



# 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:** 35  
**Avg. Daily Kcals:** 805.826      **Diet Name:** SS51310

**Percentage of Kcals**  
 Protein                      16.3%  
 Carbohydrate              61.4%  
 Fat, total                    22.4%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
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
Orange Juice	4.230	fluid ounce(s)	13126	Lunch
Lasagna	0.500	cup(s)	13126	Lunch
Frosted Mini Wheats Cereal	1.000	cup(s)	13126	Lunch
Wheat Crackers	4.000	item(s)	13126	Lunch
Chocolate Pudding	0.500	cup(s)	13126	Lunch
Raisins	1.100	ounce(s)	13126	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13126	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
Apple Juice	4.230	fluid ounce(s)	13144	Lunch
Sun Meadow Tuna Salad 3 oz.	3.000	ounce(s)	13144	Lunch
Whole Wheat Crackers	12.000	item(s)	13144	Lunch
Mayonnaise	1.000	teaspoon(s)	13144	Lunch
Peaches	0.500	cup(s)	13144	Lunch
NUTRI-GRAIN Bar	1.000	item(s)	13144	Lunch
Raisins	1.100	ounce(s)	13144	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13144	Lunch
Sun Meadow Chicken Stew	7.500	ounce(s)	13138	Lunch
Peanut Butter	1.000	ounce(s)	13138	Lunch
Jelly	1.000	teaspoon(s)	13138	Lunch
Mixed Fruit	4.000	ounce(s)	13138	Lunch
Rye Crispbread Crackers	4.000	item(s)	13138	Lunch
Instant Oatmeal	1.000	item(s)	13138	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13138	Lunch
Orange Juice	4.230	fluid ounce(s)	13138	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:** 35  
**Avg. Daily Kcals:** 805.826

**Diet Name:** SS51310

Nutrient	Value	Unit	Goal	%
Weight	553.822	g		
Kilocalories	805.826	kcal	2055.000	39 %
Protein	33.807	g	56.000	60 %
Carbohydrate	127.390	g	130.000	98 %
Fat, Total	20.640	g		
Alcohol	0.000	g		
Cholesterol	39.077	mg		
Saturated Fat	4.936	g		
Monounsaturated Fat	6.362	g		
Polyunsaturated Fat	5.007	g		
MFA 18:1, Oleic	4.889	g		
PFA 18:2, Linoleic	4.666	g		
PFA 18:3, Linolenic	0.199	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.014	g		
Sodium	874.997	mg	1200.000	73 %
Potassium	1488.912	mg	4700.000	32 %
Vitamin A (RE)	601.684	RE		
Vitamin A (IU)	2732.467	IU		
Vitamin A (RAE)	433.455	µg	900.000	48 %
Beta-Carotene	82.393	µg		
Alpha-Carotene	6.542	µg		
Lutein (+ Zeaxanthin)	176.236	µg		
Beta-Cryptoxanthin	196.678	µg		
Lycopene	0.000	µg		
Vitamin C	92.008	mg	90.000	102 %
Calcium	852.674	mg	1200.000	71 %
Iron	13.556	mg	8.000	169 %
Vitamin D (ug)	8.009	µg	10.000	80 %
Vitamin D (IU)	320.368	IU		
Vitamin E (mg)	0.255	mg		
Vitamin E (IU)	0.154	IU		
Alpha-Tocopherol	2.532	mg	15.000	17 %
Thiamin	0.931	mg	1.200	78 %
Riboflavin	2.443	mg	1.300	188 %
Niacin	8.314	mg		
Pyridoxine (Vitamin B6)	0.886	mg	1.700	52 %
Folate (Total)	173.675	µg		
Folate (DFE)	195.248	µg	400.000	49 %
Cobalamin (Vitamin B12)	2.643	µg	2.400	110 %
Biotin	3.891	µg		
Pantothenic Acid	1.111	mg		
Vitamin K	4.130	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	344.145	mg	700.000	49 %
Iodine	38.224	µg		
Magnesium	145.653	mg	420.000	35 %
Zinc	6.464	mg	11.000	59 %
Copper	0.560	mg		
Manganese	1.573	mg		
Selenium	15.081	µg		
Fluoride	200.434	µg		
Chromium	0.019	mg		
Molybdenum	18.080	µg		
Dietary Fiber, Total	10.206	g	30.000	34 %
Soluble Fiber	0.319	g		
Insoluble Fiber	0.332	g		
Crude Fiber	0.710	g		
Sugar, Total	48.005	g		
Glucose	11.128	g		
Galactose	0.022	g		
Fructose	14.465	g		
Sucrose	7.613	g		
Lactose	0.000	g		
Maltose	0.276	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	4.502	g		
Tryptophan	92.007	mg		
Threonine	207.937	mg		
Isoleucine	249.787	mg		
Leucine	464.695	mg		
Lysine	270.676	mg		
Methionine	107.667	mg		
Cystine	148.925	mg		
Phenylalanine	342.407	mg		
Tyrosine	191.213	mg		
Valine	326.891	mg		
Arginine	606.792	mg		
Histidine	161.199	mg		
Alanine	295.466	mg		
Aspartic Acid	692.536	mg		
Glutamic Acid	1527.129	mg		
Glycine	342.699	mg		
Proline	446.291	mg		
Serine	343.647	mg		
Moisture	240.929	g		
Ash	3.384	g		
Caffeine	1.305	mg		

