



# 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:** 15  
**Avg. Daily Kcals:** 752.484      **Diet Name:** SS21315

**Percentage of Kcals**  
 Protein                      15.7%  
 Carbohydrate                55.7%  
 Fat, total                    28.7%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	13112	Breakfast
Orange Juice	4.230	fluid ounce(s)	13112	Breakfast
Mini Wheats Cereal	1.000	cup(s)	13112	Breakfast
Peanut Butter	1.000	ounce(s)	13112	Breakfast
Jelly	1.000	teaspoon(s)	13112	Breakfast
Wheat Crackers	6.000	item(s)	13112	Breakfast
KASHI Bar	1.000	item(s)	13112	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13112	Breakfast
Orange Juice	4.230	fluid ounce(s)	13142	Lunch
Sun Meadow Pasta Twirls & Beef	7.500	ounce(s)	13142	Lunch
Wheat Crackers	4.000	item(s)	13142	Lunch
Raisins	1.100	ounce(s)	13142	Lunch
DEL MONTE Sweet Peas, No Salt Added	0.500	cup(s)	13142	Lunch
Sunflower Seeds	1.000	ounce(s)	13142	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13142	Lunch



# Client Diet Record Nutrient Analysis

First:  
 Middle:  
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Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 2  
 Total Foods: 15  
 Avg. Daily Kcals: 752.484

Diet Name: SS21315

Nutrient	Value	Unit	Goal	%
Weight	493.652	g		
Kilocalories	752.484	kcal	2055.000	37 %
Protein	30.810	g	56.000	55 %
Carbohydrate	109.534	g	130.000	84 %
Fat, Total	25.096	g		
Alcohol	0.000	g		
Cholesterol	21.000	mg		
Saturated Fat	4.895	g		
Monounsaturated Fat	7.913	g		
Polyunsaturated Fat	6.062	g		
MFA 18:1, Oleic	7.792	g		
PFA 18:2, Linoleic	5.982	g		
PFA 18:3, Linolenic	0.224	g		
PFA 20:5, EPA	0.002	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	575.681	mg	1200.000	48 %
Potassium	1260.824	mg	4700.000	27 %
Vitamin A (RE)	203.623	RE		
Vitamin A (IU)	1169.224	IU		
Vitamin A (RAE)	172.463	µg	900.000	19 %
Beta-Carotene	66.721	µg		
Alpha-Carotene	11.159	µg		
Lutein (+ Zeaxanthin)	239.423	µg		
Beta-Cryptoxanthin	319.037	µg		
Lycopene	0.000	µg		
Vitamin C	94.437	mg	90.000	105 %
Calcium	482.473	mg	1200.000	40 %
Iron	13.786	mg	8.000	172 %
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	6.262	mg	15.000	42 %
Thiamin	0.903	mg	1.200	75 %
Riboflavin	2.386	mg	1.300	184 %
Niacin	7.703	mg		
Pyridoxine (Vitamin B6)	0.861	mg	1.700	51 %
Folate (Total)	206.004	µg		
Folate (DFE)	211.418	µg	400.000	53 %
Cobalamin (Vitamin B12)	2.803	µg	2.400	117 %
Biotin	7.040	µg		
Pantothenic Acid	0.758	mg		
Vitamin K	2.691	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	305.615	mg	700.000	44 %
Iodine	23.890	µg		
Magnesium	164.357	mg	420.000	39 %
Zinc	5.376	mg	11.000	49 %
Copper	0.637	mg		
Manganese	1.597	mg		
Selenium	10.684	µg		
Fluoride	133.569	µg		
Chromium	0.044	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	11.225	g	30.000	37 %
Soluble Fiber	0.500	g		
Insoluble Fiber	1.500	g		
Crude Fiber	14.323	g		
Sugar, Total	44.728	g		
Glucose	11.563	g		
Galactose	0.000	g		
Fructose	11.602	g		
Sucrose	7.508	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	111.840	mg		
Threonine	267.946	mg		
Isoleucine	317.636	mg		
Leucine	576.889	mg		
Lysine	293.212	mg		
Methionine	136.903	mg		
Cystine	136.923	mg		
Phenylalanine	433.004	mg		
Tyrosine	256.377	mg		
Valine	384.800	mg		
Arginine	934.639	mg		
Histidine	213.206	mg		
Alanine	373.712	mg		
Aspartic Acid	989.687	mg		
Glutamic Acid	2001.715	mg		
Glycine	485.841	mg		
Proline	623.991	mg		
Serine	456.524	mg		
Moisture	180.872	g		
Ash	2.739	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: SS21315

