



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: 911.330 **Diet Name:** Chicken and Pasta 2013

Percentage of Kcals
 Protein 14.3%
 Carbohydrate 60.3%
 Fat, total 25.4%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	8.500	fluid ounce(s)	Chicken and Pasta 2013	Lunch
Sun Meadow Chicken and Pasta in Sauce	7.500	ounce(s)	Chicken and Pasta 2013	Lunch
Whole Wheat Crackers	8.000	item(s)	Chicken and Pasta 2013	Lunch
Peanut Butter	1.000	ounce(s)	Chicken and Pasta 2013	Lunch
Raisins	1.100	ounce(s)	Chicken and Pasta 2013	Lunch
NUTRI-GRAIN Bar	1.000	item(s)	Chicken and Pasta 2013	Lunch
Hot chocolate, powder	15.000	milliliter(s)	Chicken and Pasta 2013	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Chicken and Pasta 2013	Lunch



Client Diet Record Nutrient Analysis

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: 911.330

Diet Name: Chicken and Pasta 2013

Nutrient	Value	Unit	Goal	%
Weight	639.585	g		
Kilocalories	911.330	kcal	2055.000	44 %
Protein	33.747	g	56.000	60 %
Carbohydrate	142.840	g	130.000	110 %
Fat, Total	26.740	g		
Alcohol	0.000	g		
Cholesterol	36.870	mg		
Saturated Fat	6.091	g		
Monounsaturated Fat	11.048	g		
Polyunsaturated Fat	6.759	g		
MFA 18:1, Oleic	8.857	g		
PFA 18:2, Linoleic	6.084	g		
PFA 18:3, Linolenic	0.174	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	990.099	mg	1200.000	83 %
Potassium	1537.769	mg	4700.000	33 %
Vitamin A (RE)	427.873	RE		
Vitamin A (IU)	3011.500	IU		
Vitamin A (RAE)	171.995	µg	900.000	19 %
Beta-Carotene	86.955	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	360.305	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	133.867	mg	90.000	149 %
Calcium	733.199	mg	1200.000	61 %
Iron	6.906	mg	8.000	86 %
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	3.043	mg	15.000	20 %
Thiamin	0.853	mg	1.200	71 %
Riboflavin	1.132	mg	1.300	87 %
Niacin	11.854	mg		
Pyridoxine (Vitamin B6)	0.958	mg	1.700	56 %
Folate (Total)	162.798	µg		
Folate (DFE)	111.362	µg	400.000	28 %
Cobalamin (Vitamin B12)	1.491	µg	2.400	62 %
Biotin	13.662	µg		
Pantothenic Acid	1.220	mg		
Vitamin K	4.297	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	357.826	mg	700.000	51 %
Iodine	23.890	µg		
Magnesium	156.379	mg	420.000	37 %
Zinc	5.508	mg	11.000	50 %
Copper	0.566	mg		
Manganese	1.303	mg		
Selenium	7.467	µg		
Fluoride	147.320	µg		
Chromium	0.073	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	9.249	g	30.000	31 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	1.395	g		
Sugar, Total	67.801	g		
Glucose	16.180	g		
Galactose	0.000	g		
Fructose	17.161	g		
Sucrose	13.439	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	13.000	g		
Tryptophan	140.358	mg		
Threonine	309.382	mg		
Isoleucine	350.136	mg		
Leucine	742.034	mg		
Lysine	364.916	mg		
Methionine	143.009	mg		
Cystine	163.731	mg		
Phenylalanine	566.696	mg		
Tyrosine	353.430	mg		
Valine	443.802	mg		
Arginine	1189.616	mg		
Histidine	264.825	mg		
Alanine	461.548	mg		
Aspartic Acid	1300.209	mg		
Glutamic Acid	2573.837	mg		
Glycine	588.592	mg		
Proline	921.530	mg		
Serine	636.556	mg		
Moisture	239.076	g		
Ash	3.982	g		
Caffeine	2.608	mg		

Nutrient Goal Template
(Client)

Analyzed by
Chicken and Pasta 2013

Exchanges

Bread/Starch	2.00
Fat	0.50
Fruit	3.00
Meat-High Fat	1.50
Milk-Skim	1.00
Other Carbohydrate	1.50