



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:** 40
Avg. Daily Kcals: 852.176 **Diet Name:** SS51315

Percentage of Kcals
 Protein 14.5%
 Carbohydrate 58.0%
 Fat, total 27.4%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	13120	Lunch
Orange Juice	4.230	fluid ounce(s)	13120	Lunch
Sun Meadow Beef Stew	7.513	ounce(s)	13120	Lunch
Applesauce	0.500	cup(s)	13120	Lunch
Wheat Crackers	5.000	item(s)	13120	Lunch
Peanuts	1.000	ounce(s)	13120	Lunch
Granola Bar	2.000	item(s)	13120	Lunch
Hot chocolate, powder	15.000	milliliter(s)	13120	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13120	Lunch
Orange Juice	4.230	fluid ounce(s)	13122	Lunch
Orange Juice	4.230	fluid ounce(s)	13122	Lunch
Ravioli	0.500	cup(s)	13122	Lunch
Peaches	0.500	cup(s)	13122	Lunch
Wheat Crackers	4.000	item(s)	13122	Lunch
KASHI Bar	1.000	item(s)	13122	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	13122	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13122	Lunch
Orange Juice	8.500	fluid ounce(s)	13134	Lunch
Sun Meadow Chicken and Pasta in Sauce	7.500	ounce(s)	13134	Lunch
Whole Wheat Crackers	8.000	item(s)	13134	Lunch
Peanut Butter	1.000	ounce(s)	13134	Lunch
Raisins	2.000	ounce(s)	13134	Lunch
NUTRI-GRAIN Bar	1.000	item(s)	13134	Lunch
Hot chocolate, powder	15.000	milliliter(s)	13134	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13134	Lunch
Orange Juice	4.230	fluid ounce(s)	13140	Lunch
Sun Meadow Pasta Twirls & Beef	7.500	ounce(s)	13140	Lunch
Wheat Crackers	4.000	item(s)	13140	Lunch
Raisins	1.100	ounce(s)	13140	Lunch
DEL MONTE Sweet Peas, No Salt Added	0.500	cup(s)	13140	Lunch
Sunflower Seeds	1.000	ounce(s)	13140	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13140	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



Client Diet Record Nutrient Analysis

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Total Days: 5
Total Foods: 40
Avg. Daily Kcals: 852.176

Diet Name: SS51315

Nutrient	Value	Unit	Goal	%
Weight	612.757	g		
Kilocalories	852.176	kcal	2055.000	41 %
Protein	32.153	g	56.000	57 %
Carbohydrate	128.302	g	130.000	99 %
Fat, Total	26.932	g		
Alcohol	0.000	g		
Cholesterol	31.397	mg		
Saturated Fat	5.602	g		
Monounsaturated Fat	8.197	g		
Polyunsaturated Fat	6.925	g		
MFA 18:1, Oleic	6.982	g		
PFA 18:2, Linoleic	6.535	g		
PFA 18:3, Linolenic	0.239	g		
PFA 20:5, EPA	0.002	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.003	g		
Sodium	859.953	mg	1200.000	72 %
Potassium	1508.494	mg	4700.000	32 %
Vitamin A (RE)	398.214	RE		
Vitamin A (IU)	2437.811	IU		
Vitamin A (RAE)	236.253	µg	900.000	26 %
Beta-Carotene	160.115	µg		
Alpha-Carotene	11.269	µg		
Lutein (+ Zeaxanthin)	297.956	µg		
Beta-Cryptoxanthin	346.252	µg		
Lycopene	0.000	µg		
Vitamin C	105.888	mg	90.000	118 %
Calcium	662.692	mg	1200.000	55 %
Iron	7.361	mg	8.000	92 %
Vitamin D (ug)	6.009	µg	10.000	60 %
Vitamin D (IU)	240.368	IU		
Vitamin E (mg)	0.372	mg		
Vitamin E (IU)	0.305	IU		
Alpha-Tocopherol	5.495	mg	15.000	37 %
Thiamin	0.841	mg	1.200	70 %
Riboflavin	1.601	mg	1.300	123 %
Niacin	8.181	mg		
Pyridoxine (Vitamin B6)	0.865	mg	1.700	51 %
Folate (Total)	163.171	µg		
Folate (DFE)	125.660	µg	400.000	31 %
Cobalamin (Vitamin B12)	2.234	µg	2.400	93 %
Biotin	6.135	µg		
Pantothenic Acid	0.894	mg		
Vitamin K	5.742	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	312.852	mg	700.000	45 %
Iodine	28.668	µg		
Magnesium	159.997	mg	420.000	38 %
Zinc	5.821	mg	11.000	53 %
Copper	0.693	mg		
Manganese	1.049	mg		
Selenium	12.154	µg		
Fluoride	162.655	µg		
Chromium	0.018	mg		
Molybdenum	13.560	µg		
Dietary Fiber, Total	10.436	g	30.000	35 %
Soluble Fiber	0.211	g		
Insoluble Fiber	0.974	g		
Crude Fiber	12.163	g		
Sugar, Total	59.372	g		
Glucose	15.502	g		
Galactose	0.000	g		
Fructose	16.659	g		
Sucrose	9.433	g		
Lactose	0.000	g		
Maltose	0.485	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	5.200	g		
Tryptophan	115.789	mg		
Threonine	284.754	mg		
Isoleucine	341.058	mg		
Leucine	593.978	mg		
Lysine	317.806	mg		
Methionine	139.747	mg		
Cystine	151.151	mg		
Phenylalanine	442.983	mg		
Tyrosine	262.899	mg		
Valine	418.175	mg		
Arginine	903.561	mg		
Histidine	218.179	mg		
Alanine	391.948	mg		
Aspartic Acid	977.443	mg		
Glutamic Acid	2021.368	mg		
Glycine	470.779	mg		
Proline	646.972	mg		
Serine	437.389	mg		
Moisture	276.530	g		
Ash	3.731	g		
Caffeine	1.043	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: SS51315

