



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: 941.719 **Diet Name:** Tuna Salad Meal 2013

Percentage of Kcals
 Protein 13.7%
 Carbohydrate 58.8%
 Fat, total 27.4%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Apple Juice	4.230	fluid ounce(s)	Tuna Salad Meal	Lunch
Sun Meadow Tuna Salad 3 oz.	3.000	ounce(s)	Tuna Salad Meal	Lunch
Whole Wheat Crackers	12.000	item(s)	Tuna Salad Meal	Lunch
Mayonnaise	1.000	teaspoon(s)	Tuna Salad Meal	Lunch
Peaches	0.500	cup(s)	Tuna Salad Meal	Lunch
NUTRI-GRAIN Bar	1.000	item(s)	Tuna Salad Meal	Lunch
Raisins	1.100	ounce(s)	Tuna Salad Meal	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Tuna Salad Meal	Lunch



Client Diet Record Nutrient Analysis

First:
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 Total Foods: 8
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Diet Name: Tuna Salad Meal 2013

Nutrient	Value	Unit	Goal	%
Weight	501.845	g		
Kilocalories	941.719	kcal	2055.000	46 %
Protein	33.402	g	56.000	60 %
Carbohydrate	142.928	g	130.000	110 %
Fat, Total	29.648	g		
Alcohol	0.000	g		
Cholesterol	38.748	mg		
Saturated Fat	5.163	g		
Monounsaturated Fat	5.761	g		
Polyunsaturated Fat	5.690	g		
MFA 18:1, Oleic	3.732	g		
PFA 18:2, Linoleic	4.783	g		
PFA 18:3, Linolenic	0.407	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.013	g		
Sodium	869.772	mg	1200.000	72 %
Potassium	1437.728	mg	4700.000	31 %
Vitamin A (RE)	576.562	RE		
Vitamin A (IU)	2269.984	IU		
Vitamin A (RAE)	318.293	µg	900.000	35 %
Beta-Carotene	234.636	µg		
Alpha-Carotene	1.240	µg		
Lutein (+ Zeaxanthin)	191.281	µg		
Beta-Cryptoxanthin	96.950	µg		
Lycopene	0.000	µg		
Vitamin C	62.552	mg	90.000	70 %
Calcium	1077.293	mg	1200.000	90 %
Iron	8.009	mg	8.000	100 %
Vitamin D (ug)	10.046	µg	10.000	100 %
Vitamin D (IU)	401.840	IU		
Vitamin E (mg)	0.414	mg		
Vitamin E (IU)	0.336	IU		
Alpha-Tocopherol	1.311	mg	15.000	9 %
Thiamin	0.763	mg	1.200	64 %
Riboflavin	1.450	mg	1.300	112 %
Niacin	8.721	mg		
Pyridoxine (Vitamin B6)	0.872	mg	1.700	51 %
Folate (Total)	83.450	µg		
Folate (DFE)	20.578	µg	400.000	5 %
Cobalamin (Vitamin B12)	2.613	µg	2.400	109 %
Biotin	2.113	µg		
Pantothenic Acid	0.574	mg		
Vitamin K	9.125	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	244.505	mg	700.000	35 %
Iodine	47.780	µg		
Magnesium	122.259	mg	420.000	29 %
Zinc	6.950	mg	11.000	63 %
Copper	0.509	mg		
Manganese	1.380	mg		
Selenium	7.825	µg		
Fluoride	271.627	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	9.937	g	30.000	33 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.785	g		
Sugar, Total	58.714	g		
Glucose	17.295	g		
Galactose	0.000	g		
Fructose	21.464	g		
Sucrose	5.367	g		
Lactose	0.000	g		
Maltose	1.152	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	13.000	g		
Tryptophan	84.614	mg		
Threonine	180.422	mg		
Isoleucine	201.006	mg		
Leucine	366.947	mg		
Lysine	171.907	mg		
Methionine	92.519	mg		
Cystine	112.063	mg		
Phenylalanine	272.200	mg		
Tyrosine	150.018	mg		
Valine	263.927	mg		
Arginine	351.624	mg		
Histidine	137.409	mg		
Alanine	233.870	mg		
Aspartic Acid	387.707	mg		
Glutamic Acid	1522.681	mg		
Glycine	225.770	mg		
Proline	557.273	mg		
Serine	262.957	mg		
Moisture	235.956	g		
Ash	2.861	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Tuna Salad Meal 2013

Exchanges

Bread/Starch	2.50
Fat	1.00
Fruit	3.50
Milk-Skim	2.00
Other Carbohydrate	1.50