



Client Diet Record Intake

First:
Middle:
Last: Sun Meadow Best DRI 2013
Company:

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

Total Days: 1 **Total Foods:** 6
Avg. Daily Kcals: 873.383 **Diet Name:** BBQ Beef Meal 2013

Percentage of Kcals
 Protein 17.0%
 Carbohydrate 55.3%
 Fat, total 27.6%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	8.500	fluid ounce(s)	BBQ Beef Meal	Lunch
Sun Meadow BBQ Beef 3 oz. can	3.000	ounce(s)	BBQ Beef Meal	Lunch
Whole Wheat Crackers	10.000	item(s)	BBQ Beef Meal	Lunch
Sunflower Seeds	1.000	ounce(s)	BBQ Beef Meal	Lunch
Raisins	1.100	ounce(s)	BBQ Beef Meal	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	BBQ Beef Meal	Lunch



Client Diet Record Nutrient Analysis

First:
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 Height: Weight:

Total Days: 1
 Total Foods: 6
 Avg. Daily Kcals: 873.383

Diet Name: BBQ Beef Meal 2013

Nutrient	Value	Unit	Goal	%
Weight	488.962	g		
Kilocalories	873.383	kcal	2055.000	43 %
Protein	38.833	g	56.000	69 %
Carbohydrate	126.025	g	130.000	97 %
Fat, Total	27.994	g		
Alcohol	0.000	g		
Cholesterol	52.000	mg		
Saturated Fat	5.364	g		
Monounsaturated Fat	4.747	g		
Polyunsaturated Fat	12.477	g		
MFA 18:1, Oleic	4.681	g		
PFA 18:2, Linoleic	12.270	g		
PFA 18:3, Linolenic	0.204	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.045	g		
Sodium	995.898	mg	1200.000	83 %
Potassium	1656.300	mg	4700.000	35 %
Vitamin A (RE)	353.256	RE		
Vitamin A (IU)	1765.911	IU		
Vitamin A (RAE)	317.350	µg	900.000	35 %
Beta-Carotene	88.373	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	374.625	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	142.346	mg	90.000	158 %
Calcium	920.758	mg	1200.000	77 %
Iron	7.903	mg	8.000	99 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.196	mg		
Vitamin E (IU)	0.010	IU		
Alpha-Tocopherol	10.786	mg	15.000	72 %
Thiamin	0.660	mg	1.200	55 %
Riboflavin	1.128	mg	1.300	87 %
Niacin	4.731	mg		
Pyridoxine (Vitamin B6)	0.597	mg	1.700	35 %
Folate (Total)	182.648	µg		
Folate (DFE)	159.776	µg	400.000	40 %
Cobalamin (Vitamin B12)	2.598	µg	2.400	108 %
Biotin	2.410	µg		
Pantothenic Acid	2.823	mg		
Vitamin K	5.554	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	517.192	mg	700.000	74 %
Iodine	47.780	µg		
Magnesium	158.668	mg	420.000	38 %
Zinc	6.703	mg	11.000	61 %
Copper	0.971	mg		
Manganese	1.618	mg		
Selenium	28.500	µg		
Fluoride	219.941	µg		
Chromium	0.001	mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	9.386	g	30.000	31 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.729	g		
Sugar, Total	41.622	g		
Glucose	16.237	g		
Galactose	0.000	g		
Fructose	17.161	g		
Sucrose	11.650	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	162.412	mg		
Threonine	379.108	mg		
Isoleucine	454.802	mg		
Leucine	718.378	mg		
Lysine	381.794	mg		
Methionine	192.575	mg		
Cystine	214.048	mg		
Phenylalanine	526.690	mg		
Tyrosine	284.294	mg		
Valine	543.555	mg		
Arginine	1018.912	mg		
Histidine	270.381	mg		
Alanine	477.228	mg		
Aspartic Acid	1024.693	mg		
Glutamic Acid	2652.225	mg		
Glycine	556.437	mg		
Proline	858.783	mg		
Serine	492.154	mg		
Moisture	238.999	g		
Ash	3.907	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 BBQ Beef Meal 2013

Exchanges

Bread/Starch	2.00
Fat	1.50
Fruit	3.00
Meat-High Fat	1.00
Milk-Skim	2.00