		
Aspartic Acid	124.980	mg		
Glutamic Acid	311.480	mg		
Glycine	57.580	mg		
Proline	93.100	mg		
Serine	68.880	mg		
Moisture	473.825	g		
Ash	7.713	g		
Caffeine	9.250	mg		

Nutrient Goal Template (Client)

Analyzed by Selection: SS10510

Percentage of Kcals

Protein 13.7%  
 Carbohydrate 70.3%  
 Fat, total 16.1%  
 Alcohol 0.0%

Exchanges

Bread/Starch 2.00  
 Fat 1.00  
 Fruit 3.00  
 Meat-High Fat 0.50  
 Milk-Skim 1.00  
 Other Carbohydrate 1.00



# Client Diet Record Nutrient Analysis

**First:** 5  
**Middle:** 32  
**Last:** Total Foods: 625.009  
**Company:** Standard Shelf Stable Meals 2010  
**Weight:** 625.009

**Identification Number:**  
**Date of Birth:**  
**Height:**

**Diet Name:** SS50555

Nutrient	Value	Unit	Goal	%
Weight	466.815	g		
Kilocalories	610.039	kcal		
Protein	20.361	g	63.000	32 %
Carbohydrate	101.824	g		
Fat, Total	15.081	g		
Alcohol	0.000	g		
Cholesterol	33.240	mg		
Saturated Fat	6.042	g		
Monounsaturated Fat	6.807	g		
Polysaturated Fat	1.267	g		
MFA 18:1, Oleic	1.781	g		
PFA 18:2, Linoleic	0.719	g		
PFA 18:3, Linolenic	0.044	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	1290.033	mg		
Potassium	856.046	mg		
Vitamin A (RE)	274.607	RE	1000.000	27 %
Vitamin A (IU)	1236.669	IU		
Vitamin A (RAE)	44.715	µg		
Beta-Carotene	37.910	µg		
Alpha-Carotene	6.536	µg		
Lutein (+ Zeaxanthin)	150.334	µg		
Beta-Cryptoxanthin	193.473	µg		
Lycopene	0.000	µg		
Vitamin C	46.784	mg		
Calcium	451.113	mg		
Iron	4.864	mg	60.000	78 %
Vitamin D (µg)	5.000	µg	800.000	56 %
Vitamin D (IU)	200.000	IU	10.000	49 %
Vitamin E (mg)	1.067	mg	5.000	100 %
Vitamin E (IU)	1.448	IU	10.000	11 %
Alpha-Tocopherol	0.347	mg		
Thiamin	0.290	mg	1.200	24 %
Riboflavin	0.587	mg	1.400	42 %
Niacin	1.515	mg	15.000	10 %
Pyridoxine (Vitamin B6)	0.290	mg	2.000	15 %
Folate (Total)	45.099	µg	200.000	23 %
Folate (DFE)	25.762	µg		
Cobalamin (Vitamin B12)	1.306	µg	2.000	65 %
Biotin	2.295	µg		
Pantothenic Acid	0.353	µg		
Vitamin K	1.123	µg	80.000	1 %

Nutrient	Value	Unit	Goal	%
Phosphorus	109.147	mg	800.000	14 %
Iodine	23.990	µg	150.000	16 %
Magnesium	67.985	mg	350.000	19 %
Zinc	2.720	mg	15.000	18 %
Copper	0.298	mg		
Manganese	0.184	mg		
Selenium	7.788	µg	70.000	11 %
Fluoride	180.727	µg		
Chromium	0.023	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	6.660	g		
Soluble Fiber		g		
Insoluble Fiber	2.270	g		
Crude Fiber	35.791	g		
Sugar, Total	18.241	g		
Glucose	0.000	g		
Galactose	18.024	g		
Fructose	1.092	g		
Sucrose	0.000	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Typtophan	32.289	mg		
Threonine	67.980	mg		
Isoleucine	68.703	mg		
Leucine	123.095	mg		
Lysine	81.672	mg		
Methionine	30.675	mg		
Cystine	34.516	mg		
Phenylalanine	105.840	mg		
Tyrosine	47.424	mg		
Valine	89.795	mg		
Arginine	246.374	mg		
Histidine	50.333	mg		
Alanine	91.562	mg		
Aspartic Acid	205.241	mg		
Glutamic Acid	374.096	mg		
Glycine	83.038	mg		
Proline	207.076	mg		
Serine	95.424	mg		
Moisture	319.694	g		
Ash	5.662	g		
Caffeine	0.000	mg		

