



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: SS71315

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

Diet Name: SS71315

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: SS71315

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

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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



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

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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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Weight:

Total Days: 5
Total Foods: 37
Avg. Daily Kcals: 838.323

Diet Name: SS51325

Nutrient	Value	Unit	Goal	%
Weight	480.592	g		
Kilocalories	874.825	kcal	2055.000	43 %
Protein	35.807	g	56.000	64 %
Carbohydrate	124.118	g	130.000	95 %
Fat, Total	32.223	g		
Alcohol	0.000	g		
Cholesterol	42.563	mg		
Saturated Fat	4.757	g		
Monounsaturated Fat	5.084	g		
Polyunsaturated Fat	12.036	g		
MFA 18:1, Oleic	5.036	g		
PFA 18:2, Linoleic	11.846	g		
PFA 18:3, Linolenic	0.180	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	830.117	mg	1200.000	69 %
Potassium	1599.387	mg	4700.000	34 %
Vitamin A (RE)	351.933	RE		
Vitamin A (IU)	1503.665	IU		
Vitamin A (RAE)	314.560	µg	900.000	35 %
Beta-Carotene	235.778	µg		
Alpha-Carotene	1.240	µg		
Lutein (+ Zeaxanthin)	168.221	µg		
Beta-Cryptoxanthin	96.720	µg		
Lycopene	0.000	µg		
Vitamin C	63.793	mg	90.000	71 %
Calcium	894.475	mg	1200.000	75 %
Iron	6.932	mg	8.000	87 %
Vitamin D (ug)	10.000	µg	10.000	100 %
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.414	mg		
Vitamin E (IU)	0.336	IU		
Alpha-Tocopherol	8.402	mg	15.000	56 %
Thiamin	0.401	mg	1.200	33 %
Riboflavin	1.085	mg	1.300	83 %
Niacin	5.355	mg		
Pyridoxine (Vitamin B6)	0.558	mg	1.700	33 %
Folate (Total)	108.168	µg		
Folate (DFE)	85.296	µg	400.000	21 %
Cobalamin (Vitamin B12)	2.598	µg	2.400	108 %
Biotin	1.560	µg		
Pantothenic Acid	2.496	mg		
Vitamin K	7.285	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	507.192	mg	700.000	72 %
Iodine	47.780	µg		
Magnesium	142.864	mg	420.000	34 %
Zinc	6.770	mg	11.000	62 %
Copper	0.954	mg		
Manganese	1.798	mg		
Selenium	29.052	µg		
Fluoride	271.213	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	10.509	g	30.000	35 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.772	g		
Sugar, Total	46.409	g		
Glucose	17.294	g		
Galactose	0.000	g		
Fructose	21.457	g		
Sucrose	6.100	g		
Lactose	0.000	g		
Maltose	1.152	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	156.503	mg		
Threonine	380.807	mg		
Isoleucine	445.835	mg		
Leucine	713.738	mg		
Lysine	374.373	mg		
Methionine	199.017	mg		
Cystine	203.104	mg		
Phenylalanine	517.285	mg		
Tyrosine	287.357	mg		
Valine	544.823	mg		
Arginine	893.078	mg		
Histidine	271.686	mg		
Alanine	474.617	mg		
Aspartic Acid	935.439	mg		
Glutamic Acid	2634.131	mg		
Glycine	546.961	mg		
Proline	765.834	mg		
Serine	483.937	mg		
Moisture	230.023	g		
Ash	3.868	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 13132

Percentage of Kcals

Protein	15.4%
Carbohydrate	53.4%
Fat, total	31.2%
Alcohol	0.0%

Exchanges

Bread/Starch	2.00
Fruit	3.50
Meat-High Fat	1.50
Milk-Skim	2.00



Client Diet Record Nutrient Analysis

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

Identification Number:
 Date of Birth:
 Height:

Weight:

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

Diet Name: SS51310

Nutrient	Value	Unit	Goal	%
Weight	560.541	g		
Kilocalories	695.593	kcal	2055.000	34 %
Protein	35.846	g	56.000	64 %
Carbohydrate	95.433	g	130.000	73 %
Fat, Total	19.759	g		
Alcohol	0.000	g		
Cholesterol	41.000	mg		
Saturated Fat	4.564	g		
Monounsaturated Fat	7.540	g		
Polyunsaturated Fat	4.859	g		
MFA 18:1, Oleic	7.352	g		
PFA 18:2, Linoleic	4.785	g		
PFA 18:3, Linolenic	0.073	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.002	g		
Sodium	788.575	mg	1200.000	66 %
Potassium	1224.638	mg	4700.000	26 %
Vitamin A (RE)	635.531	RE		
Vitamin A (IU)	5346.990	IU		
Vitamin A (RAE)	468.773	µg	900.000	52 %
Beta-Carotene	43.483	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	191.140	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	126.766	mg	90.000	141 %
Calcium	571.865	mg	1200.000	48 %
Iron	11.792	mg	8.000	147 %
Vitamin D (ug)	5.000	µg	10.000	50 %
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.895	mg	15.000	19 %
Thiamin	0.940	mg	1.200	78 %
Riboflavin	6.711	mg	1.300	516 %
Niacin	9.469	mg		
Pyridoxine (Vitamin B6)	0.883	mg	1.700	52 %
Folate (Total)	162.188	µg		
Folate (DFE)	213.942	µg	400.000	53 %
Cobalamin (Vitamin B12)	1.409	µg	2.400	59 %
Biotin	11.675	µg		
Pantothenic Acid	1.007	mg		
Vitamin K	2.054	µg		

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

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13138

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

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



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: 34
 Avg. Daily Kcals: 767.808

Diet Name: SS51305

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: 13142

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