



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: 803.117 **Diet Name:** Red Beans and Rice 2013

Percentage of Kcals
 Protein 17.7%
 Carbohydrate 61.4%
 Fat, total 20.9%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Cranberry Juice Drink	4.230	fluid ounce(s)	Red Beans and Rice	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	Red Beans and Rice	Lunch
Mixed Fruit	4.000	ounce(s)	Red Beans and Rice	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Red Beans and Rice	Lunch
Granola Bars	1.000	item(s)	Red Beans and Rice	Lunch
Peanuts	1.000	ounce(s)	Red Beans and Rice	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Red Beans and Rice	Lunch



Client Diet Record Nutrient Analysis

First:
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 Total Foods: 7
 Avg. Daily Kcals: 803.117

Diet Name: Red Beans and Rice 2013

Nutrient	Value	Unit	Goal	%
Weight	588.884	g		
Kilocalories	803.117	kcal	2055.000	39 %
Protein	36.933	g	56.000	66 %
Carbohydrate	128.280	g	130.000	99 %
Fat, Total	19.446	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	2.746	g		
Monounsaturated Fat	7.418	g		
Polyunsaturated Fat	5.548	g		
MFA 18:1, Oleic	7.202	g		
PFA 18:2, Linoleic	5.442	g		
PFA 18:3, Linolenic	0.078	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	962.887	mg	1200.000	80 %
Potassium	607.017	mg	4700.000	13 %
Vitamin A (RE)	162.941	RE		
Vitamin A (IU)	1008.346	IU		
Vitamin A (RAE)	170.845	µg	900.000	19 %
Beta-Carotene	0.240	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	14.160	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	111.636	mg	90.000	124 %
Calcium	580.301	mg	1200.000	48 %
Iron	6.652	mg	8.000	83 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.168	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.229	mg	15.000	15 %
Thiamin	0.535	mg	1.200	45 %
Riboflavin	0.680	mg	1.300	52 %
Niacin	6.710	mg		
Pyridoxine (Vitamin B6)	0.654	mg	1.700	38 %
Folate (Total)	84.669	µg		
Folate (DFE)	228.543	µg	400.000	57 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	9.706	µg		
Pantothenic Acid	0.341	mg		
Vitamin K	0.624	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	173.543	mg	700.000	25 %
Iodine	23.890	µg		
Magnesium	161.961	mg	420.000	39 %
Zinc	4.694	mg	11.000	43 %
Copper	0.373	mg		
Manganese	0.523	mg		
Selenium	4.632	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	13.489	g	30.000	45 %
Soluble Fiber	0.057	g		
Insoluble Fiber	1.870	g		
Crude Fiber		g		
Sugar, Total	45.685	g		
Glucose	0.023	g		
Galactose	0.000	g		
Fructose	0.023	g		
Sucrose	1.143	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	65.487	mg		
Threonine	172.932	mg		
Isoleucine	277.258	mg		
Leucine	513.693	mg		
Lysine	267.903	mg		
Methionine	82.497	mg		
Cystine	106.311	mg		
Phenylalanine	404.547	mg		
Tyrosine	285.196	mg		
Valine	324.885	mg		
Arginine	920.508	mg		
Histidine	185.689	mg		
Alanine	309.577	mg		
Aspartic Acid	927.596	mg		
Glutamic Acid	1537.110	mg		
Glycine	459.545	mg		
Proline	332.540	mg		
Serine	364.291	mg		
Moisture	116.516	g		
Ash	1.111	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Red Beans and Rice 2013

Exchanges

Fat	0.00
Fruit	0.50
Meat-Medium Fat	1.00
Milk-Skim	1.00
Other Carbohydrate	3.00