



Client Diet Record Intake

First: Sun Meadow Best
Middle:
Last: Shelf Stable DRI 2011 Sun Meadow Best
Company:

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

Total Days: 7 **Total Foods:** 45
Avg. Daily Kcals: 722.906 **Diet Name:** 7 Pack SS 70150

Percentage of Kcals
Protein 17.6%
Carbohydrate 55.6%
Fat, total 26.8%
Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Sun Meadow Pasta Twirls & Beef 2011	7.500	ounce(s)	Day 1	Lunch
Fruitastics-Mixed Berry	1.000	cup(s)	Day 1	Lunch
Peanuts	1.000	ounce(s)	Day 1	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 1	Lunch
Orange Juice	4.000	fluid ounce(s)	Day 1	Lunch
Non Fat Dry Milk	1.000	serving(s)	Day 2	Lunch
Applesauce	0.500	cup(s)	Day 2	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 2	Lunch
Sun Meadow Beef Stew 2011	7.513	ounce(s)	Day 2	Lunch
Orange Juice	4.000	fluid ounce(s)	Day 2	Lunch
Raisins	1.000	ounce(s)	Day 2	Lunch
Peanut Butter	1.000	ounce(s)	Day 2	Lunch
Raisins	1.000	ounce(s)	Day 3	Lunch
Non Fat Dry Milk	1.000	serving(s)	Day 3	Lunch
Sun Meadow Chicken and Pasta in Sauce 2011	7.500	ounce(s)	Day 3	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 3	Lunch
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 3	Lunch
Peanut Butter	0.500	ounce(s)	Day 3	Lunch
Dried Sunflower Seed Kernel	1.000	ounce(s)	Day 3	Lunch
Non Fat Dry Milk	1.000	serving(s)	Day 4	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Day 4	Lunch
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 4	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 4	Lunch
DEL MONTE FRUIT NATURALS Diced Peach Chunks in Fruit Juice	4.000	ounce(s)	Day 4	Lunch
Dried Sunflower Seed Kernel	1.000	ounce(s)	Day 4	Lunch
Non Fat Dry Milk	1.000	serving(s)	Day 5	Lunch
Sun Meadow Chicken Stew 2011	7.500	ounce(s)	Day 5	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 5	Lunch
Instant Breakfast Powder	1.000	serving(s)	Day 5	Lunch
Oatmeal Cookie	1.000	item(s)	Day 5	Lunch
Peanut Butter	1.000	ounce(s)	Day 5	Lunch
Orange Juice	4.000	fluid ounce(s)	Day 5	Lunch
Non Fat Dry Milk	1.000	serving(s)	Day 6	Lunch
Sun Meadow Red Beans and Rice 2011	7.500	ounce(s)	Day 6	Lunch
Rye Crispbread Crackers	2.000	item(s)	Day 6	Lunch
Peanuts	1.500	ounce(s)	Day 6	Lunch
Applesauce	0.500	cup(s)	Day 6	Lunch
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 6	Lunch
Non Fat Dry Milk	1.000	serving(s)	Day 7	Lunch
Sun Meadow Homestyle Gravy & Dumplings 2011	7.500	ounce(s)	Day 7	Lunch
Orange Juice	4.000	fluid ounce(s)	Day 7	Lunch
Instant Breakfast Powder	1.000	serving(s)	Day 7	Lunch
Fiber Plus Bar	1.000	item(s)	Day 7	Lunch
Peanut Butter	0.500	ounce(s)	Day 7	Lunch



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
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Last:
Company:

Diet Name: 7 Pack SS 70150

Identification Number:
Date of Birth:
Height:

Total Days: 7
Total Foods: 45
Avg. Daily Kcals: 722.906

Weight:

