



# 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:** 8  
**Avg. Daily Kcals:** 754.807      **Diet Name:** Ravioli Meal 2013

**Percentage of Kcals**  
 Protein                      14.3%  
 Carbohydrate              54.5%  
 Fat, total                    31.3%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
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Ravioli	0.500	cup(s)	Day 1	Lunch
Peaches	0.500	cup(s)	Day 1	Lunch
Wheat Crackers	4.000	item(s)	Day 1	Lunch
KASHI Bar	1.000	item(s)	Day 1	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch



# Client Diet Record Nutrient Analysis

First:  
 Middle:  
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 Company:

Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 1  
 Total Foods: 8  
 Avg. Daily Kcals: 754.807

Diet Name: Ravioli Meal 2013

Nutrient	Value	Unit	Goal	%
Weight	612.050	g		
Kilocalories	754.807	kcal	2055.000	37 %
Protein	28.428	g	56.000	51 %
Carbohydrate	108.512	g	130.000	83 %
Fat, Total	27.704	g		
Alcohol	0.000	g		
Cholesterol	13.500	mg		
Saturated Fat	4.105	g		
Monounsaturated Fat	8.038	g		
Polyunsaturated Fat	8.004	g		
MFA 18:1, Oleic	6.483	g		
PFA 18:2, Linoleic	7.875	g		
PFA 18:3, Linolenic	0.422	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	854.534	mg	1200.000	71 %
Potassium	1563.674	mg	4700.000	33 %
Vitamin A (RE)	301.264	RE		
Vitamin A (IU)	1745.635	IU		
Vitamin A (RAE)	196.186	µg	900.000	22 %
Beta-Carotene	329.411	µg		
Alpha-Carotene	16.976	µg		
Lutein (+ Zeaxanthin)	413.039	µg		
Beta-Cryptoxanthin	539.939	µg		
Lycopene	0.000	µg		
Vitamin C	137.129	mg	90.000	152 %
Calcium	478.401	mg	1200.000	40 %
Iron	6.529	mg	8.000	82 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.882	mg		
Vitamin E (IU)	1.173	IU		
Alpha-Tocopherol	10.305	mg	15.000	69 %
Thiamin	0.816	mg	1.200	68 %
Riboflavin	0.666	mg	1.300	51 %
Niacin	5.268	mg		
Pyridoxine (Vitamin B6)	0.616	mg	1.700	36 %
Folate (Total)	164.601	µg		
Folate (DFE)	153.165	µg	400.000	38 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	0.846	µg		
Pantothenic Acid	0.881	mg		
Vitamin K	4.030	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	311.771	mg	700.000	45 %
Iodine	23.890	µg		
Magnesium	171.515	mg	420.000	41 %
Zinc	4.198	mg	11.000	38 %
Copper	0.810	mg		
Manganese	0.650	mg		
Selenium	18.600	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.175	g	30.000	41 %
Soluble Fiber	1.000	g		
Insoluble Fiber	3.000	g		
Crude Fiber	27.744	g		
Sugar, Total	43.581	g		
Glucose	13.961	g		
Galactose	0.000	g		
Fructose	13.873	g		
Sucrose	14.546	g		
Lactose	0.000	g		
Maltose	1.274	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	106.382	mg		
Threonine	315.064	mg		
Isoleucine	366.202	mg		
Leucine	549.052	mg		
Lysine	314.038	mg		
Methionine	166.514	mg		
Cystine	147.169	mg		
Phenylalanine	379.809	mg		
Tyrosine	219.138	mg		
Valine	443.805	mg		
Arginine	824.341	mg		
Histidine	201.917	mg		
Alanine	403.123	mg		
Aspartic Acid	1020.324	mg		
Glutamic Acid	1787.205	mg		
Glycine	465.070	mg		
Proline	483.966	mg		
Serine	374.811	mg		
Moisture	436.056	g		
Ash	5.342	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Ravioli Meal 2013

Exchanges

Bread/Starch	1.50
Fat	3.00
Fruit	2.50
Meat-High Fat	1.00
Milk-Skim	1.00
Other Carbohydrate	1.00