



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: 833.322

Total Foods: 47
Diet Name: SS71310

Percentage of Kcals

Protein	15.9%
Carbohydrate	61.5%
Fat, total	22.6%
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)	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	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
Orange Juice	4.230	fluid ounce(s)	13130	Lunch
Orange Juice	4.230	fluid ounce(s)	13130	Lunch
Sun Meadow Homestyle Gravy & Dumplings	7.500	ounce(s)	13130	Lunch
Granola Bar	1.000	item(s)	13130	Lunch
Instant Oatmeal	2.000	item(s)	13130	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13130	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



Client Diet Record Nutrient Analysis

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Total Days: 7
Total Foods: 47
Avg. Daily Kcals: 833.322

Diet Name: SS71310

Nutrient	Value	Unit	Goal	%
Weight	575.937	g		
Kilocalories	833.322	kcal	2055.000	41 %
Protein	34.471	g	56.000	62 %
Carbohydrate	133.331	g	130.000	103 %
Fat, Total	21.776	g		
Alcohol	0.000	g		
Cholesterol	36.043	mg		
Saturated Fat	5.745	g		
Monounsaturated Fat	6.563	g		
Polyunsaturated Fat	5.131	g		
MFA 18:1, Oleic	5.468	g		
PFA 18:2, Linoleic	4.895	g		
PFA 18:3, Linolenic	0.126	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.008	g		
Sodium	922.715	mg	1200.000	77 %
Potassium	1359.473	mg	4700.000	29 %
Vitamin A (RE)	544.283	RE		
Vitamin A (IU)	2079.950	IU		
Vitamin A (RAE)	400.167	µg	900.000	44 %
Beta-Carotene	55.473	µg		
Alpha-Carotene	8.635	µg		
Lutein (+ Zeaxanthin)	197.510	µg		
Beta-Cryptoxanthin	245.923	µg		
Lycopene	0.000	µg		
Vitamin C	97.703	mg	90.000	109 %
Calcium	809.281	mg	1200.000	67 %
Iron	13.171	mg	8.000	165 %
Vitamin D (ug)	7.143	µg	10.000	71 %
Vitamin D (IU)	285.714	IU		
Vitamin E (mg)	0.803	mg		
Vitamin E (IU)	0.129	IU		
Alpha-Tocopherol	3.595	mg	15.000	24 %
Thiamin	0.964	mg	1.200	80 %
Riboflavin	1.188	mg	1.300	91 %
Niacin	8.184	mg		
Pyridoxine (Vitamin B6)	0.898	mg	1.700	53 %
Folate (Total)	181.219	µg		
Folate (DFE)	221.917	µg	400.000	55 %
Cobalamin (Vitamin B12)	2.296	µg	2.400	96 %
Biotin	4.512	µg		
Pantothenic Acid	1.047	mg		
Vitamin K	3.550	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	344.498	mg	700.000	49 %
Iodine	34.129	µg		
Magnesium	167.986	mg	420.000	40 %
Zinc	6.543	mg	11.000	59 %
Copper	0.599	mg		
Manganese	1.304	mg		
Selenium	14.579	µg		
Fluoride	176.353	µg		
Chromium	0.019	mg		
Molybdenum	16.143	µg		
Dietary Fiber, Total	11.889	g	30.000	40 %
Soluble Fiber	0.236	g		
Insoluble Fiber	0.504	g		
Crude Fiber	4.464	g		
Sugar, Total	48.092	g		
Glucose	10.762	g		
Galactose	0.021	g		
Fructose	12.514	g		
Sucrose	6.801	g		
Lactose	0.000	g		
Maltose	0.018	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	3.216	g		
Tryptophan	98.825	mg		
Threonine	229.661	mg		
Isoleucine	286.317	mg		
Leucine	512.661	mg		
Lysine	305.291	mg		
Methionine	116.274	mg		
Cystine	158.705	mg		
Phenylalanine	378.067	mg		
Tyrosine	220.282	mg		
Valine	363.379	mg		
Arginine	736.191	mg		
Histidine	178.586	mg		
Alanine	327.530	mg		
Aspartic Acid	810.646	mg		
Glutamic Acid	1612.607	mg		
Glycine	395.845	mg		
Proline	446.899	mg		
Serine	367.030	mg		
Moisture	223.626	g		
Ash	3.250	g		
Caffeine	1.677	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: SS71310