Percentage of Kcals

Protein	14.5%
Carbohydrate	58.0%
Fat, total	27.4%
Alcohol	0.0%

Exchanges

Bread/Starch	1.50
Fat	1.50
Fruit	3.00
Meat-High Fat	0.50
Meat-Medium Fat	0.00
Milk-Skim	1.00
Other Carbohydrate	1.00



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 Avg. Daily Kcals: 852.176

Diet Name: SS51315

Nutrient	Value	Unit	Goal	%
Weight	723.540	g		
Kilocalories	862.689	kcal	2055.000	42 %
Protein	33.007	g	56.000	59 %
Carbohydrate	131.910	g	130.000	101 %
Fat, Total	24.865	g		
Alcohol	0.000	g		
Cholesterol	31.870	mg		
Saturated Fat	7.616	g		
Monounsaturated Fat	9.451	g		
Polyunsaturated Fat	7.211	g		
MFA 18:1, Oleic	9.222	g		
PFA 18:2, Linoleic	7.027	g		
PFA 18:3, Linolenic	0.145	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	938.541	mg	1200.000	78 %
Potassium	1635.526	mg	4700.000	35 %
Vitamin A (RE)	480.762	RE		
Vitamin A (IU)	3832.859	IU		
Vitamin A (RAE)	321.591	µg	900.000	36 %
Beta-Carotene	102.886	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	364.029	µg		
Beta-Cryptoxanthin	454.199	µg		
Lycopene	0.000	µg		
Vitamin C	138.760	mg	90.000	154 %
Calcium	514.813	mg	1200.000	43 %
Iron	7.233	mg	8.000	90 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.368	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	3.004	mg	15.000	20 %
Thiamin	0.802	mg	1.200	67 %
Riboflavin	1.023	mg	1.300	79 %
Niacin	10.824	mg		
Pyridoxine (Vitamin B6)	1.008	mg	1.700	59 %
Folate (Total)	232.627	µg		
Folate (DFE)	229.171	µg	400.000	57 %
Cobalamin (Vitamin B12)	3.081	µg	2.400	128 %
Biotin	10.796	µg		
Pantothenic Acid	1.163	mg		
Vitamin K	7.988	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	360.955	mg	700.000	52 %
Iodine	23.890	µg		
Magnesium	183.990	mg	420.000	44 %
Zinc	6.731	mg	11.000	61 %
Copper	0.743	mg		
Manganese	0.957	mg		
Selenium	10.625	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.029	g	30.000	33 %
Soluble Fiber	0.057	g		
Insoluble Fiber	1.870	g		
Crude Fiber	2.864	g		
Sugar, Total	68.838	g		
Glucose	7.362	g		
Galactose	0.000	g		
Fructose	7.891	g		
Sucrose	11.929	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	103.075	mg		
Threonine	273.903	mg		
Isoleucine	387.145	mg		
Leucine	702.783	mg		
Lysine	386.054	mg		
Methionine	124.227	mg		
Cystine	165.738	mg		
Phenylalanine	526.770	mg		
Tyrosine	362.349	mg		
Valine	462.634	mg		
Arginine	1139.157	mg		
Histidine	239.643	mg		
Alanine	433.203	mg		
Aspartic Acid	1291.511	mg		
Glutamic Acid	2179.847	mg		
Glycine	565.026	mg		
Proline	633.272	mg		
Serine	503.531	mg		
Moisture	343.912	g		
Ash	3.688	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13120