Nutrient	Value	Unit	Goal	%
Weight	517.993	g		
Kilocalories	722.906	kcal	2054.000	35 %
Protein	33.129	g	56.000	59 %
Carbohydrate	104.644	g	130.000	80 %
Fat, Total	22.447	g	80.000	28 %
Alcohol	0.000	g		
Cholesterol	32.976	mg		
Saturated Fat	4.999	g		
Monounsaturated Fat	7.297	g		
Polysaturated Fat	5.502	g		
MFA 18:1, Oleic	6.685	g		
PFA 18:2, Linoleic	5.145	g		
PFA 18:3, Linolenic	0.069	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	800.174	mg	1200.000	67 %
Potassium	1066.234	mg		
Vitamin A (RE)	316.747	RE		
Vitamin A (IU)	2436.856	IU		
Vitamin A (RAE)	489.211	µg	900.000	54 %
Beta-Carotene	31.366	µg		
Alpha-Carotene	3.731	µg		
Lutein (+ Zeaxanthin)	148.978	µg		
Beta-Cryptoxanthin	112.043	µg		
Lycopene	0.000	µg		
Vitamin C	75.860	mg	90.000	84 %
Calcium	528.960	mg	1200.000	44 %
Iron	6.577	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.910	mg		
Vitamin E (IU)	0.291	IU		
Alpha-Tocopherol	5.746	mg		
Thiamin	0.586	mg		
Riboflavin	1.919	mg		
Niacin	6.770	mg		
Pyridoxine (Vitamin B6)	0.665	mg	1.700	39 %
Folate (Total)	123.445	µg		
Folate (DFE)	151.136	µg		
Cobalamin (Vitamin B12)	1.924	µg	2.400	80 %
Biotin	8.188	µg		
Pantothenic Acid	0.696	mg		
Vitamin K	12.623	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	290.955	mg		
Iodine	23.890	µg	420.000	39 %
Magnesium	165.450	mg	11.000	56 %
Zinc	6.186	mg		
Copper	0.610	mg		
Manganese	1.354	mg		
Selenium	20.249	µg		
Fluoride	110.939	µg		
Chromium	0.032	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.290	g	30.000	41 %
Soluble Fiber	0.020	g		
Insoluble Fiber	0.789	g		
Crude Fiber	8.938	g		
Sugar, Total	37.575	g		
Glucose	5.817	g		
Galactose	0.000	g		
Fructose	5.691	g		
Sucrose	3.175	g		
Lactose	0.000	g		
Maltose	0.157	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	111.378	mg		
Threonine	296.773	mg		
Isoleucine	369.246	mg		
Leucine	675.695	mg		
Lysine	355.234	mg		
Methionine	141.354	mg		
Cystine	154.314	mg		
Phenylalanine	510.611	mg		
Tyrosine	299.908	mg		
Valine	450.436	mg		
Arginine	986.700	mg		
Histidine	241.480	mg		
Alanine	425.993	mg		
Aspartic Acid	1086.356	mg		
Glutamic Acid	2259.247	mg		
Glycine	542.629	mg		
Proline	672.632	mg		
Serine	522.876	mg		
Moisture	147.792	g		
Ash	2.739	g		
Caffeine	2.643	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Selection: 7 Pack SS 70150
Percentage of Kcals
 Protein 17.6%
 Carbohydrate 55.6%
 Fat, total 26.8%
 Alcohol 0.0%
Exchanges
 Bread/Starch 1.50
 Fat 0.50
 Fruit 1.00
 Meat-High Fat 1.00
 Meat-Medium Fat 0.50
 Milk-Skirm 1.00
 Other Carbohydrate 0.50



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
Middle: Shelf Stable DRI 2011 Sun Meadow Best
Last:
Company:

Diet Name: 7 Pack SS 70150
Identification Number:
Date of Birth:
Height: **Weight:**

Sun Meadow Best

Shelf Stable DRI 2011 Sun Meadow Best

Total Days: 7
Total Foods: 45
Avg. Daily Kcals: 722.906

Weight:

