



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: 833.421 **Diet Name:** SS51320

Percentage of Kcals
 Protein 16.0%
 Carbohydrate 57.3%
 Fat, total 26.6%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	13116	Lunch
Sun Meadow Franks and Beans	7.500	ounce(s)	13116	Lunch
Wheat Crackers	4.000	item(s)	13116	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	13116	Lunch
Fiber Plus Bar	1.000	item(s)	13116	Lunch
Hot chocolate, powder	15.000	milliliter(s)	13116	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13116	Lunch
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
Orange Juice	8.500	fluid ounce(s)	13124	Lunch
Spaghetti and Meatballs	0.500	cup(s)	13124	Lunch
Raisins	1.100	ounce(s)	13124	Lunch
Animal Crackers	1.000	ounce(s)	13124	Lunch
Peanut Butter	1.000	ounce(s)	13124	Lunch
Shredded Wheat Cereal	1.000	cup(s)	13124	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13124	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
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



Client Diet Record Nutrient Analysis

First:
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Total Days: 5
 Total Foods: 34
 Avg. Daily Kcals: 833.421

Diet Name: SS51320

Nutrient	Value	Unit	Goal	%
Weight	535.579	g		
Kilocalories	833.421	kcal	2055.000	41 %
Protein	34.998	g	56.000	62 %
Carbohydrate	125.049	g	130.000	96 %
Fat, Total	25.828	g		
Alcohol	0.000	g		
Cholesterol	33.060	mg		
Saturated Fat	5.341	g		
Monounsaturated Fat	7.591	g		
Polyunsaturated Fat	7.586	g		
MFA 18:1, Oleic	6.974	g		
PFA 18:2, Linoleic	7.423	g		
PFA 18:3, Linolenic	0.103	g		
PFA 20:5, EPA	0.002	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.009	g		
Sodium	873.680	mg	1200.000	73 %
Potassium	1231.330	mg	4700.000	26 %
Vitamin A (RE)	260.320	RE		
Vitamin A (IU)	1361.983	IU		
Vitamin A (RAE)	230.976	µg	900.000	26 %
Beta-Carotene	54.806	µg		
Alpha-Carotene	9.214	µg		
Lutein (+ Zeaxanthin)	205.669	µg		
Beta-Cryptoxanthin	261.419	µg		
Lycopene	0.000	µg		
Vitamin C	103.724	mg	90.000	115 %
Calcium	704.271	mg	1200.000	59 %
Iron	10.143	mg	8.000	127 %
Vitamin D (ug)	7.000	µg	10.000	70 %
Vitamin D (IU)	280.000	IU		
Vitamin E (mg)	0.951	mg		
Vitamin E (IU)	0.007	IU		
Alpha-Tocopherol	7.040	mg	15.000	47 %
Thiamin	0.778	mg	1.200	65 %
Riboflavin	1.563	mg	1.300	120 %
Niacin	6.314	mg		
Pyridoxine (Vitamin B6)	0.726	mg	1.700	43 %
Folate (Total)	166.746	µg		
Folate (DFE)	191.225	µg	400.000	48 %
Cobalamin (Vitamin B12)	2.461	µg	2.400	103 %
Biotin	5.637	µg		
Pantothenic Acid	1.108	mg		
Vitamin K	2.928	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	326.203	mg	700.000	47 %
Iodine	33.446	µg		
Magnesium	176.540	mg	420.000	42 %
Zinc	6.479	mg	11.000	59 %
Copper	0.691	mg		
Manganese	1.244	mg		
Selenium	14.665	µg		
Fluoride	155.082	µg		
Chromium	0.018	mg		
Molybdenum	15.820	µg		
Dietary Fiber, Total	12.834	g	30.000	43 %
Soluble Fiber	0.011	g		
Insoluble Fiber	0.374	g		
Crude Fiber	11.418	g		
Sugar, Total	43.234	g		
Glucose	10.795	g		
Galactose	0.000	g		
Fructose	11.137	g		
Sucrose	7.937	g		
Lactose	0.000	g		
Maltose	0.018	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	122.273	mg		
Threonine	296.532	mg		
Isoleucine	367.024	mg		
Leucine	621.026	mg		
Lysine	332.171	mg		
Methionine	149.146	mg		
Cystine	159.334	mg		
Phenylalanine	463.119	mg		
Tyrosine	273.375	mg		
Valine	437.930	mg		
Arginine	959.864	mg		
Histidine	229.228	mg		
Alanine	400.844	mg		
Aspartic Acid	985.146	mg		
Glutamic Acid	2137.919	mg		
Glycine	507.703	mg		
Proline	637.136	mg		
Serine	451.652	mg		
Moisture	187.725	g		
Ash	3.037	g		
Caffeine	0.522	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: SS51320

