



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:** 9
Avg. Daily Kcals: 753.190 **Diet Name:** Beef Stew 2013

Percentage of Kcals
 Protein 16.0%
 Carbohydrate 57.6%
 Fat, total 26.4%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Beef Stew	Lunch
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Sun Meadow Beef Stew	7.513	ounce(s)	Beef Stew	Lunch
Applesauce	0.500	cup(s)	Beef Stew	Lunch
Wheat Crackers	4.000	item(s)	Beef Stew	Lunch
Peanuts	1.000	ounce(s)	Beef Stew	Lunch
Granola Bar	1.000	item(s)	Beef Stew	Lunch
Hot chocolate, powder	15.000	milliliter(s)	Beef Stew	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Beef Stew	Lunch



Client Diet Record Nutrient Analysis

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Diet Name: Beef Stew 2013

Nutrient	Value	Unit	Goal	%
Weight	696.540	g		
Kilocalories	753.190	kcal	2055.000	37 %
Protein	30.901	g	56.000	55 %
Carbohydrate	111.382	g	130.000	86 %
Fat, Total	22.735	g		
Alcohol	0.000	g		
Cholesterol	31.870	mg		
Saturated Fat	7.286	g		
Monounsaturated Fat	9.067	g		
Polyunsaturated Fat	5.968	g		
MFA 18:1, Oleic	8.837	g		
PFA 18:2, Linoleic	5.828	g		
PFA 18:3, Linolenic	0.101	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	854.450	mg	1200.000	71 %
Potassium	1572.916	mg	4700.000	33 %
Vitamin A (RE)	478.506	RE		
Vitamin A (IU)	3810.299	IU		
Vitamin A (RAE)	314.871	µg	900.000	35 %
Beta-Carotene	102.646	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	347.439	µg		
Beta-Cryptoxanthin	454.199	µg		
Lycopene	0.000	µg		
Vitamin C	138.760	mg	90.000	154 %
Calcium	504.703	mg	1200.000	42 %
Iron	5.829	mg	8.000	73 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.368	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.727	mg	15.000	18 %
Thiamin	0.669	mg	1.200	56 %
Riboflavin	0.908	mg	1.300	70 %
Niacin	9.447	mg		
Pyridoxine (Vitamin B6)	0.812	mg	1.700	48 %
Folate (Total)	190.717	µg		
Folate (DFE)	185.191	µg	400.000	46 %
Cobalamin (Vitamin B12)	3.081	µg	2.400	128 %
Biotin	10.796	µg		
Pantothenic Acid	1.147	mg		
Vitamin K	7.076	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	296.035	mg	700.000	42 %
Iodine	23.890	µg		
Magnesium	161.730	mg	420.000	39 %
Zinc	6.234	mg	11.000	57 %
Copper	0.573	mg		
Manganese	0.904	mg		
Selenium	6.740	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.622	g	30.000	29 %
Soluble Fiber	0.057	g		
Insoluble Fiber	1.870	g		
Crude Fiber	2.864	g		
Sugar, Total	58.006	g		
Glucose	7.362	g		
Galactose	0.000	g		
Fructose	7.891	g		
Sucrose	11.929	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	99.355	mg		
Threonine	266.643	mg		
Isoleucine	377.725	mg		
Leucine	685.323	mg		
Lysine	378.974	mg		
Methionine	120.087	mg		
Cystine	159.948	mg		
Phenylalanine	514.410	mg		
Tyrosine	354.849	mg		
Valine	451.384	mg		
Arginine	1127.907	mg		
Histidine	233.853	mg		
Alanine	424.533	mg		
Aspartic Acid	1279.331	mg		
Glutamic Acid	2096.897	mg		
Glycine	555.186	mg		
Proline	605.522	mg		
Serine	490.991	mg		
Moisture	342.091	g		
Ash	3.273	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Beef Stew 2013

Exchanges

Bread/Starch	1.00
Fat	0.00
Fruit	2.50
Meat-Medium Fat	1.00
Milk-Skim	1.00
Other Carbohydrate	1.00