**Nutrient Goal Template**  
 (Client)  
**Analyzed by**  
 Selection: SS10515  
**Percentage of Kcals**  
 Protein 13.0%  
 Carbohydrate 65.2%  
 Fat, total 21.7%  
 Alcohol 0.0%  
**Exchanges**  
 Bread/Starch 3.00  
 Fat 1.50  
 Fruit 2.00  
 Meat-High Fat 0.50  
 Milk-Skim 1.00  
 Other Carbohydrate 1.00



# Client Diet Record Nutrient Analysis

**First:** 5  
**Middle:** 32  
**Last:** 625,009  
**Company:**

**Identification Number:**  
**Date of Birth:**  
**Height:**

**Standard Shelf Stable Meals** 2010  
**Weight:**  
**Diet Name:** SS50555

Nutrient	Value	Unit	Goal	%
Weight	611.778	g		
Kilocalories	569.046	kcal		
Protein	17.942	g	63.000	28 %
Carbohydrate	99.423	g		
Fat, Total	12.553	g		
Alcohol	0.000	g		
Cholesterol	27.348	mg		
Saturated Fat	5.025	g		
Monounsaturated Fat	4.644	g		
Polyunsaturated Fat	1.386	g		
MFA 18:1, Oleic	1.213	g		
PFA 18:2, Linoleic	1.272	g		
PFA 18:3, Linolenic	0.113	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	935.252	mg		
Potassium	841.238	mg		
Vitamin A (RE)	265.709	RE	1000.000	27 %
Vitamin A (IU)	1232.478	IU		
Vitamin A (RAE)	13.113	µg		
Beta-Carotene	43.413	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	177.240	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	72.788	mg	60.000	121 %
Calcium	469.740	mg	800.000	59 %
Iron	4.218	mg	10.000	42 %
Vitamin D (µg)	5.000	µg	5.000	100 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.599	mg	10.000	6 %
Vitamin E (IU)	0.751	IU		
Alpha-Tocopherol	0.184	mg		
Thiamin	0.299	mg	1.200	25 %
Riboflavin	0.561	mg	1.400	40 %
Niacin	1.916	mg	15.000	13 %
Pyridoxine (Vitamin B6)	0.224	mg	2.000	11 %
Folate (Total)	61.088	µg	200.000	31 %
Folate (DFE)	52.452	µg		
Cobalamin (Vitamin B12)	1.299	µg	2.000	65 %
Biotin	1.703	µg		
Pantothenic Acid	0.436	mg		
Vitamin K	2.117	µg	80.000	3 %

Nutrient	Value	Unit	Goal	%
Phosphorus	79.883	mg	800.000	10 %
Iodine	23.890	µg	150.000	16 %
Magnesium	58.008	mg	350.000	17 %
Zinc	2.570	mg	15.000	17 %
Copper	0.212	mg		
Manganese	0.249	mg		
Selenium	3.487	µg	70.000	5 %
Fluoride	159.900	µg		
Chromium	0.014	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	6.070	g		
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	0.892	g		
Sugar, Total	39.945	g		
Glucose	6.490	g		
Galactose	0.000	g		
Fructose	13.024	g		
Sucrose	9.363	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	16.643	mg		
Threonine	43.630	mg		
Isoleucine	52.190	mg		
Leucine	95.067	mg		
Lysine	46.002	mg		
Methionine	23.154	mg		
Cystine	30.117	mg		
Phenylalanine	65.222	mg		
Tyrosine	38.205	mg		
Valine	63.564	mg		
Arginine	108.911	mg		
Histidine	28.194	mg		
Alanine	57.850	mg		
Aspartic Acid	174.748	mg		
Glutamic Acid	365.893	mg		
Glycine	55.322	mg		
Proline	173.857	mg		
Serine	72.467	mg		
Moisture	307.332	g		
Ash	1.608	g		
Caffeine	0.000	mg		

