



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: 895.780 **Diet Name:** Spaghetti and Meatball Meal 2013

Percentage of Kcals
 Protein 12.4%
 Carbohydrate 65.4%
 Fat, total 22.1%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	8.500	fluid ounce(s)	Day 1	Lunch
Spaghetti and Meatballs	0.500	cup(s)	Day 1	Lunch
Raisins	1.100	ounce(s)	Day 1	Lunch
Animal Crackers	1.000	ounce(s)	Day 1	Lunch
Peanut Butter	1.000	ounce(s)	Day 1	Lunch
Shredded Wheat Cereal	1.000	cup(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	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: 895.780

Diet Name: Spaghetti and Meatball Meal 2013

Nutrient	Value	Unit	Goal	%
Weight	555.323	g		
Kilocalories	895.780	kcal	2055.000	44 %
Protein	29.130	g	56.000	52 %
Carbohydrate	153.191	g	130.000	118 %
Fat, Total	23.036	g		
Alcohol	0.000	g		
Cholesterol	18.500	mg		
Saturated Fat	5.854	g		
Monounsaturated Fat	11.781	g		
Polyunsaturated Fat	5.462	g		
MFA 18:1, Oleic	9.086	g		
PFA 18:2, Linoleic	5.103	g		
PFA 18:3, Linolenic	0.108	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	845.589	mg	1200.000	70 %
Potassium	1482.660	mg	4700.000	32 %
Vitamin A (RE)	252.850	RE		
Vitamin A (IU)	1261.500	IU		
Vitamin A (RAE)	188.325	µg	900.000	21 %
Beta-Carotene	86.955	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	303.592	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	133.606	mg	90.000	148 %
Calcium	496.558	mg	1200.000	41 %
Iron	19.948	mg	8.000	249 %
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	2.725	mg	15.000	18 %
Thiamin	0.906	mg	1.200	76 %
Riboflavin	1.142	mg	1.300	88 %
Niacin	11.697	mg		
Pyridoxine (Vitamin B6)	0.929	mg	1.700	55 %
Folate (Total)	250.838	µg		
Folate (DFE)	325.179	µg	400.000	81 %
Cobalamin (Vitamin B12)	2.930	µg	2.400	122 %
Biotin	13.662	µg		
Pantothenic Acid	0.937	mg		
Vitamin K	4.023	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	371.801	mg	700.000	53 %
Iodine	23.890	µg		
Magnesium	174.675	mg	420.000	42 %
Zinc	5.050	mg	11.000	46 %
Copper	0.603	mg		
Manganese	2.199	mg		
Selenium	6.278	µg		
Fluoride	147.320	µg		
Chromium	0.073	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.193	g	30.000	34 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	1.344	g		
Sugar, Total	62.209	g		
Glucose	18.413	g		
Galactose	0.000	g		
Fructose	19.230	g		
Sucrose	19.021	g		
Lactose	0.000	g		
Maltose	0.091	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	113.282	mg		
Threonine	245.807	mg		
Isoleucine	284.929	mg		
Leucine	627.780	mg		
Lysine	308.174	mg		
Methionine	121.332	mg		
Cystine	125.127	mg		
Phenylalanine	493.750	mg		
Tyrosine	300.612	mg		
Valine	358.491	mg		
Arginine	1098.018	mg		
Histidine	225.119	mg		
Alanine	386.382	mg		
Aspartic Acid	1164.910	mg		
Glutamic Acid	2197.122	mg		
Glycine	514.161	mg		
Proline	803.529	mg		
Serine	571.195	mg		
Moisture	341.461	g		
Ash	5.330	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Spaghetti and Meatball Meal 2013

Exchanges

Bread/Starch	5.00
Fat	0.50
Fruit	3.00
Meat-High Fat	2.00
Milk-Skim	1.00