



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: 805.442 **Diet Name:** Home Style Gravy 2013

Percentage of Kcals
 Protein 15.7%
 Carbohydrate 61.7%
 Fat, total 22.7%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Home Style Gravy	Lunch
Orange Juice	4.230	fluid ounce(s)	Home Style Gravy	Lunch
Sun Meadow Homestyle Gravy & Dumplings	7.500	ounce(s)	Home Style Gravy	Lunch
Granola Bar	1.000	item(s)	Home Style Gravy	Lunch
Instant Oatmeal	2.000	item(s)	Home Style Gravy	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Home Style Gravy	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
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Total Days: 1
Total Foods: 6
Avg. Daily Kcals: 805.442

Diet Name: Home Style Gravy 2013

Nutrient	Value	Unit	Goal	%
Weight	595.379	g		
Kilocalories	805.442	kcal	2055.000	39 %
Protein	32.051	g	56.000	57 %
Carbohydrate	126.266	g	130.000	97 %
Fat, Total	20.637	g		
Alcohol	0.000	g		
Cholesterol	41.000	mg		
Saturated Fat	8.959	g		
Monounsaturated Fat	2.087	g		
Polyunsaturated Fat	2.149	g		
MFA 18:1, Oleic	2.043	g		
PFA 18:2, Linoleic	2.062	g		
PFA 18:3, Linolenic	0.064	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	919.286	mg	1200.000	77 %
Potassium	1187.976	mg	4700.000	25 %
Vitamin A (RE)	1094.901	RE		
Vitamin A (IU)	3049.366	IU		
Vitamin A (RAE)	772.959	µg	900.000	86 %
Beta-Carotene	115.492	µg		
Alpha-Carotene	13.166	µg		
Lutein (+ Zeaxanthin)	348.825	µg		
Beta-Cryptoxanthin	389.710	µg		
Lycopene	0.000	µg		
Vitamin C	92.619	mg	90.000	103 %
Calcium	701.755	mg	1200.000	58 %
Iron	21.863	mg	8.000	273 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.399	mg		
Vitamin E (IU)	0.453	IU		
Alpha-Tocopherol	1.797	mg	15.000	12 %
Thiamin	1.546	mg	1.200	129 %
Riboflavin	1.269	mg	1.300	98 %
Niacin	11.117	mg		
Pyridoxine (Vitamin B6)	1.348	mg	1.700	79 %
Folate (Total)	254.817	µg		
Folate (DFE)	342.881	µg	400.000	86 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	0.846	µg		
Pantothenic Acid	1.010	mg		
Vitamin K	8.164	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	393.415	mg	700.000	56 %
Iodine	23.890	µg		
Magnesium	175.775	mg	420.000	42 %
Zinc	4.937	mg	11.000	45 %
Copper	0.549	mg		
Manganese	1.673	mg		
Selenium	22.151	µg		
Fluoride	155.918	µg		
Chromium	0.032	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.670	g	30.000	29 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.264	g		
Sugar, Total	38.798	g		
Glucose	13.959	g		
Galactose	0.072	g		
Fructose	12.161	g		
Sucrose	2.612	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	106.066	mg		
Threonine	223.392	mg		
Isoleucine	292.999	mg		
Leucine	566.565	mg		
Lysine	399.065	mg		
Methionine	128.300	mg		
Cystine	254.133	mg		
Phenylalanine	388.032	mg		
Tyrosine	220.700	mg		
Valine	418.499	mg		
Arginine	575.167	mg		
Histidine	167.500	mg		
Alanine	345.031	mg		
Aspartic Acid	818.850	mg		
Glutamic Acid	1602.529	mg		
Glycine	374.425	mg		
Proline	315.268	mg		
Serine	381.205	mg		
Moisture	241.950	g		
Ash	3.590	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Home Style Gravy 2013

Exchanges

Fat	1.00
Fruit	1.50
Milk-Skim	1.00
Other Carbohydrate	2.00