Percentage of Kcals
 Protein 14.9%
 Carbohydrate 59.7%
 Fat, total 25.3%
 Alcohol 0.0%

Exchanges
 Bread/Starch 1.00
 Fat 0.00
 Fruit 2.50
 Meat-Medium Fat 1.00
 Milk-Skim 1.00
 Other Carbohydrate 2.50



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Weight:

Total Days: 5
 Total Foods: 40
 Avg. Daily Kcals: 852.176

Diet Name: SS51315

Nutrient	Value	Unit	Goal	%
Weight	612.050	g		
Kilocalories	754.807	kcal	2055.000	37 %
Protein	28.428	g	56.000	51 %
Carbohydrate	108.512	g	130.000	83 %
Fat, Total	27.704	g		
Alcohol	0.000	g		
Cholesterol	13.500	mg		
Saturated Fat	4.105	g		
Monounsaturated Fat	8.038	g		
Polyunsaturated Fat	8.004	g		
MFA 18:1, Oleic	6.483	g		
PFA 18:2, Linoleic	7.875	g		
PFA 18:3, Linolenic	0.422	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	854.534	mg	1200.000	71 %
Potassium	1563.674	mg	4700.000	33 %
Vitamin A (RE)	301.264	RE		
Vitamin A (IU)	1745.635	IU		
Vitamin A (RAE)	196.186	µg	900.000	22 %
Beta-Carotene	329.411	µg		
Alpha-Carotene	16.976	µg		
Lutein (+ Zeaxanthin)	413.039	µg		
Beta-Cryptoxanthin	539.939	µg		
Lycopene	0.000	µg		
Vitamin C	137.129	mg	90.000	152 %
Calcium	478.401	mg	1200.000	40 %
Iron	6.529	mg	8.000	82 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.882	mg		
Vitamin E (IU)	1.173	IU		
Alpha-Tocopherol	10.305	mg	15.000	69 %
Thiamin	0.816	mg	1.200	68 %
Riboflavin	0.666	mg	1.300	51 %
Niacin	5.268	mg		
Pyridoxine (Vitamin B6)	0.616	mg	1.700	36 %
Folate (Total)	164.601	µg		
Folate (DFE)	153.165	µg	400.000	38 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	0.846	µg		
Pantothenic Acid	0.881	mg		
Vitamin K	4.030	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	311.771	mg	700.000	45 %
Iodine	23.890	µg		
Magnesium	171.515	mg	420.000	41 %
Zinc	4.198	mg	11.000	38 %
Copper	0.810	mg		
Manganese	0.650	mg		
Selenium	18.600	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	12.175	g	30.000	41 %
Soluble Fiber	1.000	g		
Insoluble Fiber	3.000	g		
Crude Fiber	27.744	g		
Sugar, Total	43.581	g		
Glucose	13.961	g		
Galactose	0.000	g		
Fructose	13.873	g		
Sucrose	14.546	g		
Lactose	0.000	g		
Maltose	1.274	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	106.382	mg		
Threonine	315.064	mg		
Isoleucine	366.202	mg		
Leucine	549.052	mg		
Lysine	314.038	mg		
Methionine	166.514	mg		
Cystine	147.169	mg		
Phenylalanine	379.809	mg		
Tyrosine	219.138	mg		
Valine	443.805	mg		
Arginine	824.341	mg		
Histidine	201.917	mg		
Alanine	403.123	mg		
Aspartic Acid	1020.324	mg		
Glutamic Acid	1787.205	mg		
Glycine	465.070	mg		
Proline	483.966	mg		
Serine	374.811	mg		
Moisture	436.056	g		
Ash	5.342	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13122

