



Client Diet Record Intake

First:
Middle:
Last: Sun Meadow DRI 2013-2014
Company:

Identification Number:
Date of Birth:
Height: **Weight:**

Total Days: 2 **Total Foods:** 21
Avg. Daily Kcals: 1213.869 **Diet Name:** SS21305

Percentage of Kcals
 Protein 14.8%
 Carbohydrate 60.3%
 Fat, total 24.9%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	13110	Breakfast
Orange Juice	4.230	fluid ounce(s)	13110	Breakfast
Instant Oatmeal	2.000	item(s)	13110	Breakfast
Raisins	1.100	ounce(s)	13110	Breakfast
Applesauce	1.000	serving(s)	13110	Breakfast
Nutri Grain Cereal Bar	1.000	item(s)	13110	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13110	Breakfast
Orange Juice	4.230	fluid ounce(s)	13110	Lunch
Sun Meadow Franks and Beans	7.500	ounce(s)	13110	Lunch
Wheat Crackers	4.000	item(s)	13110	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	13110	Lunch
Fiber Plus Bar	1.000	item(s)	13110	Lunch
Hot chocolate, powder	15.000	milliliter(s)	13110	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13110	Lunch
Orange Juice	4.230	fluid ounce(s)	13116	Lunch
Sun Meadow Franks and Beans	7.500	ounce(s)	13116	Lunch
Wheat Crackers	4.000	item(s)	13116	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	13116	Lunch
Fiber Plus Bar	1.000	item(s)	13116	Lunch
Hot chocolate, powder	15.000	milliliter(s)	13116	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13116	Lunch



Client Diet Record Nutrient Analysis

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 Avg. Daily Kcals: 1213.869

Diet Name: SS21305

Nutrient	Value	Unit	Goal	%
Weight	790.706	g		
Kilocalories	1213.869	kcal	2055.000	59 %
Protein	47.677	g	56.000	85 %
Carbohydrate	194.257	g	130.000	149 %
Fat, Total	35.617	g		
Alcohol	0.000	g		
Cholesterol	55.798	mg		
Saturated Fat	8.257	g		
Monounsaturated Fat	8.526	g		
Polyunsaturated Fat	8.019	g		
MFA 18:1, Oleic	7.448	g		
PFA 18:2, Linoleic	7.665	g		
PFA 18:3, Linolenic	0.097	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.002	g		
Sodium	1055.460	mg	1200.000	88 %
Potassium	1992.498	mg	4700.000	42 %
Vitamin A (RE)	992.834	RE		
Vitamin A (IU)	3345.963	IU		
Vitamin A (RAE)	691.181	µg	900.000	77 %
Beta-Carotene	95.051	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	311.319	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	142.999	mg	90.000	159 %
Calcium	1449.921	mg	1200.000	121 %
Iron	18.762	mg	8.000	235 %
Vitamin D (ug)	12.500	µg	10.000	125 %
Vitamin D (IU)	500.000	IU		
Vitamin E (mg)	4.299	mg		
Vitamin E (IU)	0.093	IU		
Alpha-Tocopherol	9.813	mg	15.000	65 %
Thiamin	1.793	mg	1.200	149 %
Riboflavin	1.994	mg	1.300	153 %
Niacin	11.987	mg		
Pyridoxine (Vitamin B6)	1.456	mg	1.700	86 %
Folate (Total)	288.686	µg		
Folate (DFE)	298.216	µg	400.000	75 %
Cobalamin (Vitamin B12)	3.439	µg	2.400	143 %
Biotin	2.266	µg		
Pantothenic Acid	1.390	mg		
Vitamin K	2.864	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	464.968	mg	700.000	66 %
Iodine	59.725	µg		
Magnesium	298.593	mg	420.000	71 %
Zinc	13.042	mg	11.000	119 %
Copper	0.969	mg		
Manganese	1.766	mg		
Selenium	24.595	µg		
Fluoride	263.420	µg		
Chromium	0.007	mg		
Molybdenum	28.250	µg		
Dietary Fiber, Total	25.886	g	30.000	86 %
Soluble Fiber	0.128	g		
Insoluble Fiber	0.830	g		
Crude Fiber	28.014	g		
Sugar, Total	58.966	g		
Glucose	13.076	g		
Galactose	0.036	g		
Fructose	17.041	g		
Sucrose	13.936	g		
Lactose	0.000	g		
Maltose	0.064	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	6.500	g		
Tryptophan	188.920	mg		
Threonine	467.160	mg		
Isoleucine	567.375	mg		
Leucine	919.277	mg		
Lysine	572.363	mg		
Methionine	239.951	mg		
Cystine	305.096	mg		
Phenylalanine	644.357	mg		
Tyrosine	364.992	mg		
Valine	704.356	mg		
Arginine	1185.053	mg		
Histidine	315.979	mg		
Alanine	599.272	mg		
Aspartic Acid	1371.275	mg		
Glutamic Acid	2920.878	mg		
Glycine	695.501	mg		
Proline	752.478	mg		
Serine	613.792	mg		
Moisture	334.145	g		
Ash	4.271	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: SS21305

