



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 Kcals: 860.863 **Diet Name:** Lasagna Meal 2013

Percentage of Kcals
 Protein 13.8%
 Carbohydrate 71.8%
 Fat, total 14.5%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Lasagna	0.500	cup(s)	Day 1	Lunch
Frosted Mini Wheats Cereal	1.000	cup(s)	Day 1	Lunch
Wheat Crackers	4.000	item(s)	Day 1	Lunch
Chocolate Pudding	0.500	cup(s)	Day 1	Lunch
Raisins	1.100	ounce(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Day 1	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
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Company:

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Date of Birth:
Height: **Weight:**

Total Days: 1
Total Foods: 7
Avg. Daily Kcals: 860.863

Diet Name: Lasagna Meal 2013

Nutrient	Value	Unit	Goal	%
Weight	525.195	g		
Kilocalories	860.863	kcal	2055.000	42 %
Protein	30.806	g	56.000	55 %
Carbohydrate	160.683	g	130.000	124 %
Fat, Total	14.378	g		
Alcohol	0.000	g		
Cholesterol	28.415	mg		
Saturated Fat	4.486	g		
Monounsaturated Fat	5.787	g		
Polyunsaturated Fat	2.815	g		
MFA 18:1, Oleic	3.749	g		
PFA 18:2, Linoleic	2.622	g		
PFA 18:3, Linolenic	0.191	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	907.886	mg	1200.000	76 %
Potassium	1582.442	mg	4700.000	34 %
Vitamin A (RE)	390.881	RE		
Vitamin A (IU)	1528.240	IU		
Vitamin A (RAE)	317.163	µg	900.000	35 %
Beta-Carotene	45.883	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	176.180	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	72.107	mg	90.000	80 %
Calcium	990.947	mg	1200.000	83 %
Iron	20.793	mg	8.000	260 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.359	mg		
Vitamin E (IU)	0.253	IU		
Alpha-Tocopherol	0.528	mg	15.000	4 %
Thiamin	0.878	mg	1.200	73 %
Riboflavin	1.661	mg	1.300	128 %
Niacin	7.666	mg		
Pyridoxine (Vitamin B6)	0.841	mg	1.700	49 %
Folate (Total)	191.154	µg		
Folate (DFE)	244.762	µg	400.000	61 %
Cobalamin (Vitamin B12)	4.215	µg	2.400	176 %
Biotin	1.983	µg		
Pantothenic Acid	0.341	mg		
Vitamin K	4.505	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	346.288	mg	700.000	49 %
Iodine	47.780	µg		
Magnesium	168.248	mg	420.000	40 %
Zinc	6.800	mg	11.000	62 %
Copper	0.595	mg		
Manganese	1.858	mg		
Selenium	6.462	µg		
Fluoride	219.941	µg		
Chromium	0.001	mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	9.761	g	30.000	33 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.532	g		
Sugar, Total	70.387	g		
Glucose	12.323	g		
Galactose	0.000	g		
Fructose	13.189	g		
Sucrose	5.533	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	33.095	mg		
Threonine	63.543	mg		
Isoleucine	65.946	mg		
Leucine	116.824	mg		
Lysine	66.317	mg		
Methionine	27.043	mg		
Cystine	35.641	mg		
Phenylalanine	104.900	mg		
Tyrosine	38.987	mg		
Valine	85.307	mg		
Arginine	235.423	mg		
Histidine	49.547	mg		
Alanine	87.094	mg		
Aspartic Acid	181.370	mg		
Glutamic Acid	426.215	mg		
Glycine	76.109	mg		
Proline	247.906	mg		
Serine	89.036	mg		
Moisture	214.708	g		
Ash	3.719	g		
Caffeine	6.525	mg		

Nutrient Goal Template
(Client)

Analyzed by
Lasagna Meal 2013

Exchanges

Bread/Starch	4.00
Fat	1.00
Fruit	2.50
Milk-Skim	2.00
Other Carbohydrate	2.00