



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: 874.825 **Diet Name:** Chicken Salad 2013

Percentage of Kcals
 Protein 15.4%
 Carbohydrate 53.4%
 Fat, total 31.2%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Apple Juice	4.230	fluid ounce(s)	Chicken Salad	Lunch
Sun Meadow Chicken Salad 3 oz *	3.000	ounce(s)	Chicken Salad	Lunch
Whole Wheat Crackers	10.000	item(s)	Chicken Salad	Lunch
Raisins	1.100	ounce(s)	Chicken Salad	Lunch
Sunflower Seeds	1.000	ounce(s)	Chicken Salad	Lunch
Peaches	0.500	cup(s)	Chicken Salad	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Chicken Salad	Lunch



Client Diet Record Nutrient Analysis

First:
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 Height: Weight:

Total Days: 1
 Total Foods: 7
 Avg. Daily Kcals: 874.825

Diet Name: Chicken Salad 2013

Nutrient	Value	Unit	Goal	%
Weight	480.592	g		
Kilocalories	874.825	kcal	2055.000	43 %
Protein	35.807	g	56.000	64 %
Carbohydrate	124.118	g	130.000	95 %
Fat, Total	32.223	g		
Alcohol	0.000	g		
Cholesterol	42.563	mg		
Saturated Fat	4.757	g		
Monounsaturated Fat	5.084	g		
Polyunsaturated Fat	12.036	g		
MFA 18:1, Oleic	5.036	g		
PFA 18:2, Linoleic	11.846	g		
PFA 18:3, Linolenic	0.180	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	830.117	mg	1200.000	69 %
Potassium	1599.387	mg	4700.000	34 %
Vitamin A (RE)	351.933	RE		
Vitamin A (IU)	1503.665	IU		
Vitamin A (RAE)	314.560	µg	900.000	35 %
Beta-Carotene	235.778	µg		
Alpha-Carotene	1.240	µg		
Lutein (+ Zeaxanthin)	168.221	µg		
Beta-Cryptoxanthin	96.720	µg		
Lycopene	0.000	µg		
Vitamin C	63.793	mg	90.000	71 %
Calcium	894.475	mg	1200.000	75 %
Iron	6.932	mg	8.000	87 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.414	mg		
Vitamin E (IU)	0.336	IU		
Alpha-Tocopherol	8.402	mg	15.000	56 %
Thiamin	0.401	mg	1.200	33 %
Riboflavin	1.085	mg	1.300	83 %
Niacin	5.355	mg		
Pyridoxine (Vitamin B6)	0.558	mg	1.700	33 %
Folate (Total)	108.168	µg		
Folate (DFE)	85.296	µg	400.000	21 %
Cobalamin (Vitamin B12)	2.598	µg	2.400	108 %
Biotin	1.560	µg		
Pantothenic Acid	2.496	mg		
Vitamin K	7.285	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	507.192	mg	700.000	72 %
Iodine	47.780	µg		
Magnesium	142.864	mg	420.000	34 %
Zinc	6.770	mg	11.000	62 %
Copper	0.954	mg		
Manganese	1.798	mg		
Selenium	29.052	µg		
Fluoride	271.213	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	10.509	g	30.000	35 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.772	g		
Sugar, Total	46.409	g		
Glucose	17.294	g		
Galactose	0.000	g		
Fructose	21.457	g		
Sucrose	6.100	g		
Lactose	0.000	g		
Maltose	1.152	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	156.503	mg		
Threonine	380.807	mg		
Isoleucine	445.835	mg		
Leucine	713.738	mg		
Lysine	374.373	mg		
Methionine	199.017	mg		
Cystine	203.104	mg		
Phenylalanine	517.285	mg		
Tyrosine	287.357	mg		
Valine	544.823	mg		
Arginine	893.078	mg		
Histidine	271.686	mg		
Alanine	474.617	mg		
Aspartic Acid	935.439	mg		
Glutamic Acid	2634.131	mg		
Glycine	546.961	mg		
Proline	765.834	mg		
Serine	483.937	mg		
Moisture	230.023	g		
Ash	3.868	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Chicken Salad 2013

Exchanges

Bread/Starch	2.00
Fruit	3.50
Meat-High Fat	1.50
Milk-Skim	2.00