Percentage of Kcals

Protein	14.8%
Carbohydrate	60.3%
Fat, total	24.9%
Alcohol	0.0%

Exchanges

Bread/Starch	1.00
Fat	2.00
Fruit	3.00
Meat-High Fat	1.00
Milk-Skim	2.00
Other Carbohydrate	1.00



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 Avg. Daily Kcals: 1213.869

Diet Name: SS21305

Nutrient	Value	Unit	Goal	%
Weight	1105.941	g		
Kilocalories	1582.480	kcal	2055.000	77 %
Protein	57.362	g	56.000	102 %
Carbohydrate	271.371	g	130.000	209 %
Fat, Total	39.537	g		
Alcohol	0.000	g		
Cholesterol	58.798	mg		
Saturated Fat	9.064	g		
Monounsaturated Fat	10.188	g		
Polyunsaturated Fat	9.075	g		
MFA 18:1, Oleic	8.080	g		
PFA 18:2, Linoleic	8.422	g		
PFA 18:3, Linolenic	0.146	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	1243.628	mg	1200.000	104 %
Potassium	2774.753	mg	4700.000	59 %
Vitamin A (RE)	1657.724	RE		
Vitamin A (IU)	5246.847	IU		
Vitamin A (RAE)	1077.204	µg	900.000	120 %
Beta-Carotene	138.324	µg		
Alpha-Carotene	23.603	µg		
Lutein (+ Zeaxanthin)	462.119	µg		
Beta-Cryptoxanthin	664.829	µg		
Lycopene	0.000	µg		
Vitamin C	211.509	mg	90.000	235 %
Calcium	1877.102	mg	1200.000	156 %
Iron	29.208	mg	8.000	365 %
Vitamin D (ug)	15.000	µg	10.000	150 %
Vitamin D (IU)	600.000	IU		
Vitamin E (mg)	4.403	mg		
Vitamin E (IU)	0.177	IU		
Alpha-Tocopherol	10.016	mg	15.000	67 %
Thiamin	2.754	mg	1.200	229 %
Riboflavin	2.835	mg	1.300	218 %
Niacin	19.946	mg		
Pyridoxine (Vitamin B6)	2.306	mg	1.700	136 %
Folate (Total)	435.139	µg		
Folate (DFE)	468.791	µg	400.000	117 %
Cobalamin (Vitamin B12)	4.089	µg	2.400	170 %
Biotin	4.109	µg		
Pantothenic Acid	2.017	mg		
Vitamin K	4.329	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	648.493	mg	700.000	93 %
Iodine	71.670	µg		
Magnesium	375.388	mg	420.000	89 %
Zinc	15.970	mg	11.000	145 %
Copper	1.222	mg		
Manganese	2.707	mg		
Selenium	32.552	µg		
Fluoride	379.841	µg		
Chromium	0.015	mg		
Molybdenum	33.900	µg		
Dietary Fiber, Total	31.354	g	30.000	105 %
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	28.726	g		
Sugar, Total	94.132	g		
Glucose	22.482	g		
Galactose	0.072	g		
Fructose	30.147	g		
Sucrose	21.771	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	13.000	g		
Tryptophan	250.378	mg		
Threonine	595.337	mg		
Isoleucine	729.194	mg		
Leucine	1225.852	mg		
Lysine	792.022	mg		
Methionine	308.640	mg		
Cystine	437.695	mg		
Phenylalanine	865.348	mg		
Tyrosine	480.428	mg		
Valine	933.602	mg		
Arginine	1549.200	mg		
Histidine	412.219	mg		
Alanine	793.914	mg		
Aspartic Acid	1829.894	mg		
Glutamic Acid	3764.362	mg		
Glycine	900.296	mg		
Proline	961.899	mg		
Serine	821.713	mg		
Moisture	550.572	g		
Ash	6.232	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13110

