



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: 658.993 **Diet Name:** Chicken Stew 2013

Percentage of Kcals
 Protein 21.1%
 Carbohydrate 52.4%
 Fat, total 26.5%
 Alcohol 0.0%

| Food Item | Amount | Unit | Day | Meal |
|-----------------------------|--------|----------------|--------------|-------|
| Orange Juice | 4.230 | fluid ounce(s) | Chicken Stew | Lunch |
| Sun Meadow Chicken Stew | 7.500 | ounce(s) | Chicken Stew | Lunch |
| Peanut Butter | 1.000 | ounce(s) | Chicken Stew | Lunch |
| Jelly | 1.000 | teaspoon(s) | Chicken Stew | Lunch |
| Mixed Fruit | 4.000 | ounce(s) | Chicken Stew | Lunch |
| Rye Crispbread Crackers | 2.000 | item(s) | Chicken Stew | Lunch |
| Instant Oatmeal | 1.000 | item(s) | Chicken Stew | Lunch |
| Sun Meadow Non Fat Dry Milk | 1.000 | serving(s) | Chicken Stew | Lunch |



Client Diet Record Nutrient Analysis

First:
Middle:
Last: Sun Meadow Best DRI 2013
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Height: **Weight:**

Total Days: 1
Total Foods: 8
Avg. Daily Kcals: 658.993

Diet Name: Chicken Stew 2013

| Nutrient | Value | Unit | Goal | % |
|-------------------------|----------|------|----------|-------|
| Weight | 550.541 | g | | |
| Kilocalories | 658.993 | kcal | 2055.000 | 32 % |
| Protein | 35.056 | g | 56.000 | 63 % |
| Carbohydrate | 87.213 | g | 130.000 | 67 % |
| Fat, Total | 19.629 | g | | |
| Alcohol | 0.000 | g | | |
| Cholesterol | 41.000 | mg | | |
| Saturated Fat | 4.550 | g | | |
| Monounsaturated Fat | 7.524 | g | | |
| Polyunsaturated Fat | 4.803 | g | | |
| MFA 18:1, Oleic | 7.337 | g | | |
| PFA 18:2, Linoleic | 4.737 | g | | |
| PFA 18:3, Linolenic | 0.065 | g | | |
| PFA 20:5, EPA | 0.000 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | 0.002 | g | | |
| Sodium | 762.176 | mg | 1200.000 | 64 % |
| Potassium | 1192.738 | mg | 4700.000 | 25 % |
| Vitamin A (RE) | 635.531 | RE | | |
| Vitamin A (IU) | 5346.990 | IU | | |
| Vitamin A (RAE) | 468.773 | µg | 900.000 | 52 % |
| Beta-Carotene | 43.483 | µg | | |
| Alpha-Carotene | 7.868 | µg | | |
| Lutein (+ Zeaxanthin) | 171.740 | µg | | |
| Beta-Cryptoxanthin | 221.610 | µg | | |
| Lycopene | 0.000 | µg | | |
| Vitamin C | 126.766 | mg | 90.000 | 141 % |
| Calcium | 568.765 | mg | 1200.000 | 47 % |
| Iron | 11.549 | mg | 8.000 | 144 % |
| 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 | 2.814 | mg | 15.000 | 19 % |
| Thiamin | 0.916 | mg | 1.200 | 76 % |
| Riboflavin | 6.697 | mg | 1.300 | 515 % |
| Niacin | 9.365 | mg | | |
| Pyridoxine (Vitamin B6) | 0.838 | mg | 1.700 | 49 % |
| Folate (Total) | 157.488 | µg | | |
| Folate (DFE) | 207.442 | µg | 400.000 | 52 % |
| Cobalamin (Vitamin B12) | 1.409 | µg | 2.400 | 59 % |
| Biotin | 11.675 | µg | | |
| Pantothenic Acid | 0.939 | mg | | |
| Vitamin K | 1.454 | µg | | |

| Nutrient | Value | Unit | Goal | % |
|----------------------|----------|------|---------|------|
| Phosphorus | 269.823 | mg | 700.000 | 39 % |
| Iodine | 23.890 | µg | | |
| Magnesium | 146.383 | mg | 420.000 | 35 % |
| Zinc | 4.635 | mg | 11.000 | 42 % |
| Copper | 0.356 | mg | | |
| Manganese | 1.509 | mg | | |
| Selenium | 12.911 | µg | | |
| Fluoride | 79.489 | µg | | |
| Chromium | 0.072 | mg | | |
| Molybdenum | 11.300 | µg | | |
| Dietary Fiber, Total | 8.983 | g | 30.000 | 30 % |
| Soluble Fiber | | g | | |
| Insoluble Fiber | | g | | |
| Crude Fiber | 0.811 | g | | |
| Sugar, Total | 35.744 | g | | |
| Glucose | 3.873 | g | | |
| Galactose | 0.036 | g | | |
| Fructose | 4.024 | g | | |
| Sucrose | 8.370 | g | | |
| Lactose | 0.000 | g | | |
| Maltose | 0.050 | g | | |
| Sugar Alcohol | 0.000 | g | | |
| Other Carbohydrate | 0.000 | g | | |
| Tryptophan | 126.576 | mg | | |
| Threonine | 287.470 | mg | | |
| Isoleucine | 352.405 | mg | | |
| Leucine | 771.792 | mg | | |
| Lysine | 420.460 | mg | | |
| Methionine | 150.226 | mg | | |
| Cystine | 207.643 | mg | | |
| Phenylalanine | 571.426 | mg | | |
| Tyrosine | 359.210 | mg | | |
| Valine | 469.949 | mg | | |
| Arginine | 1103.974 | mg | | |
| Histidine | 256.706 | mg | | |
| Alanine | 464.132 | mg | | |
| Aspartic Acid | 1331.429 | mg | | |
| Glutamic Acid | 2441.431 | mg | | |
| Glycine | 619.493 | mg | | |
| Proline | 640.891 | mg | | |
| Serine | 648.752 | mg | | |
| Moisture | 121.899 | g | | |
| Ash | 2.534 | g | | |
| Caffeine | 0.000 | mg | | |

Nutrient Goal Template
(Client)

Analyzed by
Chicken Stew 2013

Exchanges

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