



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: 772.718 **Diet Name:** Potatoes, Turkey Ham and Cheese

Percentage of Kcals
 Protein 15.0%
 Carbohydrate 55.7%
 Fat, total 29.3%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Cranberry Juice Drink	4.230	fluid ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Mixed Fruit	4.000	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Sunflower Seeds	1.000	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Rye Crispbread Crackers	4.000	item(s)	Potatoes,Turkey Ham and Cheese	Lunch
Animal Crackers	1.000	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Potatoes,Turkey Ham and Cheese	Lunch



Client Diet Record Nutrient Analysis

First:
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Total Days: 1
 Total Foods: 7
 Avg. Daily Kcals: 772.718

Diet Name: Potatoes, Turkey Ham and Cheese

Nutrient	Value	Unit	Goal	%
Weight	556.932	g		
Kilocalories	772.718	kcal	2055.000	38 %
Protein	30.153	g	56.000	54 %
Carbohydrate	111.986	g	130.000	86 %
Fat, Total	26.207	g		
Alcohol	0.000	g		
Cholesterol	26.000	mg		
Saturated Fat	3.911	g		
Monounsaturated Fat	7.471	g		
Polyunsaturated Fat	7.256	g		
MFA 18:1, Oleic	7.427	g		
PFA 18:2, Linoleic	7.174	g		
PFA 18:3, Linolenic	0.087	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	843.697	mg	1200.000	70 %
Potassium	720.007	mg	4700.000	15 %
Vitamin A (RE)	186.349	RE		
Vitamin A (IU)	946.488	IU		
Vitamin A (RAE)	163.410	µg	900.000	18 %
Beta-Carotene	133.243	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	39.367	µg		
Beta-Cryptoxanthin	161.025	µg		
Lycopene	0.000	µg		
Vitamin C	51.386	mg	90.000	57 %
Calcium	490.186	mg	1200.000	41 %
Iron	5.971	mg	8.000	75 %
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	9.617	mg	15.000	64 %
Thiamin	0.714	mg	1.200	59 %
Riboflavin	0.768	mg	1.300	59 %
Niacin	4.293	mg		
Pyridoxine (Vitamin B6)	0.603	mg	1.700	35 %
Folate (Total)	119.191	µg		
Folate (DFE)	127.212	µg	400.000	32 %
Cobalamin (Vitamin B12)	1.323	µg	2.400	55 %
Biotin				
Pantothenic Acid	0.610	mg		
Vitamin K	8.089	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	289.508	mg	700.000	41 %
Iodine	23.890	µg		
Magnesium	152.464	mg	420.000	36 %
Zinc	4.402	mg	11.000	40 %
Copper	0.751	mg		
Manganese	1.199	mg		
Selenium	24.330	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.998	g	30.000	37 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.170	g		
Sugar, Total	38.722	g		
Glucose	6.836	g		
Galactose	0.000	g		
Fructose	5.963	g		
Sucrose	6.559	g		
Lactose	0.000	g		
Maltose	1.189	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	145.122	mg		
Threonine	374.798	mg		
Isoleucine	461.060	mg		
Leucine	714.761	mg		
Lysine	394.241	mg		
Methionine	197.132	mg		
Cystine	201.097	mg		
Phenylalanine	503.858	mg		
Tyrosine	277.973	mg		
Valine	539.495	mg		
Arginine	828.998	mg		
Histidine	254.658	mg		
Alanine	444.314	mg		
Aspartic Acid	889.009	mg		
Glutamic Acid	2654.885	mg		
Glycine	541.674	mg		
Proline	715.798	mg		
Serine	493.582	mg		
Moisture	213.978	g		
Ash	1.920	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Potatoes, Turkey Ham and Cheese

Exchanges

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