Percentage of Kcals
 Protein 14.3%
 Carbohydrate 54.5%
 Fat, total 31.3%
 Alcohol 0.0%

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



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Total Days: 5
Total Foods: 40
Avg. Daily Kcals: 852.176

Diet Name: SS51315

Nutrient	Value	Unit	Goal	%
Weight	665.100	g		
Kilocalories	987.618	kcal	2055.000	48 %
Protein	34.531	g	56.000	62 %
Carbohydrate	163.043	g	130.000	125 %
Fat, Total	26.857	g		
Alcohol	0.000	g		
Cholesterol	36.870	mg		
Saturated Fat	6.106	g		
Monounsaturated Fat	11.061	g		
Polyunsaturated Fat	6.768	g		
MFA 18:1, Oleic	8.860	g		
PFA 18:2, Linoleic	6.091	g		
PFA 18:3, Linolenic	0.176	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	992.905	mg	1200.000	83 %
Potassium	1728.874	mg	4700.000	37 %
Vitamin A (RE)	427.873	RE		
Vitamin A (IU)	3011.500	IU		
Vitamin A (RAE)	171.995	µg	900.000	19 %
Beta-Carotene	86.955	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	360.305	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	134.454	mg	90.000	149 %
Calcium	745.956	mg	1200.000	62 %
Iron	7.386	mg	8.000	92 %
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	3.074	mg	15.000	20 %
Thiamin	0.880	mg	1.200	73 %
Riboflavin	1.164	mg	1.300	90 %
Niacin	12.049	mg		
Pyridoxine (Vitamin B6)	1.003	mg	1.700	59 %
Folate (Total)	164.074	µg		
Folate (DFE)	112.638	µg	400.000	28 %
Cobalamin (Vitamin B12)	1.491	µg	2.400	62 %
Biotin	14.938	µg		
Pantothenic Acid	1.244	mg		
Vitamin K	5.190	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	383.595	mg	700.000	55 %
Iodine	23.890	µg		
Magnesium	164.543	mg	420.000	39 %
Zinc	5.564	mg	11.000	51 %
Copper	0.647	mg		
Manganese	1.379	mg		
Selenium	7.621	µg		
Fluoride	206.998	µg		
Chromium	0.073	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.192	g	30.000	34 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	1.722	g		
Sugar, Total	82.902	g		
Glucose	23.260	g		
Galactose	0.000	g		
Fructose	24.733	g		
Sucrose	13.554	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	13.000	g		
Tryptophan	153.115	mg		
Threonine	329.029	mg		
Isoleucine	364.680	mg		
Leucine	766.528	mg		
Lysine	386.348	mg		
Methionine	148.367	mg		
Cystine	168.578	mg		
Phenylalanine	602.417	mg		
Tyrosine	356.491	mg		
Valine	464.979	mg		
Arginine	1294.991	mg		
Histidine	283.196	mg		
Alanine	488.339	mg		
Aspartic Acid	1328.275	mg		
Glutamic Acid	2615.681	mg		
Glycine	609.003	mg		
Proline	986.337	mg		
Serine	654.416	mg		
Moisture	243.013	g		
Ash	4.455	g		
Caffeine	2.608	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 13134

Percentage of Kcals

Protein	13.4%
Carbohydrate	63.2%
Fat, total	23.4%
Alcohol	0.0%

Exchanges

Bread/Starch	2.00
Fat	0.50
Fruit	4.50
Meat-High Fat	1.50
Milk-Skim	1.00
Other Carbohydrate	1.50



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Diet Name: SS51315

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: 13140

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



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	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