Nutrient	Value	Unit	Goal	%
Weight	538.911	g		
Kilocalories	701.572	kcal	2054.000	34 %
Protein	33.621	g	56.000	60 %
Carbohydrate	95.470	g	130.000	73 %
Fat, Total	23.725	g	80.000	30 %
Alcohol	0.000	g		
Cholesterol	36.000	mg		
Saturated Fat	5.636	g		
Monounsaturated Fat	7.459	g		
Polysaturated Fat	4.602	g		
MFA 18:1, Oleic	7.233	g		
PFA 18:2, Linoleic	4.507	g		
PFA 18:3, Linolenic	0.052	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	743.808	mg	1200.000	62 %
Potassium	1059.172	mg		
Vitamin A (RE)	171.938	RE		
Vitamin A (IU)	1017.875	IU		
Vitamin A (RAE)	311.505	µg	900.000	35 %
Beta-Carotene	36.105	µg		
Alpha-Carotene	6.225	µg		
Lutein (+ Zeaxanthin)	220.775	µg		
Beta-Cryptoxanthin	184.260	µg		
Lycopene	0.000	µg		
Vitamin C	104.193	mg	90.000	116 %
Calcium	462.533	mg	1200.000	39 %
Iron	4.976	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.540	mg		
Thiamin	0.545	mg		
Riboflavin	3.602	mg		
Niacin	5.156	mg		
Pyridoxine (Vitamin B6)	0.584	mg	1.700	34 %
Folate (Total)	142.679	µg		
Folate (DFE)	83.243	µg		
Cobalamin (Vitamin B12)	2.689	µg	2.400	112 %
Biotin	10.106	µg		
Pantothenic Acid	0.799	mg		
Vitamin K	2.525	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	237.578	mg		
Iodine	23.890	µg		
Magnesium	128.430	mg	420.000	31 %
Zinc	5.866	mg	11.000	53 %
Copper	0.356	mg		
Manganese	1.532	mg		
Selenium	15.700	µg		
Fluoride	112.469	µg		
Chromium	0.015	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.964	g	30.000	37 %
Soluble Fiber	0.057	g		
Insoluble Fiber	1.870	g		
Crude Fiber	0.125	g		
Sugar, Total	28.071	g		
Glucose	6.823	g		
Galactose	0.000	g		
Fructose	6.133	g		
Sucrose	2.533	g		
Lactose	0.000	g		
Maltose	0.200	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	104.777	mg		
Threonine	295.647	mg		
Isoleucine	411.928	mg		
Leucine	749.788	mg		
Lysine	397.863	mg		
Methionine	134.632	mg		
Cystine	173.291	mg		
Phenylalanine	574.462	mg		
Tyrosine	356.131	mg		
Valine	497.690	mg		
Arginine	1116.708	mg		
Histidine	261.024	mg		
Alanine	462.562	mg		
Aspartic Acid	1231.631	mg		
Glutamic Acid	2435.970	mg		
Glycine	593.505	mg		
Proline	707.405	mg		
Serine	550.386	mg		
Moisture	113.669	g		
Ash	2.250	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: Day 1

Percentage of Kcals
 Protein 18.4%
 Carbohydrate 52.3%
 Fat, total 29.3%
 Alcohol 0.0%

Exchanges
 Bread/Starch 2.00
 Fat 0.00
 Fruit 1.00
 Meat-Medium Fat 1.00
 Milk-Skirm 1.00



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
Middle: Shelf Stable DRI 2011 Sun Meadow Best
Last:
Company:

Identification Number: 7
Date of Birth: 45
Height: 722.906
Weight:

