



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: 714.048 **Diet Name:** Pasta Twirls and Beef 2013

Percentage of Kcals
 Protein 17.1%
 Carbohydrate 51.7%
 Fat, total 31.3%
 Alcohol 0.0%

| Food Item | Amount | Unit | Day | Meal |
|-------------------------------------|--------|----------------|-----------------------|-------|
| Orange Juice | 4.230 | fluid ounce(s) | Pasta Twirls and Beef | Lunch |
| Sun Meadow Pasta Twirls & Beef | 7.500 | ounce(s) | Pasta Twirls and Beef | Lunch |
| Wheat Crackers | 4.000 | item(s) | Pasta Twirls and Beef | Lunch |
| Raisins | 1.100 | ounce(s) | Pasta Twirls and Beef | Lunch |
| DEL MONTE Sweet Peas, No Salt Added | 0.500 | cup(s) | Pasta Twirls and Beef | Lunch |
| Sunflower Seeds | 1.000 | ounce(s) | Pasta Twirls and Beef | Lunch |
| Sun Meadow Non Fat Dry Milk | 1.000 | serving(s) | Pasta Twirls and Beef | Lunch |



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: 7
 Avg. Daily Kcals: 714.048

Diet Name: Pasta Twirls and Beef 2013

| Nutrient | Value | Unit | Goal | % |
|-------------------------|----------|------|----------|-------|
| Weight | 561.254 | g | | |
| Kilocalories | 714.048 | kcal | 2055.000 | 35 % |
| Protein | 31.397 | g | 56.000 | 56 % |
| Carbohydrate | 95.119 | g | 130.000 | 73 % |
| Fat, Total | 25.589 | g | | |
| Alcohol | 0.000 | g | | |
| Cholesterol | 36.000 | mg | | |
| Saturated Fat | 5.021 | g | | |
| Monounsaturated Fat | 6.674 | g | | |
| Polyunsaturated Fat | 6.951 | g | | |
| MFA 18:1, Oleic | 6.615 | g | | |
| PFA 18:2, Linoleic | 6.897 | g | | |
| PFA 18:3, Linolenic | 0.046 | g | | |
| PFA 20:5, EPA | 0.004 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | 0.000 | g | | |
| Sodium | 644.015 | mg | 1200.000 | 54 % |
| Potassium | 1176.669 | mg | 4700.000 | 25 % |
| Vitamin A (RE) | 204.608 | RE | | |
| Vitamin A (IU) | 1329.078 | IU | | |
| Vitamin A (RAE) | 173.200 | µg | 900.000 | 19 % |
| Beta-Carotene | 46.686 | µg | | |
| Alpha-Carotene | 6.583 | µg | | |
| Lutein (+ Zeaxanthin) | 161.128 | µg | | |
| Beta-Cryptoxanthin | 194.855 | µg | | |
| Lycopene | 0.000 | µg | | |
| Vitamin C | 56.543 | mg | 90.000 | 63 % |
| Calcium | 496.998 | mg | 1200.000 | 41 % |
| Iron | 7.648 | mg | 8.000 | 96 % |
| 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 | 9.781 | mg | 15.000 | 65 % |
| Thiamin | 0.942 | mg | 1.200 | 79 % |
| Riboflavin | 3.702 | mg | 1.300 | 285 % |
| Niacin | 4.041 | mg | | |
| Pyridoxine (Vitamin B6) | 0.828 | mg | 1.700 | 49 % |
| Folate (Total) | 171.102 | µg | | |
| Folate (DFE) | 112.746 | µg | 400.000 | 28 % |
| Cobalamin (Vitamin B12) | 2.689 | µg | 2.400 | 112 % |
| Biotin | 1.983 | µg | | |
| Pantothenic Acid | 0.610 | mg | | |
| Vitamin K | 2.375 | µg | | |

| Nutrient | Value | Unit | Goal | % |
|----------------------|----------|------|---------|------|
| Phosphorus | 263.435 | mg | 700.000 | 38 % |
| Iodine | 23.890 | µg | | |
| Magnesium | 157.677 | mg | 420.000 | 38 % |
| Zinc | 5.663 | mg | 11.000 | 51 % |
| Copper | 0.756 | mg | | |
| Manganese | 0.878 | mg | | |
| Selenium | 16.100 | µg | | |
| Fluoride | 187.650 | µg | | |
| Chromium | 0.017 | mg | | |
| Molybdenum | 11.300 | µg | | |
| Dietary Fiber, Total | 9.845 | g | 30.000 | 33 % |
| Soluble Fiber | | g | | |
| Insoluble Fiber | | g | | |
| Crude Fiber | 27.702 | g | | |
| Sugar, Total | 42.824 | g | | |
| Glucose | 15.633 | g | | |
| Galactose | 0.000 | g | | |
| Fructose | 15.336 | g | | |
| Sucrose | 1.769 | g | | |
| Lactose | 0.000 | g | | |
| Maltose | 0.000 | g | | |
| Sugar Alcohol | 0.000 | g | | |
| Other Carbohydrate | | g | | |
| Tryptophan | 131.762 | mg | | |
| Threonine | 325.352 | mg | | |
| Isoleucine | 386.256 | mg | | |
| Leucine | 584.578 | mg | | |
| Lysine | 330.683 | mg | | |
| Methionine | 167.106 | mg | | |
| Cystine | 162.207 | mg | | |
| Phenylalanine | 433.720 | mg | | |
| Tyrosine | 226.500 | mg | | |
| Valine | 455.528 | mg | | |
| Arginine | 907.693 | mg | | |
| Histidine | 228.731 | mg | | |
| Alanine | 401.204 | mg | | |
| Aspartic Acid | 859.397 | mg | | |
| Glutamic Acid | 2001.426 | mg | | |
| Glycine | 489.027 | mg | | |
| Proline | 574.013 | mg | | |
| Serine | 391.229 | mg | | |
| Moisture | 123.714 | g | | |
| Ash | 2.309 | g | | |
| Caffeine | 0.000 | mg | | |

Nutrient Goal Template

(Client)

Analyzed by

Selection: Pasta Twirls and Beef 2013

Percentage of Kcals

| | |
|--------------|-------|
| Protein | 17.1% |
| Carbohydrate | 51.7% |
| Fat, total | 31.3% |
| Alcohol | 0.0% |

Exchanges

| | |
|---------------|------|
| Bread/Starch | 1.50 |
| Fat | 1.50 |
| Fruit | 2.50 |
| Meat-High Fat | 1.00 |
| Milk-Skim | 1.00 |