**Nutrient Goal Template**  
(Client)

**Analyzed by**  
Selection: SS51310

**Percentage of Kcals**

Protein	16.3%
Carbohydrate	61.4%
Fat, total	22.4%
Alcohol	0.0%

**Exchanges**

Bread/Starch	2.00
Fat	1.00
Fruit	2.50
Meat-High Fat	0.50
Meat-Lean	0.00
Milk-Skim	1.50
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	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: 35  
 Avg. Daily Kcals: 805.826

Diet Name: SS51310

Nutrient	Value	Unit	Goal	%
Weight	525.195	g		
Kilocalories	860.863	kcal	2055.000	42 %
Protein	30.806	g	56.000	55 %
Carbohydrate	160.683	g	130.000	124 %
Fat, Total	14.378	g		
Alcohol	0.000	g		
Cholesterol	28.415	mg		
Saturated Fat	4.486	g		
Monounsaturated Fat	5.787	g		
Polyunsaturated Fat	2.815	g		
MFA 18:1, Oleic	3.749	g		
PFA 18:2, Linoleic	2.622	g		
PFA 18:3, Linolenic	0.191	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	907.886	mg	1200.000	76 %
Potassium	1582.442	mg	4700.000	34 %
Vitamin A (RE)	390.881	RE		
Vitamin A (IU)	1528.240	IU		
Vitamin A (RAE)	317.163	µg	900.000	35 %
Beta-Carotene	45.883	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	176.180	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	72.107	mg	90.000	80 %
Calcium	990.947	mg	1200.000	83 %
Iron	20.793	mg	8.000	260 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.359	mg		
Vitamin E (IU)	0.253	IU		
Alpha-Tocopherol	0.528	mg	15.000	4 %
Thiamin	0.878	mg	1.200	73 %
Riboflavin	1.661	mg	1.300	128 %
Niacin	7.666	mg		
Pyridoxine (Vitamin B6)	0.841	mg	1.700	49 %
Folate (Total)	191.154	µg		
Folate (DFE)	244.762	µg	400.000	61 %
Cobalamin (Vitamin B12)	4.215	µg	2.400	176 %
Biotin	1.983	µg		
Pantothenic Acid	0.341	mg		
Vitamin K	4.505	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	346.288	mg	700.000	49 %
Iodine	47.780	µg		
Magnesium	168.248	mg	420.000	40 %
Zinc	6.800	mg	11.000	62 %
Copper	0.595	mg		
Manganese	1.858	mg		
Selenium	6.462	µg		
Fluoride	219.941	µg		
Chromium	0.001	mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	9.761	g	30.000	33 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.532	g		
Sugar, Total	70.387	g		
Glucose	12.323	g		
Galactose	0.000	g		
Fructose	13.189	g		
Sucrose	5.533	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	33.095	mg		
Threonine	63.543	mg		
Isoleucine	65.946	mg		
Leucine	116.824	mg		
Lysine	66.317	mg		
Methionine	27.043	mg		
Cystine	35.641	mg		
Phenylalanine	104.900	mg		
Tyrosine	38.987	mg		
Valine	85.307	mg		
Arginine	235.423	mg		
Histidine	49.547	mg		
Alanine	87.094	mg		
Aspartic Acid	181.370	mg		
Glutamic Acid	426.215	mg		
Glycine	76.109	mg		
Proline	247.906	mg		
Serine	89.036	mg		
Moisture	214.708	g		
Ash	3.719	g		
Caffeine	6.525	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: 13126