Diet Name: 7 Pack SS 70150

Nutrient	Value	Unit	Goal	%
Weight	576.639	g		
Kilocalories	705.679	kcal	2054.000	34 %
Protein	29.302	g	56.000	52 %
Carbohydrate	114.300	g	130.000	88 %
Fat, Total	17.819	g	80.000	22 %
Alcohol	0.000	g		
Cholesterol	31.000	mg		
Saturated Fat	6.689	g		
Monounsaturated Fat	6.976	g		
Polyunsaturated Fat	4.309	g		
MFA 18:1, Oleic	6.793	g		
PFA 18:2, Linoleic	4.242	g		
PFA 18:3, Linolenic	0.069	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	773.772	mg	1200.000	64 %
Potassium	1402.131	mg		
Vitamin A (RE)	445.586	RE		
Vitamin A (IU)	3486.594	IU		
Vitamin A (RAE)	447.785	µg	900.000	50 %
Beta-Carotene	51.965	µg		
Alpha-Carotene	6.225	µg		
Lutein (+ Zeaxanthin)	242.735	µg		
Beta-Cryptoxanthin	195.240	µg		
Lycopene	0.000	µg		
Vitamin C	50.622	mg	90.000	56 %
Calcium	472.335	mg	1200.000	39 %
Iron	5.483	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.567	mg		
Vitamin E (IU)	0.301	IU		
Alpha-Tocopherol	3.411	mg		
Thiamin	0.437	mg		
Riboflavin	0.734	mg		
Niacin	7.393	mg		
Pyridoxine (Vitamin B6)	0.749	mg	1.700	44 %
Folate (Total)	89.186	µg		
Folate (DFE)	82.580	µg		
Cobalamin (Vitamin B12)	2.889	µg	2.400	120 %
Biotin	13.314	µg		
Pantothenic Acid	0.902	mg		
Vitamin K	8.609	µg		

Nutrient Goal Template
 (Client)
Analyzed by
 Selection: Day 2
Percentage of Kcals
 Protein 16.0%
 Carbohydrate 62.2%
 Fat, total 21.8%
 Alcohol 0.0%
Exchanges
 Bread/Starch 2.00
 Fruit 3.00
 Meat-High Fat 1.50
 Milk-Skim 1.00

Nutrient	Value	Unit	Goal	%
Phosphorus	263.694	mg		
Iodine	23.890	µg		
Magnesium	140.745	mg	420.000	34 %
Zinc	6.250	mg	11.000	57 %
Copper	0.461	mg		
Manganese	1.601	mg		
Selenium	16.889	µg		
Fluoride	179.657	µg		
Chromium	0.087	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.713	g	30.000	42 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	3.766	g		
Sugar, Total	42.590	g		
Glucose	14.820	g		
Galactose	0.000	g		
Fructose	14.524	g		
Sucrose	3.979	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	120.258	mg		
Threonine	297.864	mg		
Isoleucine	329.664	mg		
Leucine	705.856	mg		
Lysine	355.632	mg		
Methionine	134.521	mg		
Cystine	138.593	mg		
Phenylalanine	550.228	mg		
Tyrosine	308.762	mg		
Valine	423.819	mg		
Arginine	1090.207	mg		
Histidine	254.478	mg		
Alanine	444.934	mg		
Aspartic Acid	1219.581	mg		
Glutamic Acid	2383.852	mg		
Glycine	563.971	mg		
Proline	846.266	mg		
Serine	626.965	mg		
Moisture	225.932	g		
Ash	3.071	g		
Caffeine	0.000	mg		



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
Middle: Shelf Stable DRI 2011 Sun Meadow Best
Last: Identification Number: 7
Company: Height: 45
 Weight: 722.906
Diet Name: 7 Pack SS 70150

