



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:** 12
Avg. Daily Kcals: 857.173 **Diet Name:** SS21310

Percentage of Kcals
 Protein 16.2%
 Carbohydrate 58.3%
 Fat, total 25.5%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	13130	Lunch
Orange Juice	4.230	fluid ounce(s)	13130	Lunch
Sun Meadow Homestyle Gravy & Dumplings	7.500	ounce(s)	13130	Lunch
Granola Bar	1.000	item(s)	13130	Lunch
Instant Oatmeal	2.000	item(s)	13130	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13130	Lunch
Orange Juice	8.500	fluid ounce(s)	13136	Lunch
Sun Meadow BBQ Beef 3 oz. can	3.000	ounce(s)	13136	Lunch
Whole Wheat Crackers	12.000	item(s)	13136	Lunch
Sunflower Seeds	1.000	ounce(s)	13136	Lunch
Raisins	1.100	ounce(s)	13136	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13136	Lunch



Client Diet Record Nutrient Analysis

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Avg. Daily Kcals: 857.173

Diet Name: SS21310

Nutrient	Value	Unit	Goal	%
Weight	546.171	g		
Kilocalories	857.173	kcal	2055.000	42 %
Protein	35.794	g	56.000	64 %
Carbohydrate	128.890	g	130.000	99 %
Fat, Total	25.004	g		
Alcohol	0.000	g		
Cholesterol	46.500	mg		
Saturated Fat	7.298	g		
Monounsaturated Fat	3.652	g		
Polyunsaturated Fat	7.577	g		
MFA 18:1, Oleic	3.597	g		
PFA 18:2, Linoleic	7.415	g		
PFA 18:3, Linolenic	0.149	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.024	g		
Sodium	983.952	mg	1200.000	82 %
Potassium	1434.018	mg	4700.000	31 %
Vitamin A (RE)	724.078	RE		
Vitamin A (IU)	2407.638	IU		
Vitamin A (RAE)	545.154	µg	900.000	61 %
Beta-Carotene	101.933	µg		
Alpha-Carotene	14.488	µg		
Lutein (+ Zeaxanthin)	368.885	µg		
Beta-Cryptoxanthin	417.513	µg		
Lycopene	0.000	µg		
Vitamin C	117.482	mg	90.000	131 %
Calcium	813.257	mg	1200.000	68 %
Iron	15.006	mg	8.000	188 %
Vitamin D (ug)	7.500	µg	10.000	75 %
Vitamin D (IU)	300.000	IU		
Vitamin E (mg)	0.298	mg		
Vitamin E (IU)	0.232	IU		
Alpha-Tocopherol	6.326	mg	15.000	42 %
Thiamin	1.111	mg	1.200	93 %
Riboflavin	1.203	mg	1.300	93 %
Niacin	8.105	mg		
Pyridoxine (Vitamin B6)	0.980	mg	1.700	58 %
Folate (Total)	219.852	µg		
Folate (DFE)	252.448	µg	400.000	63 %
Cobalamin (Vitamin B12)	1.949	µg	2.400	81 %
Biotin	1.628	µg		
Pantothenic Acid	1.950	mg		
Vitamin K	7.191	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	467.103	mg	700.000	67 %
Iodine	35.835	µg		
Magnesium	171.181	mg	420.000	41 %
Zinc	5.906	mg	11.000	54 %
Copper	0.778	mg		
Manganese	1.736	mg		
Selenium	25.914	µg		
Fluoride	187.930	µg		
Chromium	0.016	mg		
Molybdenum	16.950	µg		
Dietary Fiber, Total	9.448	g	30.000	31 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.503	g		
Sugar, Total	40.225	g		
Glucose	15.098	g		
Galactose	0.036	g		
Fructose	14.661	g		
Sucrose	7.131	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	139.719	mg		
Threonine	311.490	mg		
Isoleucine	387.060	mg		
Leucine	666.471	mg		
Lysine	400.230	mg		
Methionine	165.917	mg		
Cystine	242.330	mg		
Phenylalanine	474.121	mg		
Tyrosine	262.857	mg		
Valine	497.067	mg		
Arginine	813.679	mg		
Histidine	227.180	mg		
Alanine	423.730	mg		
Aspartic Acid	940.012	mg		
Glutamic Acid	2239.537	mg		
Glycine	479.751	mg		
Proline	623.905	mg		
Serine	453.439	mg		
Moisture	240.582	g		
Ash	3.857	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: SS21310

Percentage of Kcals

Protein	16.2%
Carbohydrate	58.3%
Fat, total	25.5%
Alcohol	0.0%

Exchanges

Bread/Starch	1.50
Fat	1.50
Fruit	2.50
Meat-High Fat	0.50
Milk-Skim	1.50
Other Carbohydrate	1.00



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Total Days: 2
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Avg. Daily Kcals: 857.173