Percentage of Kcals  
 Protein 15.7%  
 Carbohydrate 55.7%  
 Fat, total 28.7%  
 Alcohol 0.0%

Exchanges  
 Bread/Starch 2.50  
 Fat 1.00  
 Fruit 2.00  
 Meat-High Fat 1.00  
 Milk-Skim 1.00  
 Other Carbohydrate 0.50



# Client Diet Record Nutrient Analysis

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

Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 2  
 Total Foods: 15  
 Avg. Daily Kcals: 752.484

Diet Name: SS21315

Nutrient	Value	Unit	Goal	%
Weight	426.050	g		
Kilocalories	790.921	kcal	2055.000	38 %
Protein	30.223	g	56.000	54 %
Carbohydrate	123.948	g	130.000	95 %
Fat, Total	24.604	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	4.768	g		
Monounsaturated Fat	9.152	g		
Polyunsaturated Fat	5.173	g		
MFA 18:1, Oleic	8.969	g		
PFA 18:2, Linoleic	5.068	g		
PFA 18:3, Linolenic	0.403	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	507.347	mg	1200.000	42 %
Potassium	1344.978	mg	4700.000	29 %
Vitamin A (RE)	202.637	RE		
Vitamin A (IU)	1009.370	IU		
Vitamin A (RAE)	171.726	µg	900.000	19 %
Beta-Carotene	86.756	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	317.719	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	132.331	mg	90.000	147 %
Calcium	467.949	mg	1200.000	39 %
Iron	19.925	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	2.743	mg	15.000	18 %
Thiamin	0.864	mg	1.200	72 %
Riboflavin	1.071	mg	1.300	82 %
Niacin	11.364	mg		
Pyridoxine (Vitamin B6)	0.894	mg	1.700	53 %
Folate (Total)	240.907	µg		
Folate (DFE)	310.091	µg	400.000	78 %
Cobalamin (Vitamin B12)	2.916	µg	2.400	122 %
Biotin	12.098	µg		
Pantothenic Acid	0.906	mg		
Vitamin K	3.006	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	347.795	mg	700.000	50 %
Iodine	23.890	µg		
Magnesium	171.037	mg	420.000	41 %
Zinc	5.089	mg	11.000	46 %
Copper	0.517	mg		
Manganese	2.315	mg		
Selenium	5.267	µg		
Fluoride	79.489	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.605	g	30.000	42 %
Soluble Fiber	1.000	g		
Insoluble Fiber	3.000	g		
Crude Fiber	0.943	g		
Sugar, Total	46.631	g		
Glucose	7.492	g		
Galactose	0.000	g		
Fructose	7.868	g		
Sucrose	13.248	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	91.919	mg		
Threonine	210.541	mg		
Isoleucine	249.015	mg		
Leucine	569.199	mg		
Lysine	255.742	mg		
Methionine	106.700	mg		
Cystine	111.639	mg		
Phenylalanine	432.288	mg		
Tyrosine	286.255	mg		
Valine	314.073	mg		
Arginine	961.585	mg		
Histidine	197.680	mg		
Alanine	346.221	mg		
Aspartic Acid	1119.976	mg		
Glutamic Acid	2002.004	mg		
Glycine	482.655	mg		
Proline	673.968	mg		
Serine	521.819	mg		
Moisture	238.031	g		
Ash	3.169	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: 13112