Nutrient	Value	Unit	Goal	%
Weight	477.709	g		
Kilocalories	749.393	kcal	2054.000	36 %
Protein	31.678	g	56.000	57 %
Carbohydrate	107.033	g	130.000	82 %
Fat, Total	25.163	g	80.000	31 %
Alcohol	0.000	g		
Cholesterol	36.000	mg		
Saturated Fat	3.934	g		
Monounsaturated Fat	8.776	g		
Polyunsaturated Fat	8.854	g		
MFA 18:1, Oleic	8.638	g		
PFA 18:2, Linoleic	8.771	g		
PFA 18:3, Linolenic	0.089	g		
PFA 20:5 EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	639.007	mg	1200.000	53 %
Potassium	958.866	mg		
Vitamin A (RE)	152.103	RE		
Vitamin A (IU)	1769.526	IU		
Vitamin A (RAE)	301.151	µg	900.000	33 %
Beta-Carotene	8.505	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	77.600	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	49.543	mg	90.000	55 %
Calcium	498.796	mg	1200.000	42 %
Iron	5.764	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	11.053	mg		
Thiamin	0.679	mg		
Riboflavin	0.666	mg		
Niacin	5.180	mg		
Pyridoxine (Vitamin B6)	0.688	mg	1.700	40 %
Folate (Total)	107.311	µg		
Folate (DFE)	103.075	µg		
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	7.044	µg		
Pantothenic Acid	0.769	mg		
Vitamin K	3.477	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	376.760	mg		
Iodine	23.890	µg		
Magnesium	178.962	mg	420.000	43 %
Zinc	5.025	mg	11.000	46 %
Copper	0.828	mg		
Manganese	1.837	mg		
Selenium	30.630	µg		
Fluoride	140.249	µg		
Chromium	0.037	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.071	g	30.000	40 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.873	g		
Sugar, Total	38.317	g		
Glucose	8.143	g		
Galactose	0.000	g		
Fructose	8.774	g		
Sucrose	2.587	g		
Lactose	0.000	g		
Maltose	0.200	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	181.808	mg		
Threonine	471.913	mg		
Isoleucine	552.018	mg		
Leucine	935.106	mg		
Lysine	504.278	mg		
Methionine	231.396	mg		
Cystine	227.136	mg		
Phenylalanine	699.557	mg		
Tyrosine	374.792	mg		
Valine	666.788	mg		
Arginine	1330.133	mg		
Histidine	348.716	mg		
Alanine	610.662	mg		
Aspartic Acid	1375.314	mg		
Glutamic Acid	3200.991	mg		
Glycine	760.872	mg		
Proline	931.936	mg		
Serine	703.244	mg		
Moisture	122.788	g		
Ash	2.787	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Selection: Day 3
Percentage of Kcals
 Protein 16.2%
 Carbohydrate 54.8%
 Fat, total 29.0%
 Alcohol 0.0%
Exchanges
 Bread/Starch 2.00
 Fat 1.50
 Fruit 1.50
 Meat-High Fat 1.50
 Milk-Skim 1.00
 Other Carbohydrate 1.00



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
Middle: Shelf Stable DRI 2011 Sun Meadow Best
Last:
Company:

Diet Name: 7 Pack SS 70150
Identification Number:
Date of Birth:
Height:

Total Days: 7
Total Foods: 45
Avg. Daily Kcals: 722.906

Weight:

Nutrient	Value	Unit	Goal	%
Weight	559.185	g		
Kilocalories	731.281	kcal	2054.000	36 %
Protein	29.751	g	56.000	53 %
Carbohydrate	105.813	g	130.000	81 %
Fat, Total	24.390	g	80.000	30 %
Alcohol	0.000	g		
Cholesterol	26.000	mg		
Saturated Fat	3.928	g		
Monounsaturated Fat	5.330	g		
Polyunsaturated Fat	6.836	g		
MFA 18:1, Oleic	5.284	g		
PFA 18:2, Linoleic	6.767	g		
PFA 18:3, Linolenic	0.076	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	830.827	mg	1200.000	69 %
Potassium	654.534	mg		
Vitamin A (RE)	172.103	RE		
Vitamin A (IU)	819.526	IU		
Vitamin A (RAE)	301.200	µg	900.000	33 %
Beta-Carotene	8.505	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	77.600	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	108.891	mg	90.000	121 %
Calcium	478.526	mg	1200.000	40 %
Iron	5.326	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	9.745	mg		
Thiamin	0.649	mg		
Riboflavin	0.676	mg		
Niacin	3.073	mg		
Pyridoxine (Vitamin B6)	0.572	mg	1.700	34 %
Folate (Total)	100.523	µg		
Folate (DFE)	91.167	µg		
Cobalamin (Vitamin B12)	1.309	µg	2.400	55 %
Biotin				
Pantothenic Acid	0.593	mg		
Vitamin K	2.400	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	297.382	mg		
Iodine	23.890	µg		
Magnesium	157.291	mg	420.000	37 %
Zinc	4.596	mg	11.000	42 %
Copper	0.671	mg		
Manganese	1.545	mg		
Selenium	29.665	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.672	g	30.000	42 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.170	g		
Sugar, Total	38.230	g		
Glucose	0.200	g		
Galactose	0.000	g		
Fructose	0.360	g		
Sucrose	1.229	g		
Lactose	0.000	g		
Maltose	0.200	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	135.456	mg		
Threonine	377.083	mg		
Isoleucine	450.101	mg		
Leucine	692.718	mg		
Lysine	385.635	mg		
Methionine	188.447	mg		
Cystine	189.856	mg		
Phenylalanine	492.506	mg		
Tyrosine	256.008	mg		
Valine	534.396	mg		
Arginine	827.639	mg		
Histidine	250.769	mg		
Alanine	453.464	mg		
Aspartic Acid	919.029	mg		
Glutamic Acid	2445.619	mg		
Glycine	538.186	mg		
Proline	663.891	mg		
Serine	477.157	mg		
Moisture	118.158	g		
Ash	1.816	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Selection: Day 4
Percentage of Kcals
 Protein 15.6%
 Carbohydrate 55.6%
 Fat, total 28.8%
 Alcohol 0.0%
Exchanges
 Bread/Starch 2.00
 Fat 1.50
 Fruit 1.00
 Meat-High Fat 1.00
 Milk-Skim 1.00
 Other Carbohydrate 1.00