Diet Name: SS21310

Nutrient	Value	Unit	Goal	%
Weight	595.379	g		
Kilocalories	805.442	kcal	2055.000	39 %
Protein	32.051	g	56.000	57 %
Carbohydrate	126.266	g	130.000	97 %
Fat, Total	20.637	g		
Alcohol	0.000	g		
Cholesterol	41.000	mg		
Saturated Fat	8.959	g		
Monounsaturated Fat	2.087	g		
Polyunsaturated Fat	2.149	g		
MFA 18:1, Oleic	2.043	g		
PFA 18:2, Linoleic	2.062	g		
PFA 18:3, Linolenic	0.064	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	919.286	mg	1200.000	77 %
Potassium	1187.976	mg	4700.000	25 %
Vitamin A (RE)	1094.901	RE		
Vitamin A (IU)	3049.366	IU		
Vitamin A (RAE)	772.959	µg	900.000	86 %
Beta-Carotene	115.492	µg		
Alpha-Carotene	13.166	µg		
Lutein (+ Zeaxanthin)	348.825	µg		
Beta-Cryptoxanthin	389.710	µg		
Lycopene	0.000	µg		
Vitamin C	92.619	mg	90.000	103 %
Calcium	701.755	mg	1200.000	58 %
Iron	21.863	mg	8.000	273 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.399	mg		
Vitamin E (IU)	0.453	IU		
Alpha-Tocopherol	1.797	mg	15.000	12 %
Thiamin	1.546	mg	1.200	129 %
Riboflavin	1.269	mg	1.300	98 %
Niacin	11.117	mg		
Pyridoxine (Vitamin B6)	1.348	mg	1.700	79 %
Folate (Total)	254.817	µg		
Folate (DFE)	342.881	µg	400.000	86 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	0.846	µg		
Pantothenic Acid	1.010	mg		
Vitamin K	8.164	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	393.415	mg	700.000	56 %
Iodine	23.890	µg		
Magnesium	175.775	mg	420.000	42 %
Zinc	4.937	mg	11.000	45 %
Copper	0.549	mg		
Manganese	1.673	mg		
Selenium	22.151	µg		
Fluoride	155.918	µg		
Chromium	0.032	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.670	g	30.000	29 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.264	g		
Sugar, Total	38.798	g		
Glucose	13.959	g		
Galactose	0.072	g		
Fructose	12.161	g		
Sucrose	2.612	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	106.066	mg		
Threonine	223.392	mg		
Isoleucine	292.999	mg		
Leucine	566.565	mg		
Lysine	399.065	mg		
Methionine	128.300	mg		
Cystine	254.133	mg		
Phenylalanine	388.032	mg		
Tyrosine	220.700	mg		
Valine	418.499	mg		
Arginine	575.167	mg		
Histidine	167.500	mg		
Alanine	345.031	mg		
Aspartic Acid	818.850	mg		
Glutamic Acid	1602.529	mg		
Glycine	374.425	mg		
Proline	315.268	mg		
Serine	381.205	mg		
Moisture	241.950	g		
Ash	3.590	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 13130

Percentage of Kcals

Protein	15.7%
Carbohydrate	61.7%
Fat, total	22.7%
Alcohol	0.0%

Exchanges

Fat	1.00
Fruit	1.50
Milk-Skim	1.00
Other Carbohydrate	2.00



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 Avg. Daily Kcals: 857.173

Diet Name: SS21310

Nutrient	Value	Unit	Goal	%
Weight	496.962	g		
Kilocalories	908.903	kcal	2055.000	44 %
Protein	39.537	g	56.000	71 %
Carbohydrate	131.513	g	130.000	101 %
Fat, Total	29.370	g		
Alcohol	0.000	g		
Cholesterol	52.000	mg		
Saturated Fat	5.636	g		
Monounsaturated Fat	5.217	g		
Polyunsaturated Fat	13.005	g		
MFA 18:1, Oleic	5.151	g		
PFA 18:2, Linoleic	12.767	g		
PFA 18:3, Linolenic	0.234	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.045	g		
Sodium	1048.618	mg	1200.000	87 %
Potassium	1680.060	mg	4700.000	36 %
Vitamin A (RE)	353.256	RE		
Vitamin A (IU)	1765.911	IU		
Vitamin A (RAE)	317.350	µg	900.000	35 %
Beta-Carotene	88.373	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	388.945	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	142.346	mg	90.000	158 %
Calcium	924.758	mg	1200.000	77 %
Iron	8.149	mg	8.000	102 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.196	mg		
Vitamin E (IU)	0.010	IU		
Alpha-Tocopherol	10.854	mg	15.000	72 %
Thiamin	0.676	mg	1.200	56 %
Riboflavin	1.136	mg	1.300	87 %
Niacin	5.093	mg		
Pyridoxine (Vitamin B6)	0.611	mg	1.700	36 %
Folate (Total)	184.888	µg		
Folate (DFE)	162.016	µg	400.000	41 %
Cobalamin (Vitamin B12)	2.598	µg	2.400	108 %
Biotin	2.410	µg		
Pantothenic Acid	2.889	mg		
Vitamin K	6.218	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	540.792	mg	700.000	77 %
Iodine	47.780	µg		
Magnesium	166.588	mg	420.000	40 %
Zinc	6.875	mg	11.000	63 %
Copper	1.007	mg		
Manganese	1.798	mg		
Selenium	29.676	µg		
Fluoride	219.941	µg		
Chromium	0.001	mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	10.226	g	30.000	34 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.741	g		
Sugar, Total	41.652	g		
Glucose	16.237	g		
Galactose	0.000	g		
Fructose	17.161	g		
Sucrose	11.650	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	173.372	mg		
Threonine	399.588	mg		
Isoleucine	481.122	mg		
Leucine	766.378	mg		
Lysine	401.394	mg		
Methionine	203.535	mg		
Cystine	230.528	mg		
Phenylalanine	560.210	mg		
Tyrosine	305.014	mg		
Valine	575.635	mg		
Arginine	1052.192	mg		
Histidine	286.861	mg		
Alanine	502.428	mg		
Aspartic Acid	1061.173	mg		
Glutamic Acid	2876.545	mg		
Glycine	585.077	mg		
Proline	932.543	mg		
Serine	525.674	mg		
Moisture	239.215	g		
Ash	4.123	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13136

Percentage of Kcals
 Protein 16.7%
 Carbohydrate 55.5%
 Fat, total 27.9%
 Alcohol 0.0%

Exchanges
 Bread/Starch 2.50
 Fat 1.50
 Fruit 3.00
 Meat-High Fat 1.00
 Milk-Skim 2.00