



# Client Diet Record Intake

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

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

**Total Days:** 5                      **Total Foods:** 34  
**Avg. Daily Kcals:** 767.808      **Diet Name:** SS51305

**Percentage of Kcals**  
 Protein                      16.8%  
 Carbohydrate                58.6%  
 Fat, total                    24.6%  
 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)	13114	Breakfast
Orange Juice	4.230	fluid ounce(s)	13114	Breakfast
Corned Beef Hash, Canned	0.500	cup(s)	13114	Breakfast
Applesauce	0.500	cup(s)	13114	Breakfast
Instant Oatmeal	2.000	item(s)	13114	Breakfast
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13114	Breakfast
Cranberry Juice Drink	4.230	fluid ounce(s)	13118	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	13118	Lunch
Mixed Fruit	4.000	ounce(s)	13118	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	13118	Lunch
Granola Bars	1.000	item(s)	13118	Lunch
Peanuts	1.000	ounce(s)	13118	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13118	Lunch
Apple Juice	4.230	fluid ounce(s)	13128	Lunch
Sun Meadow Chili Mac	7.513	ounce(s)	13128	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	13128	Lunch
Raisins	1.100	ounce(s)	13128	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	13128	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13128	Lunch
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:  
 Last: Sun Meadow DRI 2013-2014  
 Company:

Identification Number:  
 Date of Birth:  
 Height: Weight:

Total Days: 5  
 Total Foods: 34  
 Avg. Daily Kcals: 767.808

Diet Name: SS51305

Nutrient	Value	Unit	Goal	%
Weight	551.543	g		
Kilocalories	767.808	kcal	2055.000	37 %
Protein	33.507	g	56.000	60 %
Carbohydrate	117.051	g	130.000	90 %
Fat, Total	21.811	g		
Alcohol	0.000	g		
Cholesterol	27.044	mg		
Saturated Fat	4.600	g		
Monounsaturated Fat	7.193	g		
Polyunsaturated Fat	5.869	g		
MFA 18:1, Oleic	6.479	g		
PFA 18:2, Linoleic	5.709	g		
PFA 18:3, Linolenic	0.170	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.011	g		
Sodium	784.600	mg	1200.000	65 %
Potassium	1265.684	mg	4700.000	27 %
Vitamin A (RE)	395.126	RE		
Vitamin A (IU)	1572.783	IU		
Vitamin A (RAE)	315.763	µg	900.000	35 %
Beta-Carotene	44.329	µg		
Alpha-Carotene	7.611	µg		
Lutein (+ Zeaxanthin)	163.117	µg		
Beta-Cryptoxanthin	216.259	µg		
Lycopene	0.000	µg		
Vitamin C	99.825	mg	90.000	111 %
Calcium	633.702	mg	1200.000	53 %
Iron	12.282	mg	8.000	154 %
Vitamin D (ug)	6.000	µg	10.000	60 %
Vitamin D (IU)	240.000	IU		
Vitamin E (mg)	0.153	mg		
Vitamin E (IU)	0.038	IU		
Alpha-Tocopherol	4.536	mg	15.000	30 %
Thiamin	0.883	mg	1.200	74 %
Riboflavin	1.569	mg	1.300	121 %
Niacin	7.566	mg		
Pyridoxine (Vitamin B6)	0.842	mg	1.700	50 %
Folate (Total)	185.653	µg		
Folate (DFE)	229.667	µg	400.000	57 %
Cobalamin (Vitamin B12)	2.376	µg	2.400	99 %
Biotin	5.494	µg		
Pantothenic Acid	1.098	mg		
Vitamin K	2.194	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	323.596	mg	700.000	46 %
Iodine	28.668	µg		
Magnesium	154.850	mg	420.000	37 %
Zinc	5.828	mg	11.000	53 %
Copper	0.592	mg		
Manganese	1.317	mg		
Selenium	14.109	µg		
Fluoride	154.350	µg		
Chromium	0.023	mg		
Molybdenum	13.560	µg		
Dietary Fiber, Total	11.327	g	30.000	38 %
Soluble Fiber	0.531	g		
Insoluble Fiber	1.306	g		
Crude Fiber	6.014	g		
Sugar, Total	42.042	g		
Glucose	9.050	g		
Galactose	0.014	g		
Fructose	11.357	g		
Sucrose	6.965	g		
Lactose	0.000	g		
Maltose	0.026	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.902	g		
Tryptophan	99.143	mg		
Threonine	237.714	mg		
Isoleucine	302.061	mg		
Leucine	535.956	mg		
Lysine	303.805	mg		
Methionine	122.550	mg		
Cystine	150.787	mg		
Phenylalanine	398.753	mg		
Tyrosine	237.800	mg		
Valine	373.872	mg		
Arginine	819.225	mg		
Histidine	191.307	mg		
Alanine	343.008	mg		
Aspartic Acid	882.549	mg		
Glutamic Acid	1713.971	mg		
Glycine	438.470	mg		
Proline	456.742	mg		
Serine	390.346	mg		
Moisture	221.947	g		
Ash	2.831	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: SS51305