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
Middle: Shelf Stable DRI 2011 Sun Meadow Best
Last:
Company:

Diet Name: 7 Pack SS 70150

Identification Number:
Date of Birth:
Height:

Total Days: 7
Total Foods: 45
Avg. Daily Kcals: 722.906

Weight:

Nutrient	Value	Unit	Goal	%
Weight	477.411	g		
Kilocalories	779.304	kcal	2054.000	38 %
Protein	41.681	g	56.000	74 %
Carbohydrate	109.075	g	130.000	84 %
Fat, Total	21.148	g	80.000	26 %
Alcohol	0.000	g		
Cholesterol	50.390	mg		
Saturated Fat	4.852	g		
Monounsaturated Fat	8.123	g		
Polyunsaturated Fat	5.146	g		
MFA 18:1, Oleic	7.942	g		
PFA 18:2, Linoleic	5.032	g		
PFA 18:3, Linolenic	0.112	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.001	g		
Trans Fatty Acid	0.000	g		
Sodium	990.114	mg	1200.000	83 %
Potassium	1556.118	mg		
Vitamin A (RE)	564.298	RE		
Vitamin A (IU)	6194.740	IU		
Vitamin A (RAE)	887.670	µg	900.000	99 %
Beta-Carotene	62.520	µg		
Alpha-Carotene	7.440	µg		
Lutein (+ Zeaxanthin)	220.200	µg		
Beta-Cryptoxanthin	209.560	µg		
Lycopene	0.000	µg		
Vitamin C	91.666	mg	90.000	102 %
Calcium	598.680	mg	1200.000	50 %
Iron	9.195	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	6.389	mg		
Thiamin	0.760	mg		
Riboflavin	6.498	mg		
Niacin	10.470	mg		
Pyridoxine (Vitamin B6)	0.833	mg	1.700	49 %
Folate (Total)	199.179	µg		
Folate (DFE)	277.243	µg		
Cobalamin (Vitamin B12)	2.054	µg	2.400	86 %
Biotin	11.652	µg		
Pantothenic Acid	0.857	mg		
Vitamin K	35.994	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	412.311	mg		
Iodine	23.890	µg		
Magnesium	220.598	mg	420.000	53 %
Zinc	7.649	mg	11.000	70 %
Copper	0.876	mg		
Manganese	1.573	mg		
Selenium	23.169	µg		
Fluoride	84.729	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.697	g	30.000	36 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.904	g		
Sugar, Total	43.503	g		
Glucose	3.823	g		
Galactose	0.000	g		
Fructose	4.080	g		
Sucrose	8.081	g		
Lactose	0.000	g		
Maltose	0.200	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	115.783	mg		
Threonine	302.470	mg		
Isoleucine	346.735	mg		
Leucine	738.765	mg		
Lysine	359.218	mg		
Methionine	146.362	mg		
Cystine	153.436	mg		
Phenylalanine	555.184	mg		
Tyrosine	334.875	mg		
Valine	441.264	mg		
Arginine	1032.353	mg		
Histidine	253.642	mg		
Alanine	454.062	mg		
Aspartic Acid	1242.151	mg		
Glutamic Acid	2555.028	mg		
Glycine	573.271	mg		
Proline	842.334	mg		
Serine	647.505	mg		
Moisture	116.143	g		
Ash	4.596	g		
Caffeine	9.250	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Selection: Day 5
Percentage of Kcals
 Protein 21.0%
 Carbohydrate 55.0%
 Fat, total 24.0%
 Alcohol 0.0%
Exchanges
 Bread/Starch 2.00
 Fruit 1.00
 Meat-High Fat 1.50
 Milk-Skim 1.00
 Other Carbohydrate 1.00