Percentage of Kcals  
 Protein 13.8%  
 Carbohydrate 71.8%  
 Fat, total 14.5%  
 Alcohol 0.0%

Exchanges  
 Bread/Starch 4.00  
 Fat 1.00  
 Fruit 2.50  
 Milk-Skim 2.00  
 Other Carbohydrate 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	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



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

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

**Weight:**

**Total Days:** 5  
**Total Foods:** 35  
**Avg. Daily Kcals:** 805.826

**Diet Name:** SS51310

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**  
Selection: 13144

**Percentage of Kcals**

Protein	13.7%
Carbohydrate	58.8%
Fat, total	27.4%
Alcohol	0.0%

**Exchanges**

Bread/Starch	2.50
Fat	1.00
Fruit	3.50
Milk-Skim	2.00
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: 35  
 Avg. Daily Kcals: 805.826

Diet Name: SS51310

Nutrient	Value	Unit	Goal	%
Weight	560.541	g		
Kilocalories	695.593	kcal	2055.000	34 %
Protein	35.846	g	56.000	64 %
Carbohydrate	95.433	g	130.000	73 %
Fat, Total	19.759	g		
Alcohol	0.000	g		
Cholesterol	41.000	mg		
Saturated Fat	4.564	g		
Monounsaturated Fat	7.540	g		
Polyunsaturated Fat	4.859	g		
MFA 18:1, Oleic	7.352	g		
PFA 18:2, Linoleic	4.785	g		
PFA 18:3, Linolenic	0.073	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.002	g		
Sodium	788.575	mg	1200.000	66 %
Potassium	1224.638	mg	4700.000	26 %
Vitamin A (RE)	635.531	RE		
Vitamin A (IU)	5346.990	IU		
Vitamin A (RAE)	468.773	µg	900.000	52 %
Beta-Carotene	43.483	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	191.140	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	126.766	mg	90.000	141 %
Calcium	571.865	mg	1200.000	48 %
Iron	11.792	mg	8.000	147 %
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	2.895	mg	15.000	19 %
Thiamin	0.940	mg	1.200	78 %
Riboflavin	6.711	mg	1.300	516 %
Niacin	9.469	mg		
Pyridoxine (Vitamin B6)	0.883	mg	1.700	52 %
Folate (Total)	162.188	µg		
Folate (DFE)	213.942	µg	400.000	53 %
Cobalamin (Vitamin B12)	1.409	µg	2.400	59 %
Biotin	11.675	µg		
Pantothenic Acid	1.007	mg		
Vitamin K	2.054	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	296.723	mg	700.000	42 %
Iodine	23.890	µg		
Magnesium	154.183	mg	420.000	37 %
Zinc	4.874	mg	11.000	44 %
Copper	0.381	mg		
Manganese	1.757	mg		
Selenium	16.571	µg		
Fluoride	79.489	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.633	g	30.000	35 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.811	g		
Sugar, Total	35.851	g		
Glucose	3.923	g		
Galactose	0.036	g		
Fructose	4.114	g		
Sucrose	8.500	g		
Lactose	0.000	g		
Maltose	0.100	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	135.776	mg		
Threonine	315.970	mg		
Isoleucine	384.205	mg		
Leucine	827.392	mg		
Lysine	450.460	mg		
Methionine	162.326	mg		
Cystine	223.143	mg		
Phenylalanine	611.726	mg		
Tyrosine	376.010	mg		
Valine	510.348	mg		
Arginine	1140.574	mg		
Histidine	274.606	mg		
Alanine	498.332	mg		
Aspartic Acid	1387.829	mg		
Glutamic Acid	2657.431	mg		
Glycine	650.493	mg		
Proline	723.091	mg		
Serine	691.852	mg		
Moisture	122.509	g		
Ash	2.774	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
 (Client)

Analyzed by  
 Selection: 13138

Percentage of Kcals  
 Protein 20.4%  
 Carbohydrate 54.3%  
 Fat, total 25.3%  
 Alcohol 0.0%

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