Percentage of Kcals  
 Protein 16.8%  
 Carbohydrate 58.6%  
 Fat, total 24.6%  
 Alcohol 0.0%

Exchanges  
 Bread/Starch 1.00  
 Fat 1.00  
 Fruit 2.00  
 Meat-High Fat 1.00  
 Meat-Lean 0.00  
 Meat-Medium Fat 0.00  
 Milk-Skim 1.00  
 Other Carbohydrate 1.00



# Client Diet Record Nutrient Analysis

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

Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 5  
 Total Foods: 34  
 Avg. Daily Kcals: 767.808

Diet Name: SS51305

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: 5  
 Total Foods: 34  
 Avg. Daily Kcals: 767.808

Diet Name: SS51305

Nutrient	Value	Unit	Goal	%
Weight	700.726	g		
Kilocalories	770.570	kcal	2055.000	37 %
Protein	33.874	g	56.000	60 %
Carbohydrate	124.475	g	130.000	96 %
Fat, Total	16.981	g		
Alcohol	0.000	g		
Cholesterol	49.760	mg		
Saturated Fat	6.288	g		
Monounsaturated Fat	7.514	g		
Polyunsaturated Fat	1.954	g		
MFA 18:1, Oleic	6.937	g		
PFA 18:2, Linoleic	1.800	g		
PFA 18:3, Linolenic	0.153	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	874.406	mg	1200.000	73 %
Potassium	1778.898	mg	4700.000	38 %
Vitamin A (RE)	1254.907	RE		
Vitamin A (IU)	3536.268	IU		
Vitamin A (RAE)	917.546	µg	900.000	102 %
Beta-Carotene	86.546	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	301.599	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	138.503	mg	90.000	154 %
Calcium	1061.188	mg	1200.000	88 %
Iron	20.910	mg	8.000	261 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.305	mg		
Vitamin E (IU)	0.172	IU		
Alpha-Tocopherol	0.369	mg	15.000	2 %
Thiamin	1.624	mg	1.200	135 %
Riboflavin	1.664	mg	1.300	128 %
Niacin	10.909	mg		
Pyridoxine (Vitamin B6)	1.215	mg	1.700	71 %
Folate (Total)	263.597	µg		
Folate (DFE)	340.405	µg	400.000	85 %
Cobalamin (Vitamin B12)	2.598	µg	2.400	108 %
Biotin	2.126	µg		
Pantothenic Acid	1.226	mg		
Vitamin K	1.838	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	295.555	mg	700.000	42 %
Iodine	47.780	µg		
Magnesium	173.003	mg	420.000	41 %
Zinc	8.024	mg	11.000	73 %
Copper	0.441	mg		
Manganese	1.791	mg		
Selenium	15.728	µg		
Fluoride	233.400	µg		
Chromium	0.014	mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	10.081	g	30.000	34 %
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	1.024	g		
Sugar, Total	39.277	g		
Glucose	10.159	g		
Galactose	0.072	g		
Fructose	16.958	g		
Sucrose	15.529	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	107.325	mg		
Threonine	232.341	mg		
Isoleucine	305.861	mg		
Leucine	583.214	mg		
Lysine	413.123	mg		
Methionine	130.828	mg		
Cystine	259.273	mg		
Phenylalanine	398.323	mg		
Tyrosine	227.130	mg		
Valine	432.609	mg		
Arginine	599.502	mg		
Histidine	170.028	mg		
Alanine	356.539	mg		
Aspartic Acid	882.935	mg		
Glutamic Acid	1635.826	mg		
Glycine	384.643	mg		
Proline	339.634	mg		
Serine	394.014	mg		
Moisture	511.020	g		
Ash	5.114	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: 13114