Client Diet Record Nutrient Analysis

First: Sun Meadow Best

Middle:

Last: Shelf Stable DRI 2011 Sun Meadow Best

Company:

Diet Name: 7 Pack SS 70150

Identification Number:

Date of Birth:

Height:

Total Days: 7

Total Foods: 45

Avg. Daily Kcals: 722.906

Weight:

Nutrient	Value	Unit	Goal	%
Weight	551.359	g		
Kilocalories	718.404	kcal	2054.000	35 %
Protein	32.885	g	56.000	59 %
Carbohydrate	101.076	g	130.000	78 %
Fat, Total	24.644	g	80.000	31 %
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	3.840	g		
Monounsaturated Fat	11.093	g		
Polyunsaturated Fat	6.685	g		
MFA 18:1, Oleic	10.766	g		
PFA 18:2, Linoleic	6.573	g		
PFA 18:3, Linolenic	0.063	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	723.246	mg	1200.000	60 %
Potassium	808.105	mg		
Vitamin A (RE)	154.223	RE		
Vitamin A (IU)	936.666	IU		
Vitamin A (RAE)	310.145	µg	900.000	34 %
Beta-Carotene	15.860	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	60.760	µg		
Beta-Cryptoxanthin	10.980	µg		
Lycopene	0.000	µg		
Vitamin C	53.213	mg	90.000	59 %
Calcium	510.168	mg	1200.000	43 %
Iron	6.228	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.168	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	3.369	mg		
Thiamin	0.494	mg		
Riboflavin	0.646	mg		
Niacin	7.877	mg		
Pyridoxine (Vitamin B6)	0.576	mg	1.700	34 %
Folate (Total)	73.899	µg		
Folate (DFE)	217.973	µg		
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	14.803	µg		
Pantothenic Acid	0.763	mg		
Vitamin K	1.932	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	233.837	mg		
Iodine	23.890	µg		
Magnesium	185.769	mg	420.000	44 %
Zinc	5.225	mg	11.000	47 %
Copper	0.370	mg		
Manganese	1.371	mg		
Selenium	9.089	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	15.413	g	30.000	51 %
Soluble Fiber	0.085	g		
Insoluble Fiber	2.805	g		
Crude Fiber	2.600	g		
Sugar, Total	32.361	g		
Glucose	0.134	g		
Galactose	0.000	g		
Fructose	0.214	g		
Sucrose	1.974	g		
Lactose	0.000	g		
Maltose	0.100	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	119.071	mg		
Threonine	323.718	mg		
Isoleucine	486.807	mg		
Leucine	893.940	mg		
Lysine	474.054	mg		
Methionine	150.386	mg		
Cystine	192.906	mg		
Phenylalanine	693.521	mg		
Tyrosine	465.054	mg		
Valine	577.888	mg		
Arginine	1460.063	mg		
Histidine	317.994	mg		
Alanine	540.085	mg		
Aspartic Acid	1538.354	mg		
Glutamic Acid	2758.405	mg		
Glycine	758.638	mg		
Proline	670.530	mg		
Serine	641.177	mg		
Moisture	224.000	g		
Ash	1.832	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: Day 6