Percentage of Kcals

Protein	15.9%
Carbohydrate	61.5%
Fat, total	22.6%
Alcohol	0.0%

Exchanges

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



Client Diet Record Nutrient Analysis

First:
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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

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 Date of Birth:
 Height:

Weight:

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

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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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Identification Number:
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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



Client Diet Record Nutrient Analysis

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

Identification Number:
 Date of Birth:
 Height:

Weight:

Total Days: 2
 Total Foods: 12
 Avg. Daily Kcals: 857.173

Diet Name: SS21310

Nutrient	Value	Unit	Goal	%
Weight	595.379	g		
Kilocalories	805.442	kcal	2055.000	39 %
Protein	32.051	g	56.000	57 %
Carbohydrate	126.266	g	130.000	97 %
Fat, Total	20.637	g		
Alcohol	0.000	g		
Cholesterol	41.000	mg		
Saturated Fat	8.959	g		
Monounsaturated Fat	2.087	g		
Polyunsaturated Fat	2.149	g		
MFA 18:1, Oleic	2.043	g		
PFA 18:2, Linoleic	2.062	g		
PFA 18:3, Linolenic	0.064	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	919.286	mg	1200.000	77 %
Potassium	1187.976	mg	4700.000	25 %
Vitamin A (RE)	1094.901	RE		
Vitamin A (IU)	3049.366	IU		
Vitamin A (RAE)	772.959	µg	900.000	86 %
Beta-Carotene	115.492	µg		
Alpha-Carotene	13.166	µg		
Lutein (+ Zeaxanthin)	348.825	µg		
Beta-Cryptoxanthin	389.710	µg		
Lycopene	0.000	µg		
Vitamin C	92.619	mg	90.000	103 %
Calcium	701.755	mg	1200.000	58 %
Iron	21.863	mg	8.000	273 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.399	mg		
Vitamin E (IU)	0.453	IU		
Alpha-Tocopherol	1.797	mg	15.000	12 %
Thiamin	1.546	mg	1.200	129 %
Riboflavin	1.269	mg	1.300	98 %
Niacin	11.117	mg		
Pyridoxine (Vitamin B6)	1.348	mg	1.700	79 %
Folate (Total)	254.817	µg		
Folate (DFE)	342.881	µg	400.000	86 %
Cobalamin (Vitamin B12)	1.299	µg	2.400	54 %
Biotin	0.846	µg		
Pantothenic Acid	1.010	mg		
Vitamin K	8.164	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	393.415	mg	700.000	56 %
Iodine	23.890	µg		
Magnesium	175.775	mg	420.000	42 %
Zinc	4.937	mg	11.000	45 %
Copper	0.549	mg		
Manganese	1.673	mg		
Selenium	22.151	µg		
Fluoride	155.918	µg		
Chromium	0.032	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.670	g	30.000	29 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.264	g		
Sugar, Total	38.798	g		
Glucose	13.959	g		
Galactose	0.072	g		
Fructose	12.161	g		
Sucrose	2.612	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	106.066	mg		
Threonine	223.392	mg		
Isoleucine	292.999	mg		
Leucine	566.565	mg		
Lysine	399.065	mg		
Methionine	128.300	mg		
Cystine	254.133	mg		
Phenylalanine	388.032	mg		
Tyrosine	220.700	mg		
Valine	418.499	mg		
Arginine	575.167	mg		
Histidine	167.500	mg		
Alanine	345.031	mg		
Aspartic Acid	818.850	mg		
Glutamic Acid	1602.529	mg		
Glycine	374.425	mg		
Proline	315.268	mg		
Serine	381.205	mg		
Moisture	241.950	g		
Ash	3.590	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13130

Percentage of Kcals
 Protein 15.7%
 Carbohydrate 61.7%
 Fat, total 22.7%
 Alcohol 0.0%

Exchanges
 Fat 1.00
 Fruit 1.50
 Milk-Skim 1.00
 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: 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