



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:** 7
Avg. Daily Kcals: 737.222 **Diet Name:** Breakfast 1 2013

Percentage of Kcals
 Protein 10.1%
 Carbohydrate 80.6%
 Fat, total 9.2%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Breakfast	Breakfast
Orange Juice	4.230	fluid ounce(s)	Breakfast	Breakfast
Instant Oatmeal	2.000	item(s)	Breakfast	Breakfast
Raisins	1.100	ounce(s)	Breakfast	Breakfast
Applesauce	1.000	serving(s)	Breakfast	Breakfast
Nutri Grain Cereal Bar	1.000	item(s)	Breakfast	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Breakfast	Breakfast



Client Diet Record Nutrient Analysis

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

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Date of Birth:
Height:

Weight:

Total Days: 1
Total Foods: 7
Avg. Daily Kcals: 737.222

Diet Name: Breakfast 1 2013

Nutrient	Value	Unit	Goal	%
Weight	630.471	g		
Kilocalories	737.222	kcal	2055.000	36 %
Protein	19.370	g	56.000	35 %
Carbohydrate	154.228	g	130.000	119 %
Fat, Total	7.839	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	1.614	g		
Monounsaturated Fat	3.323	g		
Polyunsaturated Fat	2.111	g		
MFA 18:1, Oleic	1.264	g		
PFA 18:2, Linoleic	1.514	g		
PFA 18:3, Linolenic	0.097	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	376.335	mg	1200.000	31 %
Potassium	1564.510	mg	4700.000	33 %
Vitamin A (RE)	1329.780	RE		
Vitamin A (IU)	3801.768	IU		
Vitamin A (RAE)	772.046	µg	900.000	86 %
Beta-Carotene	86.546	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	301.599	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	137.021	mg	90.000	152 %
Calcium	854.360	mg	1200.000	71 %
Iron	20.892	mg	8.000	261 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.207	mg		
Vitamin E (IU)	0.167	IU		
Alpha-Tocopherol	0.406	mg	15.000	3 %
Thiamin	1.921	mg	1.200	160 %
Riboflavin	1.681	mg	1.300	129 %
Niacin	15.918	mg		
Pyridoxine (Vitamin B6)	1.699	mg	1.700	100 %
Folate (Total)	292.907	µg		
Folate (DFE)	341.151	µg	400.000	85 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	3.686	µg		
Pantothenic Acid	1.256	mg		
Vitamin K	2.930	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	367.051	mg	700.000	52 %
Iodine	23.890	µg		
Magnesium	153.592	mg	420.000	37 %
Zinc	5.858	mg	11.000	53 %
Copper	0.506	mg		
Manganese	1.883	mg		
Selenium	15.915	µg		
Fluoride	232.841	µg		
Chromium	0.015	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.936	g	30.000	36 %
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	1.424	g		
Sugar, Total	70.334	g		
Glucose	18.812	g		
Galactose	0.072	g		
Fructose	26.213	g		
Sucrose	15.669	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	13.000	g		
Tryptophan	122.917	mg		
Threonine	256.353	mg		
Isoleucine	323.636	mg		
Leucine	613.151	mg		
Lysine	439.318	mg		
Methionine	137.377	mg		
Cystine	265.198	mg		
Phenylalanine	441.982	mg		
Tyrosine	230.873	mg		
Valine	458.491	mg		
Arginine	728.294	mg		
Histidine	192.481	mg		
Alanine	389.283	mg		
Aspartic Acid	917.238	mg		
Glutamic Acid	1686.968	mg		
Glycine	409.591	mg		
Proline	418.843	mg		
Serine	415.843	mg		
Moisture	432.854	g		
Ash	3.921	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: Breakfast 1 2013

Percentage of Kcals

Protein	10.1%
Carbohydrate	80.6%
Fat, total	9.2%
Alcohol	0.0%

Exchanges

Fat	0.50
Fruit	5.00
Milk-Skim	1.00
Other Carbohydrate	1.50