



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: 770.570 **Diet Name:** Corn Beef Hash Meal 2013

Percentage of Kcals
 Protein 17.2%
 Carbohydrate 63.3%
 Fat, total 19.4%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Day 1	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 1	Breakfast
Corned Beef Hash, Canned	0.500	cup(s)	Day 1	Breakfast
Applesauce	0.500	cup(s)	Day 1	Breakfast
Instant Oatmeal	2.000	item(s)	Day 1	Breakfast
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Day 1	Breakfast



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: 6
 Avg. Daily Kcals: 770.570

Diet Name: Corn Beef Hash Meal 2013

Nutrient	Value	Unit	Goal	%
Weight	700.726	g		
Kilocalories	770.570	kcal	2055.000	37 %
Protein	33.874	g	56.000	60 %
Carbohydrate	124.475	g	130.000	96 %
Fat, Total	16.981	g		
Alcohol	0.000	g		
Cholesterol	49.760	mg		
Saturated Fat	6.288	g		
Monounsaturated Fat	7.514	g		
Polyunsaturated Fat	1.954	g		
MFA 18:1, Oleic	6.937	g		
PFA 18:2, Linoleic	1.800	g		
PFA 18:3, Linolenic	0.153	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	874.406	mg	1200.000	73 %
Potassium	1778.898	mg	4700.000	38 %
Vitamin A (RE)	1254.907	RE		
Vitamin A (IU)	3536.268	IU		
Vitamin A (RAE)	917.546	µg	900.000	102 %
Beta-Carotene	86.546	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	301.599	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	138.503	mg	90.000	154 %
Calcium	1061.188	mg	1200.000	88 %
Iron	20.910	mg	8.000	261 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.305	mg		
Vitamin E (IU)	0.172	IU		
Alpha-Tocopherol	0.369	mg	15.000	2 %
Thiamin	1.624	mg	1.200	135 %
Riboflavin	1.664	mg	1.300	128 %
Niacin	10.909	mg		
Pyridoxine (Vitamin B6)	1.215	mg	1.700	71 %
Folate (Total)	263.597	µg		
Folate (DFE)	340.405	µg	400.000	85 %
Cobalamin (Vitamin B12)	2.598	µg	2.400	108 %
Biotin	2.126	µg		
Pantothenic Acid	1.226	mg		
Vitamin K	1.838	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	295.555	mg	700.000	42 %
Iodine	47.780	µg		
Magnesium	173.003	mg	420.000	41 %
Zinc	8.024	mg	11.000	73 %
Copper	0.441	mg		
Manganese	1.791	mg		
Selenium	15.728	µg		
Fluoride	233.400	µg		
Chromium	0.014	mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	10.081	g	30.000	34 %
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	1.024	g		
Sugar, Total	39.277	g		
Glucose	10.159	g		
Galactose	0.072	g		
Fructose	16.958	g		
Sucrose	15.529	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	107.325	mg		
Threonine	232.341	mg		
Isoleucine	305.861	mg		
Leucine	583.214	mg		
Lysine	413.123	mg		
Methionine	130.828	mg		
Cystine	259.273	mg		
Phenylalanine	398.323	mg		
Tyrosine	227.130	mg		
Valine	432.609	mg		
Arginine	599.502	mg		
Histidine	170.028	mg		
Alanine	356.539	mg		
Aspartic Acid	882.935	mg		
Glutamic Acid	1635.826	mg		
Glycine	384.643	mg		
Proline	339.634	mg		
Serine	394.014	mg		
Moisture	511.020	g		
Ash	5.114	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Corn Beef Hash Meal 2013

Exchanges

Bread/Starch	1.00
Fat	1.50
Fruit	3.00
Meat-Lean	1.00
Milk-Skim	2.00