



# 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:** 754.604

**Diet Name:** SK 7 Club SW w/Turkey, Turkey Ham, Cheese on WGW Bread

Nutrient	Value	Unit	Goal	%
Weight	704.249	g		
Kilocalories	754.604	kcal	2054.000	37 %
Protein	40.388	g	56.000	72 %
Carbohydrate	108.768	g	130.000	84 %
Fat, Total	20.582	g	80.000	26 %
Alcohol	0.000	g		
Cholesterol	51.801	mg		
Saturated Fat	6.381	g		
Monounsaturated Fat	4.243	g		
Polyunsaturated Fat	4.589	g		
MFA 18:1, Oleic	3.942	g		
PFA 18:2, Linoleic	4.049	g		
PFA 18:3, Linolenic	0.538	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.025	g		
Sodium	941.788	mg	1200.000	78 %
Potassium	1227.204	mg		
Vitamin A (RE)	227.793	RE		
Vitamin A (IU)	994.347	IU		
Vitamin A (RAE)	233.067	µg	900.000	26 %
Beta-Carotene	58.126	µg		
Alpha-Carotene	7.440	µg		
Lutein (+ Zeaxanthin)	161.280	µg		
Beta-Cryptoxanthin	210.020	µg		
Lycopene	0.000	µg		
Vitamin C	123.325	mg	90.000	137 %
Calcium	737.136	mg	1200.000	61 %
Iron	7.424	mg		
Vitamin D (ug)	3.946	µg		
Vitamin D (IU)	130.560	IU		
Vitamin E (mg)	0.553	mg		
Vitamin E (IU)	0.279	IU		
Alpha-Tocopherol	0.690	mg		
Thiamin	0.300	mg		
Riboflavin	0.676	mg		
Niacin	3.344	mg		
Pyridoxine (Vitamin B6)	0.672	mg	1.700	40 %
Folate (Total)	74.356	µg		
Folate (DFE)	152.046	µg		
Cobalamin (Vitamin B12)	1.446	µg	2.400	60 %
Biotin	6.407	µg		
Pantothenic Acid	1.258	mg		
Vitamin K	5.503	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	337.198	mg		
Iodine		µg		
Magnesium	155.611	mg	420.000	37 %
Zinc	3.874	mg	11.000	35 %
Copper	0.106	mg		
Manganese	0.078	mg		
Selenium	10.869	µg		
Fluoride	12.134	µg		
Chromium	0.024	mg		
Molybdenum	11.943	µg		
Dietary Fiber, Total	16.000	g	30.000	53 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.500	g		
Sugar, Total	46.230	g		
Glucose	3.489	g		
Galactose	0.000	g		
Fructose	3.735	g		
Sucrose	5.165	g		
Lactose	12.913	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	154.330	mg		
Threonine	351.009	mg		
Isoleucine	637.132	mg		
Leucine	1251.006	mg		
Lysine	1050.630	mg		
Methionine	298.633	mg		
Cystine	322.435	mg		
Phenylalanine	605.103	mg		
Tyrosine	545.773	mg		
Valine	761.138	mg		
Arginine	448.697	mg		
Histidine	349.122	mg		
Alanine	383.723	mg		
Aspartic Acid	1111.460	mg		
Glutamic Acid	2750.881	mg		
Glycine	238.323	mg		
Proline	1305.981	mg		
Serine	711.617	mg		
Moisture	338.308	g		
Ash	3.530	g		
Caffeine	0.000	mg		

**Nutrient Goal Template**  
(Client)

**Analyzed by**  
SK 7 Club SW w/Turkey, Turkey Ham, Cheese on WGW Bread

**Exchanges**

Bread/Starch	4.00
Fat	3.50
Fruit	1.00
Meat-Medium Fat	1.00
Milk-Skim	1.00
Other Carbohydrate	1.00