Percentage of Kcals  
 Protein 14.4%  
 Carbohydrate 59.2%  
 Fat, total 26.4%  
 Alcohol 0.0%

Exchanges  
 Bread/Starch 3.50  
 Fat 1.00  
 Fruit 1.50  
 Meat-High Fat 1.50  
 Milk-Skim 1.00  
 Other Carbohydrate 1.50



# Client Diet Record Nutrient Analysis

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

Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 2  
 Total Foods: 15  
 Avg. Daily Kcals: 752.484

Diet Name: SS21315

Nutrient	Value	Unit	Goal	%
Weight	561.254	g		
Kilocalories	714.048	kcal	2055.000	35 %
Protein	31.397	g	56.000	56 %
Carbohydrate	95.119	g	130.000	73 %
Fat, Total	25.589	g		
Alcohol	0.000	g		
Cholesterol	36.000	mg		
Saturated Fat	5.021	g		
Monounsaturated Fat	6.674	g		
Polyunsaturated Fat	6.951	g		
MFA 18:1, Oleic	6.615	g		
PFA 18:2, Linoleic	6.897	g		
PFA 18:3, Linolenic	0.046	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	644.015	mg	1200.000	54 %
Potassium	1176.669	mg	4700.000	25 %
Vitamin A (RE)	204.608	RE		
Vitamin A (IU)	1329.078	IU		
Vitamin A (RAE)	173.200	µg	900.000	19 %
Beta-Carotene	46.686	µg		
Alpha-Carotene	6.583	µg		
Lutein (+ Zeaxanthin)	161.128	µg		
Beta-Cryptoxanthin	194.855	µg		
Lycopene	0.000	µg		
Vitamin C	56.543	mg	90.000	63 %
Calcium	496.998	mg	1200.000	41 %
Iron	7.648	mg	8.000	96 %
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	9.781	mg	15.000	65 %
Thiamin	0.942	mg	1.200	79 %
Riboflavin	3.702	mg	1.300	285 %
Niacin	4.041	mg		
Pyridoxine (Vitamin B6)	0.828	mg	1.700	49 %
Folate (Total)	171.102	µg		
Folate (DFE)	112.746	µg	400.000	28 %
Cobalamin (Vitamin B12)	2.689	µg	2.400	112 %
Biotin	1.983	µg		
Pantothenic Acid	0.610	mg		
Vitamin K	2.375	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	263.435	mg	700.000	38 %
Iodine	23.890	µg		
Magnesium	157.677	mg	420.000	38 %
Zinc	5.663	mg	11.000	51 %
Copper	0.756	mg		
Manganese	0.878	mg		
Selenium	16.100	µg		
Fluoride	187.650	µg		
Chromium	0.017	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	9.845	g	30.000	33 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.702	g		
Sugar, Total	42.824	g		
Glucose	15.633	g		
Galactose	0.000	g		
Fructose	15.336	g		
Sucrose	1.769	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	131.762	mg		
Threonine	325.352	mg		
Isoleucine	386.256	mg		
Leucine	584.578	mg		
Lysine	330.683	mg		
Methionine	167.106	mg		
Cystine	162.207	mg		
Phenylalanine	433.720	mg		
Tyrosine	226.500	mg		
Valine	455.528	mg		
Arginine	907.693	mg		
Histidine	228.731	mg		
Alanine	401.204	mg		
Aspartic Acid	859.397	mg		
Glutamic Acid	2001.426	mg		
Glycine	489.027	mg		
Proline	574.013	mg		
Serine	391.229	mg		
Moisture	123.714	g		
Ash	2.309	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: 13142

Percentage of Kcals  
 Protein 17.1%  
 Carbohydrate 51.7%  
 Fat, total 31.3%  
 Alcohol 0.0%

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