Percentage of Kcals
 Protein 16.0%
 Carbohydrate 57.3%
 Fat, total 26.6%
 Alcohol 0.0%

Exchanges
 Bread/Starch 2.00
 Fat 1.00
 Fruit 2.00
 Meat-High Fat 1.00
 Meat-Medium Fat 0.00
 Milk-Skim 1.00
 Other Carbohydrate 0.50



Client Diet Record Nutrient Analysis

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Total Days: 5
 Total Foods: 34
 Avg. Daily Kcals: 833.421

Diet Name: SS51320

Nutrient	Value	Unit	Goal	%
Weight	475.471	g		
Kilocalories	845.258	kcal	2055.000	41 %
Protein	37.992	g	56.000	68 %
Carbohydrate	117.142	g	130.000	90 %
Fat, Total	31.698	g		
Alcohol	0.000	g		
Cholesterol	52.798	mg		
Saturated Fat	7.450	g		
Monounsaturated Fat	6.865	g		
Polyunsaturated Fat	6.964	g		
MFA 18:1, Oleic	6.816	g		
PFA 18:2, Linoleic	6.908	g		
PFA 18:3, Linolenic	0.049	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	867.292	mg	1200.000	72 %
Potassium	1210.243	mg	4700.000	26 %
Vitamin A (RE)	327.944	RE		
Vitamin A (IU)	1445.079	IU		
Vitamin A (RAE)	305.158	µg	900.000	34 %
Beta-Carotene	51.778	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	160.520	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	74.488	mg	90.000	83 %
Calcium	1022.741	mg	1200.000	85 %
Iron	8.316	mg	8.000	104 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	4.196	mg		
Vitamin E (IU)	0.010	IU		
Alpha-Tocopherol	9.610	mg	15.000	64 %
Thiamin	0.832	mg	1.200	69 %
Riboflavin	1.153	mg	1.300	89 %
Niacin	4.028	mg		
Pyridoxine (Vitamin B6)	0.606	mg	1.700	36 %
Folate (Total)	142.232	µg		
Folate (DFE)	127.640	µg	400.000	32 %
Cobalamin (Vitamin B12)	2.790	µg	2.400	116 %
Biotin	0.423	µg		
Pantothenic Acid	0.762	mg		
Vitamin K	1.399	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	281.442	mg	700.000	40 %
Iodine	47.780	µg		
Magnesium	221.797	mg	420.000	53 %
Zinc	10.113	mg	11.000	92 %
Copper	0.715	mg		
Manganese	0.824	mg		
Selenium	16.637	µg		
Fluoride	147.000	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	20.417	g	30.000	68 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.302	g		
Sugar, Total	23.799	g		
Glucose	3.670	g		
Galactose		g		
Fructose	3.934	g		
Sucrose	6.102	g		
Lactose		g		
Maltose		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	127.461	mg		
Threonine	338.984	mg		
Isoleucine	405.557	mg		
Leucine	612.702	mg		
Lysine	352.704	mg		
Methionine	171.263	mg		
Cystine	172.497	mg		
Phenylalanine	423.366	mg		
Tyrosine	249.555	mg		
Valine	475.111	mg		
Arginine	820.907	mg		
Histidine	219.738	mg		
Alanine	404.630	mg		
Aspartic Acid	912.656	mg		
Glutamic Acid	2077.393	mg		
Glycine	490.705	mg		
Proline	543.056	mg		
Serine	405.871	mg		
Moisture	117.718	g		
Ash	2.311	g		
Caffeine	2.608	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13116

