



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 Kcal: 845.258 **Diet Name:** Franks and Beans 2013

Percentage of Kcal
 Protein 16.8%
 Carbohydrate 51.7%
 Fat, total 31.5%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Franks and Beans	Lunch
Sun Meadow Franks and Beans	7.500	ounce(s)	Franks and Beans	Lunch
Wheat Crackers	4.000	item(s)	Franks and Beans	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Franks and Beans	Lunch
Fiber Plus Bar	1.000	item(s)	Franks and Beans	Lunch
Hot chocolate, powder	15.000	milliliter(s)	Franks and Beans	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Franks and Beans	Lunch



Client Diet Record Nutrient Analysis

First:
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Height: **Weight:**

Total Days: 1
Total Foods: 7
Avg. Daily Kcals: 845.258

Diet Name: Franks and Beans 2013

Nutrient	Value	Unit	Goal	%
Weight	475.471	g		
Kilocalories	845.258	kcal	2055.000	41 %
Protein	37.992	g	56.000	68 %
Carbohydrate	117.142	g	130.000	90 %
Fat, Total	31.698	g		
Alcohol	0.000	g		
Cholesterol	52.798	mg		
Saturated Fat	7.450	g		
Monounsaturated Fat	6.865	g		
Polyunsaturated Fat	6.964	g		
MFA 18:1, Oleic	6.816	g		
PFA 18:2, Linoleic	6.908	g		
PFA 18:3, Linolenic	0.049	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	867.292	mg	1200.000	72 %
Potassium	1210.243	mg	4700.000	26 %
Vitamin A (RE)	327.944	RE		
Vitamin A (IU)	1445.079	IU		
Vitamin A (RAE)	305.158	µg	900.000	34 %
Beta-Carotene	51.778	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	160.520	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	74.488	mg	90.000	83 %
Calcium	1022.741	mg	1200.000	85 %
Iron	8.316	mg	8.000	104 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	4.196	mg		
Vitamin E (IU)	0.010	IU		
Alpha-Tocopherol	9.610	mg	15.000	64 %
Thiamin	0.832	mg	1.200	69 %
Riboflavin	1.153	mg	1.300	89 %
Niacin	4.028	mg		
Pyridoxine (Vitamin B6)	0.606	mg	1.700	36 %
Folate (Total)	142.232	µg		
Folate (DFE)	127.640	µg	400.000	32 %
Cobalamin (Vitamin B12)	2.790	µg	2.400	116 %
Biotin	0.423	µg		
Pantothenic Acid	0.762	mg		
Vitamin K	1.399	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	281.442	mg	700.000	40 %
Iodine	47.780	µg		
Magnesium	221.797	mg	420.000	53 %
Zinc	10.113	mg	11.000	92 %
Copper	0.715	mg		
Manganese	0.824	mg		
Selenium	16.637	µg		
Fluoride	147.000	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	20.417	g	30.000	68 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.302	g		
Sugar, Total	23.799	g		
Glucose	3.670	g		
Galactose		g		
Fructose	3.934	g		
Sucrose	6.102	g		
Lactose		g		
Maltose		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	127.461	mg		
Threonine	338.984	mg		
Isoleucine	405.557	mg		
Leucine	612.702	mg		
Lysine	352.704	mg		
Methionine	171.263	mg		
Cystine	172.497	mg		
Phenylalanine	423.366	mg		
Tyrosine	249.555	mg		
Valine	475.111	mg		
Arginine	820.907	mg		
Histidine	219.738	mg		
Alanine	404.630	mg		
Aspartic Acid	912.656	mg		
Glutamic Acid	2077.393	mg		
Glycine	490.705	mg		
Proline	543.056	mg		
Serine	405.871	mg		
Moisture	117.718	g		
Ash	2.311	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Franks and Beans 2013

Exchanges

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