**Nutrient Goal Template**  
**(Client)**  
**Analyzed by**  
**Selection:** SS10520  
**Percentage of Kcal**  
 Protein 12.3%  
 Carbohydrate 68.3%  
 Fat, total 19.4%  
 Alcohol 0.0%  
**Exchanges**  
 Bread/Starch 3.00  
 Fat 1.50  
 Fruit 2.50  
 Milk-Skim 1.00



# Client Diet Record Nutrient Analysis

**First:** 5  
**Middle:** 32  
**Last:** Total Foods:  
**Company:** Standard Shelf Stable Meals 2010  
 Avg. Daily Kcal: 625.009

**Identification Number:**  
**Date of Birth:**  
**Height:**

**Weight:**

**Diet Name:** SS50555

Nutrient	Value	Unit	Goal	%
Weight	455.841	g		
Kilocalories	694.282	kcal		
Protein	35.092	g	63.000	56 %
Carbohydrate	109.030	g		
Fat, Total	15.338	g		
Alcohol	0.000	g		
Cholesterol	57.330	mg		
Saturated Fat	4.930	g		
Monounsaturated Fat	6.357	g		
Polyunsaturated Fat	2.033	g		
MFA 18:1, Oleic	5.787	g		
PFA 18:2, Linoleic	1.804	g		
PFA 18:3, Linolenic	0.203	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	1410.861	mg		
Potassium	1677.228	mg		
Vitamin A (RE)	620.927	RE	1000.000	62 %
Vitamin A (IU)	3352.188	IU		
Vitamin A (RAE)	576.908	µg		
Beta-Carotene	270.029	µg		
Alpha-Carotene	14.863	µg		
Lutein (+ Zeaxanthin)	145.191	µg		
Beta-Cryptoxanthin	25.515	µg		
Lycopene	7397.094	µg		
Vitamin C	94.173	mg	60.000	157 %
Calcium	601.944	mg	800.000	75 %
Iron	10.985	mg	10.000	110 %
Vitamin D (ug)	5.000	µg	5.000	100 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	2.679	mg	10.000	27 %
Vitamin E (IU)	3.852	IU		
Alpha-Tocopherol	5.684	mg		
Thiamin	0.656	mg	1.200	55 %
Riboflavin	0.819	mg	1.400	58 %
Niacin	10.320	mg	15.000	69 %
Pyridoxine (Vitamin B6)	0.897	mg	2.000	45 %
Folate (Total)	160.513	µg	200.000	80 %
Folate (DFE)	220.627	µg		
Cobalamin (Vitamin B12)	3.279	µg	2.000	164 %
Biotin	1.418	µg		
Pantothenic Acid	0.155	mg		
Vitamin K	43.287	µg	80.000	54 %

Nutrient	Value	Unit	Goal	%
Phosphorus	423.630	mg	800.000	53 %
Iodine	23.890	µg	150.000	16 %
Magnesium	177.990	mg	350.000	51 %
Zinc	9.288	mg	15.000	62 %
Copper	0.992	mg		
Manganese	0.314	mg		
Selenium	18.155	µg	70.000	26 %
Fluoride	191.082	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.469	g		
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.396	g		
Sugar, Total	60.793	g		
Glucose	11.145	g		
Galactose	0.000	g		
Fructose	15.757	g		
Sucrose	2.357	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	29.675	mg		
Threonine	58.829	mg		
Isoleucine	60.860	mg		
Leucine	108.716	mg		
Lysine	71.214	mg		
Methionine	26.754	mg		
Cystine	29.287	mg		
Phenylalanine	96.689	mg		
Tyrosine	43.502	mg		
Valine	78.030	mg		
Arginine	194.084	mg		
Histidine	46.412	mg		
Alanine	74.567	mg		
Aspartic Acid	122.884	mg		
Glutamic Acid	337.493	mg		
Glycine	72.580	mg		
Proline	158.708	mg		
Serine	81.045	mg		
Moisture	287.498	g		
Ash	7.682	g		
Caffeine	9.250	mg		

**Nutrient Goal Template**  
 (Client)  
**Analyzed by**  
 Selection: SS10525  
**Percentage of Kcal**  
 Protein 19.6%  
 Carbohydrate 61.0%  
 Fat, total 19.3%  
 Alcohol 0.0%  
**Exchanges**  
 Bread/Starch 1.50  
 Fat 1.00  
 Fruit 2.50  
 Meat-Medium Fat 1.50  
 Milk-Skim 1.00  
 Other Carbohydrate 1.00  
 Vegetable 0.50