Percentage of Kcals
 Protein 16.8%
 Carbohydrate 51.7%
 Fat, total 31.5%
 Alcohol 0.0%

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



Client Diet Record Nutrient Analysis

First:
 Middle:
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 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



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Weight:

Total Days: 5
 Total Foods: 34
 Avg. Daily Kcals: 833.421

Diet Name: SS51320

Nutrient	Value	Unit	Goal	%
Weight	555.323	g		
Kilocalories	895.780	kcal	2055.000	44 %
Protein	29.130	g	56.000	52 %
Carbohydrate	153.191	g	130.000	118 %
Fat, Total	23.036	g		
Alcohol	0.000	g		
Cholesterol	18.500	mg		
Saturated Fat	5.854	g		
Monounsaturated Fat	11.781	g		
Polyunsaturated Fat	5.462	g		
MFA 18:1, Oleic	9.086	g		
PFA 18:2, Linoleic	5.103	g		
PFA 18:3, Linolenic	0.108	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	845.589	mg	1200.000	70 %
Potassium	1482.660	mg	4700.000	32 %
Vitamin A (RE)	252.850	RE		
Vitamin A (IU)	1261.500	IU		
Vitamin A (RAE)	188.325	µg	900.000	21 %
Beta-Carotene	86.955	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	303.592	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	133.606	mg	90.000	148 %
Calcium	496.558	mg	1200.000	41 %
Iron	19.948	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	2.725	mg	15.000	18 %
Thiamin	0.906	mg	1.200	76 %
Riboflavin	1.142	mg	1.300	88 %
Niacin	11.697	mg		
Pyridoxine (Vitamin B6)	0.929	mg	1.700	55 %
Folate (Total)	250.838	µg		
Folate (DFE)	325.179	µg	400.000	81 %
Cobalamin (Vitamin B12)	2.930	µg	2.400	122 %
Biotin	13.662	µg		
Pantothenic Acid	0.937	mg		
Vitamin K	4.023	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	371.801	mg	700.000	53 %
Iodine	23.890	µg		
Magnesium	174.675	mg	420.000	42 %
Zinc	5.050	mg	11.000	46 %
Copper	0.603	mg		
Manganese	2.199	mg		
Selenium	6.278	µg		
Fluoride	147.320	µg		
Chromium	0.073	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.193	g	30.000	34 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	1.344	g		
Sugar, Total	62.209	g		
Glucose	18.413	g		
Galactose	0.000	g		
Fructose	19.230	g		
Sucrose	19.021	g		
Lactose	0.000	g		
Maltose	0.091	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	113.282	mg		
Threonine	245.807	mg		
Isoleucine	284.929	mg		
Leucine	627.780	mg		
Lysine	308.174	mg		
Methionine	121.332	mg		
Cystine	125.127	mg		
Phenylalanine	493.750	mg		
Tyrosine	300.612	mg		
Valine	358.491	mg		
Arginine	1098.018	mg		
Histidine	225.119	mg		
Alanine	386.382	mg		
Aspartic Acid	1164.910	mg		
Glutamic Acid	2197.122	mg		
Glycine	514.161	mg		
Proline	803.529	mg		
Serine	571.195	mg		
Moisture	341.461	g		
Ash	5.330	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13124

Percentage of Kcals
 Protein 12.4%
 Carbohydrate 65.4%
 Fat, total 22.1%
 Alcohol 0.0%

Exchanges
 Bread/Starch 5.00
 Fat 0.50
 Fruit 3.00
 Meat-High Fat 2.00
 Milk-Skim 1.00



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 Avg. Daily Kcals: 833.421

Diet Name: SS51320

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



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: 40
 Avg. Daily Kcals: 852.176

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