



Client Diet Record Intake

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

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



Client Diet Record Intake

Total Days: 7
Avg. Daily Kcals: 866.509

Total Foods: 53
Diet Name: SS71305

Percentage of Kcals

| | |
|--------------|-------|
| Protein | 14.6% |
| Carbohydrate | 58.7% |
| Fat, total | 26.7% |
| 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) | 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) | 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 | 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 |
| 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 |



Client Diet Record Intake

| Food Item | Amount | Unit | Day | Meal |
|-----------------------------|--------|------------|-------|-------|
| Raisins | 1.100 | ounce(s) | 13144 | Lunch |
| Sun Meadow Non Fat Dry Milk | 2.000 | serving(s) | 13144 | Lunch |



Client Diet Record Nutrient Analysis

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

Identification Number:
 Date of Birth:
 Height: Weight:

Total Days: 7
 Total Foods: 53
 Avg. Daily Kcals: 866.509

Diet Name: SS71305

| Nutrient | Value | Unit | Goal | % |
|-------------------------|----------|------|----------|-------|
| Weight | 588.011 | g | | |
| Kilocalories | 866.509 | kcal | 2055.000 | 42 % |
| Protein | 32.776 | g | 56.000 | 59 % |
| Carbohydrate | 132.316 | g | 130.000 | 102 % |
| Fat, Total | 26.724 | g | | |
| Alcohol | 0.000 | g | | |
| Cholesterol | 32.498 | mg | | |
| Saturated Fat | 5.643 | g | | |
| Monounsaturated Fat | 8.283 | g | | |
| Polyunsaturated Fat | 7.584 | g | | |
| MFA 18:1, Oleic | 7.021 | g | | |
| PFA 18:2, Linoleic | 7.220 | g | | |
| PFA 18:3, Linolenic | 0.220 | g | | |
| PFA 20:5, EPA | 0.001 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | 0.008 | g | | |
| Sodium | 884.853 | mg | 1200.000 | 74 % |
| Potassium | 1529.313 | mg | 4700.000 | 33 % |
| Vitamin A (RE) | 371.025 | RE | | |
| Vitamin A (IU) | 2173.781 | IU | | |
| Vitamin A (RAE) | 240.991 | µg | 900.000 | 27 % |
| Beta-Carotene | 139.415 | µg | | |
| Alpha-Carotene | 12.566 | µg | | |
| Lutein (+ Zeaxanthin) | 311.760 | µg | | |
| Beta-Cryptoxanthin | 374.556 | µg | | |
| Lycopene | 0.000 | µg | | |
| Vitamin C | 115.056 | mg | 90.000 | 128 % |
| Calcium | 676.397 | mg | 1200.000 | 56 % |
| Iron | 9.272 | mg | 8.000 | 116 % |
| Vitamin D (ug) | 6.435 | µg | 10.000 | 64 % |
| Vitamin D (IU) | 257.406 | IU | | |
| Vitamin E (mg) | 0.308 | mg | | |
| Vitamin E (IU) | 0.220 | IU | | |
| Alpha-Tocopherol | 5.865 | mg | 15.000 | 39 % |
| Thiamin | 0.827 | mg | 1.200 | 69 % |
| Riboflavin | 1.469 | mg | 1.300 | 113 % |
| Niacin | 8.242 | mg | | |
| Pyridoxine (Vitamin B6) | 0.838 | mg | 1.700 | 49 % |
| Folate (Total) | 178.797 | µg | | |
| Folate (DFE) | 159.356 | µg | 400.000 | 40 % |
| Cobalamin (Vitamin B12) | 2.386 | µg | 2.400 | 99 % |
| Biotin | 6.678 | µg | | |
| Pantothenic Acid | 1.185 | mg | | |
| Vitamin K | 5.564 | µg | | |

| Nutrient | Value | Unit | Goal | % |
|----------------------|----------|------|---------|------|
| Phosphorus | 353.836 | mg | 700.000 | 51 % |
| Iodine | 30.716 | µg | | |
| Magnesium | 163.035 | mg | 420.000 | 39 % |
| Zinc | 5.861 | mg | 11.000 | 53 % |
| Copper | 0.725 | mg | | |
| Manganese | 1.320 | mg | | |
| Selenium | 13.818 | µg | | |
| Fluoride | 168.648 | µg | | |
| Chromium | 0.023 | mg | | |
| Molybdenum | 14.529 | µg | | |
| Dietary Fiber, Total | 10.371 | g | 30.000 | 35 % |
| Soluble Fiber | 0.151 | g | | |
| Insoluble Fiber | 0.696 | g | | |
| Crude Fiber | 8.986 | g | | |
| Sugar, Total | 57.246 | g | | |
| Glucose | 16.023 | g | | |
| Galactose | 0.000 | g | | |
| Fructose | 17.098 | g | | |
| Sucrose | 11.119 | g | | |
| Lactose | 0.000 | g | | |
| Maltose | 0.360 | g | | |
| Sugar Alcohol | 0.000 | g | | |
| Other Carbohydrate | 3.714 | g | | |
| Tryptophan | 123.657 | mg | | |
| Threonine | 295.595 | mg | | |
| Isoleucine | 353.048 | mg | | |
| Leucine | 623.435 | mg | | |
| Lysine | 328.371 | mg | | |
| Methionine | 146.229 | mg | | |
| Cystine | 158.773 | mg | | |
| Phenylalanine | 466.982 | mg | | |
| Tyrosine | 274.303 | mg | | |
| Valine | 432.143 | mg | | |
| Arginine | 952.574 | mg | | |
| Histidine | 228.982 | mg | | |
| Alanine | 406.935 | mg | | |
| Aspartic Acid | 1016.185 | mg | | |
| Glutamic Acid | 2168.644 | mg | | |
| Glycine | 493.305 | mg | | |
| Proline | 710.133 | mg | | |
| Serine | 469.116 | mg | | |
| Moisture | 280.475 | g | | |
| Ash | 4.015 | g | | |
| Caffeine | 0.745 | mg | | |

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: SS71305

Percentage of Kcals
 Protein 14.6%
 Carbohydrate 58.7%
 Fat, total 26.7%
 Alcohol 0.0%

Exchanges
 Bread/Starch 2.00
 Fat 1.00
 Fruit 3.00
 Meat-High Fat 1.00
 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: 40
 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



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 | 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



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: 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



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 | 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 |



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: 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 |



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