Percentage of Kcals
Protein 17.4%
Carbohydrate 53.4%
Fat, total 29.3%
Alcohol 0.0%

Exchanges
Bread/Starch 1.00
Fat 0.00
Fruit 1.00
Meat-Medium Fat 2.00
Milk-Skim 1.00
Other Carbohydrate 1.00



Client Diet Record Nutrient Analysis

First: Sun Meadow Best
Middle: Shelf Stable DRI 2011 Sun Meadow Best
Last:
Company:

Identification Number:
Date of Birth:
Height:

Diet Name: 7 Pack SS 70150

Total Days: 7
Total Foods: 45
Avg. Daily Kcals: 722.906

Weight:

Nutrient	Value	Unit	Goal	%
Weight	444.736	g		
Kilocalories	674.709	kcal	2054.000	33 %
Protein	32.983	g	56.000	59 %
Carbohydrate	99.738	g	130.000	77 %
Fat, Total	20.240	g	80.000	25 %
Alcohol	0.000	g		
Cholesterol	45.440	mg		
Saturated Fat	6.115	g		
Monounsaturated Fat	3.322	g		
Polyunsaturated Fat	2.081	g		
MFA 18:1, Oleic	0.138	g		
PFA 18:2, Linoleic	0.125	g		
PFA 18:3, Linolenic	0.020	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	900.440	mg	1200.000	75 %
Potassium	1024.715	mg		
Vitamin A (RE)	556.976	RE		
Vitamin A (IU)	2823.065	IU		
Vitamin A (RAE)	865.025	IU	900.000	96 %
Beta-Carotene	36.105	µg		
Alpha-Carotene	6.225	µg		
Lutein (+ Zeaxanthin)	143.175	µg		
Beta-Cryptoxanthin	184.260	µg		
Lycopene	0.000	µg		
Vitamin C	72.889	mg	90.000	81 %
Calcium	681.680	mg	1200.000	57 %
Iron	9.070	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	5.243	mg		
Vitamin E (IU)	1.711	IU		
Alpha-Tocopherol	3.716	mg		
Thiamin	0.538	mg		
Riboflavin	0.608	mg		
Niacin	8.240	mg		
Pyridoxine (Vitamin B6)	0.655	mg	1.700	39 %
Folate (Total)	151.340	µg		
Folate (DFE)	202.674	µg		
Cobalamin (Vitamin B12)	1.932	µg	2.400	81 %
Biotin	0.400	µg		
Pantothenic Acid	0.187	mg		
Vitamin K	33.425	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	215.120	mg		
Iodine	23.890	µg		
Magnesium	146.355	mg	420.000	35 %
Zinc	8.689	mg	11.000	79 %
Copper	0.711	mg		
Manganese	0.018	mg		
Selenium	16.602	µg		
Fluoride	112.469	µg		
Chromium	0.015	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	11.497	g	30.000	38 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.850	g		
Crude Fiber	0.125	g		
Sugar, Total	39.954	g		
Glucose	6.777	g		
Galactose	0.000	g		
Fructose	5.750	g		
Sucrose	1.845	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	2.490	mg		
Threonine	8.715	mg		
Isoleucine	7.470	mg		
Leucine	13.695	mg		
Lysine	9.960	mg		
Methionine	3.735	mg		
Cystine	4.980	mg		
Phenylalanine	8.715	mg		
Tyrosine	3.735	mg		
Valine	11.205	mg		
Arginine	49.800	mg		
Histidine	3.735	mg		
Alanine	16.185	mg		
Aspartic Acid	78.435	mg		
Glutamic Acid	34.860	mg		
Glycine	9.960	mg		
Proline	46.065	mg		
Serine	13.695	mg		
Moisture	113.853	g		
Ash	2.823	g		
Caffeine	9.250	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Selection: Day 7
Percentage of Kcals
 Protein 18.5%
 Carbohydrate 56.0%
 Fat, total 25.5%
 Alcohol 0.0%
Exchanges
 Fruit 1.00
 Meat-High Fat 1.00
 Milk-Skirm 1.00