



Client Diet Record Intake

First:
Middle:
Last: 2011 Sandwich Cafe- Male DRI
Company:

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

Total Days: 1 **Total Foods:** 6
Avg. Daily Kcal: 706.567 **Diet Name:** SK 12 Meatloaf on Whole Grain Wheat Bun

Percentage of Kcal
 Protein 19.0%
 Carbohydrate 53.2%
 Fat, total 27.9%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.000	fluid ounce(s)	Lunch	Lunch
Milk, Lowfat , 1%	8.000	fluid ounce(s)	Lunch	Lunch
Ketchup	1.000	teaspoon(s)	Lunch	Lunch
W 868 Meatloaf on Whole Grain Wheat Hamburger Bun 2011	1.000	serving(s)	Lunch	Lunch
Chocolate Chip Cookie	1.000	item(s)	Lunch	Lunch
Raisins	1.000	ounce(s)	Lunch	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
Last: 2011 Sandwich Cafe- Male DRI
Company:

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

Total Days: 1
Total Foods: 6
Avg. Daily Kcals: 706.567

Diet Name: SK 12 Meatloaf on Whole Grain Wheat Bun

Nutrient	Value	Unit	Goal	%
Weight	573.400	g		
Kilocalories	706.567	kcal	2054.000	34 %
Protein	35.111	g	56.000	63 %
Carbohydrate	98.486	g	130.000	76 %
Fat, Total	22.962	g	80.000	29 %
Alcohol	0.000	g		
Cholesterol	74.466	mg		
Saturated Fat	8.904	g		
Monounsaturated Fat	2.692	g		
Polyunsaturated Fat	0.676	g		
MFA 18:1, Oleic	2.609	g		
PFA 18:2, Linoleic	0.507	g		
PFA 18:3, Linolenic	0.046	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	643.479	mg	1200.000	54 %
Potassium	1421.196	mg		
Vitamin A (RE)	188.901	RE		
Vitamin A (IU)	913.937	IU		
Vitamin A (RAE)	172.193	µg	900.000	19 %
Beta-Carotene	73.800	µg		
Alpha-Carotene	7.440	µg		
Lutein (+ Zeaxanthin)	142.600	µg		
Beta-Cryptoxanthin	209.560	µg		
Lycopene	835.450	µg		
Vitamin C	70.781	mg	90.000	79 %
Calcium	572.574	mg	1200.000	48 %
Iron	7.073	mg		
Vitamin D (ug)	3.616	µg		
Vitamin D (IU)	126.880	IU		
Vitamin E (mg)	0.438	mg		
Vitamin E (IU)	0.296	IU		
Alpha-Tocopherol	0.180	mg		
Thiamin	0.378	mg		
Riboflavin	0.767	mg		
Niacin	5.781	mg		
Pyridoxine (Vitamin B6)	0.567	mg	1.700	33 %
Folate (Total)	69.023	µg		
Folate (DFE)	117.422	µg		
Cobalamin (Vitamin B12)	2.494	µg	2.400	104 %
Biotin	6.718	µg		
Pantothenic Acid	1.187	mg		
Vitamin K	1.500	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	290.663	mg		
Iodine		µg		
Magnesium	150.814	mg	420.000	36 %
Zinc	5.883	mg	11.000	53 %
Copper	0.202	mg		
Manganese	0.171	mg		
Selenium	8.361	µg		
Fluoride	73.409	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.421	g	30.000	41 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.513	g		
Sugar, Total	44.772	g		
Glucose	12.030	g		
Galactose	0.000	g		
Fructose	12.643	g		
Sucrose	8.558	g		
Lactose	12.958	g		
Maltose	0.086	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	122.805	mg		
Threonine	269.660	mg		
Isoleucine	508.110	mg		
Leucine	1002.336	mg		
Lysine	762.554	mg		
Methionine	223.294	mg		
Cystine	305.777	mg		
Phenylalanine	487.779	mg		
Tyrosine	374.342	mg		
Valine	596.300	mg		
Arginine	433.304	mg		
Histidine	242.242	mg		
Alanine	329.207	mg		
Aspartic Acid	929.525	mg		
Glutamic Acid	2209.693	mg		
Glycine	207.210	mg		
Proline	1060.578	mg		
Serine	575.685	mg		
Moisture	338.469	g		
Ash	3.228	g		
Caffeine	1.050	mg		

Nutrient Goal Template
(Client)

Analyzed by
 Selection: SK 12 Meatloaf on Whole Grain Wheat Bun

Percentage of Kcals

Protein	19.0%
Carbohydrate	53.2%
Fat, total	27.9%
Alcohol	0.0%

Exchanges

Bread/Starch	2.50
Fruit	2.00
Meat-Medium Fat	2.00
Milk-Skim	1.00
Other Carbohydrate	1.00