Percentage of Kcals  
 Protein 17.2%  
 Carbohydrate 63.3%  
 Fat, total 19.4%  
 Alcohol 0.0%

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



# Client Diet Record Nutrient Analysis

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

Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 5  
 Total Foods: 34  
 Avg. Daily Kcals: 767.808

Diet Name: SS51305

Nutrient	Value	Unit	Goal	%
Weight	588.884	g		
Kilocalories	803.117	kcal	2055.000	39 %
Protein	36.933	g	56.000	66 %
Carbohydrate	128.280	g	130.000	99 %
Fat, Total	19.446	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	2.746	g		
Monounsaturated Fat	7.418	g		
Polyunsaturated Fat	5.548	g		
MFA 18:1, Oleic	7.202	g		
PFA 18:2, Linoleic	5.442	g		
PFA 18:3, Linolenic	0.078	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	962.887	mg	1200.000	80 %
Potassium	607.017	mg	4700.000	13 %
Vitamin A (RE)	162.941	RE		
Vitamin A (IU)	1008.346	IU		
Vitamin A (RAE)	170.845	µg	900.000	19 %
Beta-Carotene	0.240	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	14.160	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	111.636	mg	90.000	124 %
Calcium	580.301	mg	1200.000	48 %
Iron	6.652	mg	8.000	83 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.168	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.229	mg	15.000	15 %
Thiamin	0.535	mg	1.200	45 %
Riboflavin	0.680	mg	1.300	52 %
Niacin	6.710	mg		
Pyridoxine (Vitamin B6)	0.654	mg	1.700	38 %
Folate (Total)	84.669	µg		
Folate (DFE)	228.543	µg	400.000	57 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	9.706	µg		
Pantothenic Acid	0.341	mg		
Vitamin K	0.624	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	173.543	mg	700.000	25 %
Iodine	23.890	µg		
Magnesium	161.961	mg	420.000	39 %
Zinc	4.694	mg	11.000	43 %
Copper	0.373	mg		
Manganese	0.523	mg		
Selenium	4.632	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	13.489	g	30.000	45 %
Soluble Fiber	0.057	g		
Insoluble Fiber	1.870	g		
Crude Fiber		g		
Sugar, Total	45.685	g		
Glucose	0.023	g		
Galactose	0.000	g		
Fructose	0.023	g		
Sucrose	1.143	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	65.487	mg		
Threonine	172.932	mg		
Isoleucine	277.258	mg		
Leucine	513.693	mg		
Lysine	267.903	mg		
Methionine	82.497	mg		
Cystine	106.311	mg		
Phenylalanine	404.547	mg		
Tyrosine	285.196	mg		
Valine	324.885	mg		
Arginine	920.508	mg		
Histidine	185.689	mg		
Alanine	309.577	mg		
Aspartic Acid	927.596	mg		
Glutamic Acid	1537.110	mg		
Glycine	459.545	mg		
Proline	332.540	mg		
Serine	364.291	mg		
Moisture	116.516	g		
Ash	1.111	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: 13118

Percentage of Kcals  
 Protein 17.7%  
 Carbohydrate 61.4%  
 Fat, total 20.9%  
 Alcohol 0.0%

