



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:** 8
Avg. Daily Kcals: 790.921 **Diet Name:** Breakfast 2 2013

Percentage of Kcals
 Protein 14.4%
 Carbohydrate 59.2%
 Fat, total 26.4%
 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
Mini Wheats Cereal	1.000	cup(s)	Breakfast	Breakfast
Peanut Butter	1.000	ounce(s)	Breakfast	Breakfast
Jelly	1.000	teaspoon(s)	Breakfast	Breakfast
Wheat Crackers	6.000	item(s)	Breakfast	Breakfast
KASHI 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:
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Company:

Identification Number:
Date of Birth:
Height:

Weight:

Total Days: 1
Total Foods: 8
Avg. Daily Kcals: 790.921

Diet Name: Breakfast 2 2013

Nutrient	Value	Unit	Goal	%
Weight	426.050	g		
Kilocalories	790.921	kcal	2055.000	38 %
Protein	30.223	g	56.000	54 %
Carbohydrate	123.948	g	130.000	95 %
Fat, Total	24.604	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	4.768	g		
Monounsaturated Fat	9.152	g		
Polyunsaturated Fat	5.173	g		
MFA 18:1, Oleic	8.969	g		
PFA 18:2, Linoleic	5.068	g		
PFA 18:3, Linolenic	0.403	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	507.347	mg	1200.000	42 %
Potassium	1344.978	mg	4700.000	29 %
Vitamin A (RE)	202.637	RE		
Vitamin A (IU)	1009.370	IU		
Vitamin A (RAE)	171.726	µg	900.000	19 %
Beta-Carotene	86.756	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	317.719	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	132.331	mg	90.000	147 %
Calcium	467.949	mg	1200.000	39 %
Iron	19.925	mg	8.000	249 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.743	mg	15.000	18 %
Thiamin	0.864	mg	1.200	72 %
Riboflavin	1.071	mg	1.300	82 %
Niacin	11.364	mg		
Pyridoxine (Vitamin B6)	0.894	mg	1.700	53 %
Folate (Total)	240.907	µg		
Folate (DFE)	310.091	µg	400.000	78 %
Cobalamin (Vitamin B12)	2.916	µg	2.400	122 %
Biotin	12.098	µg		
Pantothenic Acid	0.906	mg		
Vitamin K	3.006	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	347.795	mg	700.000	50 %
Iodine	23.890	µg		
Magnesium	171.037	mg	420.000	41 %
Zinc	5.089	mg	11.000	46 %
Copper	0.517	mg		
Manganese	2.315	mg		
Selenium	5.267	µg		
Fluoride	79.489	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.605	g	30.000	42 %
Soluble Fiber	1.000	g		
Insoluble Fiber	3.000	g		
Crude Fiber	0.943	g		
Sugar, Total	46.631	g		
Glucose	7.492	g		
Galactose	0.000	g		
Fructose	7.868	g		
Sucrose	13.248	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	91.919	mg		
Threonine	210.541	mg		
Isoleucine	249.015	mg		
Leucine	569.199	mg		
Lysine	255.742	mg		
Methionine	106.700	mg		
Cystine	111.639	mg		
Phenylalanine	432.288	mg		
Tyrosine	286.255	mg		
Valine	314.073	mg		
Arginine	961.585	mg		
Histidine	197.680	mg		
Alanine	346.221	mg		
Aspartic Acid	1119.976	mg		
Glutamic Acid	2002.004	mg		
Glycine	482.655	mg		
Proline	673.968	mg		
Serine	521.819	mg		
Moisture	238.031	g		
Ash	3.169	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: Breakfast 2 2013

Percentage of Kcals

Protein	14.4%
Carbohydrate	59.2%
Fat, total	26.4%
Alcohol	0.0%

Exchanges

Bread/Starch	3.50
Fat	1.00
Fruit	1.50
Meat-High Fat	1.50
Milk-Skim	1.00
Other Carbohydrate	1.50