



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:** 6
Avg. Daily Kcals: 760.385 **Diet Name:** Chili Mac 2013

Percentage of Kcals
 Protein 17.6%
 Carbohydrate 57.0%
 Fat, total 25.4%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Apple Juice	4.230	fluid ounce(s)	Chili Mac	Lunch
Sun Meadow Chili Mac	7.513	ounce(s)	Chili Mac	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Chili Mac	Lunch
Raisins	1.100	ounce(s)	Chili Mac	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Chili Mac	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Chili Mac	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
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Company:

Identification Number:
Date of Birth:
Height:

Weight:

Total Days: 1
Total Foods: 6
Avg. Daily Kcals: 760.385

Diet Name: Chili Mac 2013

Nutrient	Value	Unit	Goal	%
Weight	480.803	g		
Kilocalories	760.385	kcal	2055.000	37 %
Protein	35.107	g	56.000	63 %
Carbohydrate	113.431	g	130.000	87 %
Fat, Total	22.436	g		
Alcohol	0.000	g		
Cholesterol	37.460	mg		
Saturated Fat	4.177	g		
Monounsaturated Fat	5.207	g		
Polyunsaturated Fat	9.717	g		
MFA 18:1, Oleic	2.674	g		
PFA 18:2, Linoleic	9.338	g		
PFA 18:3, Linolenic	0.170	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.050	g		
Sodium	934.345	mg	1200.000	78 %
Potassium	1420.857	mg	4700.000	30 %
Vitamin A (RE)	150.536	RE		
Vitamin A (IU)	980.853	IU		
Vitamin A (RAE)	145.500	µg	900.000	16 %
Beta-Carotene	1.417	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	20.981	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	60.112	mg	90.000	67 %
Calcium	562.076	mg	1200.000	47 %
Iron	6.274	mg	8.000	78 %
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	7.559	mg	15.000	50 %
Thiamin	0.450	mg	1.200	38 %
Riboflavin	0.727	mg	1.300	56 %
Niacin	4.806	mg		
Pyridoxine (Vitamin B6)	0.621	mg	1.700	37 %
Folate (Total)	167.988	µg		
Folate (DFE)	156.552	µg	400.000	39 %
Cobalamin (Vitamin B12)	2.379	µg	2.400	99 %
Biotin	1.560	µg		
Pantothenic Acid	2.408	mg		
Vitamin K	3.127	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	537.652	mg	700.000	77 %
Iodine	23.890	µg		
Magnesium	110.574	mg	420.000	26 %
Zinc	5.671	mg	11.000	52 %
Copper	0.871	mg		
Manganese	1.079	mg		
Selenium	28.820	µg		
Fluoride	197.713	µg		
Chromium	0.011	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.616	g	30.000	35 %
Soluble Fiber	1.340	g		
Insoluble Fiber		g		
Crude Fiber	0.400	g		
Sugar, Total	35.795	g		
Glucose	11.940	g		
Galactose	0.000	g		
Fructose	16.599	g		
Sucrose	3.135	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	9.510	g		
Tryptophan	99.223	mg		
Threonine	247.407	mg		
Isoleucine	291.915	mg		
Leucine	429.098	mg		
Lysine	251.574	mg		
Methionine	125.617	mg		
Cystine	114.503	mg		
Phenylalanine	324.885	mg		
Tyrosine	163.917	mg		
Valine	342.263	mg		
Arginine	706.838	mg		
Histidine	174.406	mg		
Alanine	301.497	mg		
Aspartic Acid	622.839	mg		
Glutamic Acid	1393.491	mg		
Glycine	376.481	mg		
Proline	363.554	mg		
Serine	280.377	mg		
Moisture	120.454	g		
Ash	2.454	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: Chili Mac 2013

Percentage of Kcals

Protein	17.6%
Carbohydrate	57.0%
Fat, total	25.4%
Alcohol	0.0%

Exchanges

Fruit	2.50
Meat-High Fat	1.50
Milk-Skim	1.00