# Client Diet Record Nutrient Analysis

**First:** Standard Shelf Stable Meats 2010  
**Middle:** 5  
**Last:** 32  
**Company:** Avg. Daily Kcal: 625.009

**Identification Number:**  
**Date of Birth:**  
**Height:**

**Weight:**

**Diet Name:** SS50555

Nutrient	Value	Unit	Goal	%
Weight	471.156	g		
Kilocalories	559.973	kcal		
Protein	18.046	g	63.000	29 %
Carbohydrate	119.985	g		
Fat, Total	6.630	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	1.329	g		
Monounsaturated Fat	2.872	g		
Polysaturated Fat	0.838	g		
MFA 18:1, Oleic	1.417	g		
PFA 18:2, Linoleic	0.106	g		
PFA 18:3, Linolenic	0.000	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.002	g		
Sodium	374.374	mg		
Potassium	1284.358	mg		
Vitamin A (RE)	1004.449	RE	1000.000	100 %
Vitamin A (IU)	3055.127	IU		
Vitamin A (RAE)	463.313	µg		
Beta-Carotene	43.273	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	150.800	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	76.938	mg	60.000	128 %
Calcium	846.374	mg	800.000	106 %
Iron	17.303	mg	10.000	173 %
Vitamin D (ug)	6.000	µg	5.000	120 %
Vitamin D (IU)	240.000	IU		
Vitamin E (mg)	0.207	mg	10.000	2 %
Vitamin E (IU)	0.167	IU		
Alpha-Tocopherol	0.184	mg		
Thiamin	1.901	mg	1.200	158 %
Riboflavin	2.108	mg	1.400	151 %
Niacin	15.109	mg	15.000	101 %
Pyridoxine (Vitamin B6)	4.865	mg	2.000	243 %
Folate (Total)	571.928	µg	200.000	286 %
Folate (DFE)	851.712	µg		
Cobalamin (Vitamin B12)	7.299	µg	2.000	365 %
Biotin	1.703	µg		
Pantothenic Acid	0.998	mg		
Vitamin K	2.787	µg	80.000	3 %

**Nutrient Goal Template**  
 (Client)  
**Analyzed by**  
 Selection: SS10565  
**Percentage of Kcal**  
 Protein 11.8%  
 Carbohydrate 78.4%  
 Fat, total 9.8%  
 Alcohol 0.0%  
**Exchanges**  
 Bread/Starch 1.00  
 Fat 0.50  
 Fruit 2.50  
 Milk-Skim 1.00  
 Other Carbohydrate 1.50

Nutrient	Value	Unit	Goal	%
Phosphorus	551.043	mg	800.000	69 %
Iodine	23.890	µg	150.000	18 %
Magnesium	202.768	mg	350.000	58 %
Zinc	6.233	mg	15.000	42 %
Copper	0.567	mg		
Manganese	3.251	mg		
Selenium	11.007	µg	70.000	16 %
Fluoride	159.900	µg		
Chromium	0.014	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	15.804	g		
Soluble Fiber	1.256	g		
Insoluble Fiber	10.660	g		
Crude Fiber	0.692	g		
Sugar, Total	45.302	g		
Glucose	6.822	g		
Galactose	0.036	g		
Fructose	13.136	g		
Sucrose	13.841	g		
Lactose	0.000	g		
Maltose	0.457	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	20.000	g		
Tryptophan	122.503	mg		
Threonine	237.170	mg		
Isoleucine	265.270	mg		
Leucine	514.367	mg		
Lysine	320.822	mg		
Methionine	119.394	mg		
Cystine	205.317	mg		
Phenylalanine	350.522	mg		
Tyrosine	161.985	mg		
Valine	381.984	mg		
Arginine	492.051	mg		
Histidine	173.094	mg		
Alanine	351.970	mg		
Aspartic Acid	696.808	mg		
Glutamic Acid	1522.553	mg		
Glycine	375.962	mg		
Proline	399.317	mg		
Serine	355.847	mg		
Moisture	310.007	g		
Ash	3.688	g		
Caffeine	0.000	mg		