Percentage of Kcals
 Protein 13.7%
 Carbohydrate 65.0%
 Fat, total 21.3%
 Alcohol 0.0%

Exchanges
 Bread/Starch 1.00
 Fat 2.00
 Fruit 5.50
 Meat-High Fat 1.00
 Milk-Skim 2.50
 Other Carbohydrate 1.50



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 Height:

Weight:

Total Days: 2
 Total Foods: 21
 Avg. Daily Kcals: 1213.869

Diet Name: SS21305

Nutrient	Value	Unit	Goal	%
Weight	475.471	g		
Kilocalories	845.258	kcal	2055.000	41 %
Protein	37.992	g	56.000	68 %
Carbohydrate	117.142	g	130.000	90 %
Fat, Total	31.698	g		
Alcohol	0.000	g		
Cholesterol	52.798	mg		
Saturated Fat	7.450	g		
Monounsaturated Fat	6.865	g		
Polyunsaturated Fat	6.964	g		
MFA 18:1, Oleic	6.816	g		
PFA 18:2, Linoleic	6.908	g		
PFA 18:3, Linolenic	0.049	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	867.292	mg	1200.000	72 %
Potassium	1210.243	mg	4700.000	26 %
Vitamin A (RE)	327.944	RE		
Vitamin A (IU)	1445.079	IU		
Vitamin A (RAE)	305.158	µg	900.000	34 %
Beta-Carotene	51.778	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	160.520	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	74.488	mg	90.000	83 %
Calcium	1022.741	mg	1200.000	85 %
Iron	8.316	mg	8.000	104 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	4.196	mg		
Vitamin E (IU)	0.010	IU		
Alpha-Tocopherol	9.610	mg	15.000	64 %
Thiamin	0.832	mg	1.200	69 %
Riboflavin	1.153	mg	1.300	89 %
Niacin	4.028	mg		
Pyridoxine (Vitamin B6)	0.606	mg	1.700	36 %
Folate (Total)	142.232	µg		
Folate (DFE)	127.640	µg	400.000	32 %
Cobalamin (Vitamin B12)	2.790	µg	2.400	116 %
Biotin	0.423	µg		
Pantothenic Acid	0.762	mg		
Vitamin K	1.399	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	281.442	mg	700.000	40 %
Iodine	47.780	µg		
Magnesium	221.797	mg	420.000	53 %
Zinc	10.113	mg	11.000	92 %
Copper	0.715	mg		
Manganese	0.824	mg		
Selenium	16.637	µg		
Fluoride	147.000	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	20.417	g	30.000	68 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.302	g		
Sugar, Total	23.799	g		
Glucose	3.670	g		
Galactose		g		
Fructose	3.934	g		
Sucrose	6.102	g		
Lactose		g		
Maltose		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	127.461	mg		
Threonine	338.984	mg		
Isoleucine	405.557	mg		
Leucine	612.702	mg		
Lysine	352.704	mg		
Methionine	171.263	mg		
Cystine	172.497	mg		
Phenylalanine	423.366	mg		
Tyrosine	249.555	mg		
Valine	475.111	mg		
Arginine	820.907	mg		
Histidine	219.738	mg		
Alanine	404.630	mg		
Aspartic Acid	912.656	mg		
Glutamic Acid	2077.393	mg		
Glycine	490.705	mg		
Proline	543.056	mg		
Serine	405.871	mg		
Moisture	117.718	g		
Ash	2.311	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13116

Percentage of Kcals
 Protein 16.8%
 Carbohydrate 51.7%
 Fat, total 31.5%
 Alcohol 0.0%

Exchanges
 Bread/Starch 1.00
 Fat 1.50
 Fruit 1.00
 Meat-High Fat 1.00
 Milk-Skim 2.00