Exchanges  
 Fat 0.00  
 Fruit 0.50  
 Meat-Medium Fat 1.00  
 Milk-Skim 1.00  
 Other Carbohydrate 3.00



# Client Diet Record Nutrient Analysis

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

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

**Weight:**

**Total Days:** 5  
**Total Foods:** 34  
**Avg. Daily Kcals:** 767.808

**Diet Name:** SS51305

Nutrient	Value	Unit	Goal	%
Weight	480.803	g		
Kilocalories	760.385	kcal	2055.000	37 %
Protein	35.107	g	56.000	63 %
Carbohydrate	113.431	g	130.000	87 %
Fat, Total	22.436	g		
Alcohol	0.000	g		
Cholesterol	37.460	mg		
Saturated Fat	4.177	g		
Monounsaturated Fat	5.207	g		
Polyunsaturated Fat	9.717	g		
MFA 18:1, Oleic	2.674	g		
PFA 18:2, Linoleic	9.338	g		
PFA 18:3, Linolenic	0.170	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.050	g		
Sodium	934.345	mg	1200.000	78 %
Potassium	1420.857	mg	4700.000	30 %
Vitamin A (RE)	150.536	RE		
Vitamin A (IU)	980.853	IU		
Vitamin A (RAE)	145.500	µg	900.000	16 %
Beta-Carotene	1.417	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	20.981	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	60.112	mg	90.000	67 %
Calcium	562.076	mg	1200.000	47 %
Iron	6.274	mg	8.000	78 %
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	7.559	mg	15.000	50 %
Thiamin	0.450	mg	1.200	38 %
Riboflavin	0.727	mg	1.300	56 %
Niacin	4.806	mg		
Pyridoxine (Vitamin B6)	0.621	mg	1.700	37 %
Folate (Total)	167.988	µg		
Folate (DFE)	156.552	µg	400.000	39 %
Cobalamin (Vitamin B12)	2.379	µg	2.400	99 %
Biotin	1.560	µg		
Pantothenic Acid	2.408	mg		
Vitamin K	3.127	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	537.652	mg	700.000	77 %
Iodine	23.890	µg		
Magnesium	110.574	mg	420.000	26 %
Zinc	5.671	mg	11.000	52 %
Copper	0.871	mg		
Manganese	1.079	mg		
Selenium	28.820	µg		
Fluoride	197.713	µg		
Chromium	0.011	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.616	g	30.000	35 %
Soluble Fiber	1.340	g		
Insoluble Fiber		g		
Crude Fiber	0.400	g		
Sugar, Total	35.795	g		
Glucose	11.940	g		
Galactose	0.000	g		
Fructose	16.599	g		
Sucrose	3.135	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	9.510	g		
Tryptophan	99.223	mg		
Threonine	247.407	mg		
Isoleucine	291.915	mg		
Leucine	429.098	mg		
Lysine	251.574	mg		
Methionine	125.617	mg		
Cystine	114.503	mg		
Phenylalanine	324.885	mg		
Tyrosine	163.917	mg		
Valine	342.263	mg		
Arginine	706.838	mg		
Histidine	174.406	mg		
Alanine	301.497	mg		
Aspartic Acid	622.839	mg		
Glutamic Acid	1393.491	mg		
Glycine	376.481	mg		
Proline	363.554	mg		
Serine	280.377	mg		
Moisture	120.454	g		
Ash	2.454	g		
Caffeine	0.000	mg		

**Nutrient Goal Template**  
(Client)

**Analyzed by**  
Selection: 13128

**Percentage of Kcals**

Protein	17.6%
Carbohydrate	57.0%
Fat, total	25.4%
Alcohol	0.0%

**Exchanges**

Fruit	2.50
Meat-High Fat	1.50
Milk-Skim	1.00



# Client Diet Record Nutrient Analysis

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

Identification Number:  
 Date of Birth:  
 Height:

Weight:

Total Days: 5  
 Total Foods: 34  
 Avg. Daily Kcals: 767.808

Diet Name: SS51305

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