



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: 794.582

Total Foods: 51
Diet Name: SS71320

Percentage of Kcals

Protein	15.7%
Carbohydrate	59.9%
Fat, total	24.4%
Alcohol	0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	13120	Lunch
Orange Juice	4.230	fluid ounce(s)	13120	Lunch
Sun Meadow Beef Stew	7.513	ounce(s)	13120	Lunch
Applesauce	0.500	cup(s)	13120	Lunch
Wheat Crackers	5.000	item(s)	13120	Lunch
Peanuts	1.000	ounce(s)	13120	Lunch
Granola Bar	2.000	item(s)	13120	Lunch
Hot chocolate, powder	15.000	milliliter(s)	13120	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13120	Lunch
Orange Juice	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	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
Sun Meadow Chicken Stew	7.500	ounce(s)	13138	Lunch
Peanut Butter	1.000	ounce(s)	13138	Lunch
Jelly	1.000	teaspoon(s)	13138	Lunch
Mixed Fruit	4.000	ounce(s)	13138	Lunch
Rye Crispbread Crackers	4.000	item(s)	13138	Lunch
Instant Oatmeal	1.000	item(s)	13138	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13138	Lunch
Orange Juice	4.230	fluid ounce(s)	13138	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
Cranberry Juice Drink	4.230	fluid ounce(s)	13142	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	13142	Lunch
Mixed Fruit	4.000	ounce(s)	13142	Lunch
Sunflower Seeds	1.000	ounce(s)	13142	Lunch
Rye Crispbread Crackers	4.000	item(s)	13142	Lunch
Animal Crackers	1.000	ounce(s)	13142	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	13142	Lunch



Client Diet Record Nutrient Analysis

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Total Days: 7
 Total Foods: 51
 Avg. Daily Kcals: 794.582

Diet Name: SS71320

Nutrient	Value	Unit	Goal	%
Weight	566.227	g		
Kilocalories	794.582	kcal	2055.000	39 %
Protein	32.207	g	56.000	58 %
Carbohydrate	123.107	g	130.000	95 %
Fat, Total	22.324	g		
Alcohol	0.000	g		
Cholesterol	31.321	mg		
Saturated Fat	5.090	g		
Monounsaturated Fat	7.702	g		
Polyunsaturated Fat	6.324	g		
MFA 18:1, Oleic	6.589	g		
PFA 18:2, Linoleic	6.135	g		
PFA 18:3, Linolenic	0.117	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.007	g		
Sodium	843.235	mg	1200.000	70 %
Potassium	1320.400	mg	4700.000	28 %
Vitamin A (RE)	328.788	RE		
Vitamin A (IU)	2175.144	IU		
Vitamin A (RAE)	253.995	µg	900.000	28 %
Beta-Carotene	65.793	µg		
Alpha-Carotene	7.695	µg		
Lutein (+ Zeaxanthin)	179.488	µg		
Beta-Cryptoxanthin	242.659	µg		
Lycopene	0.000	µg		
Vitamin C	91.326	mg	90.000	101 %
Calcium	589.063	mg	1200.000	49 %
Iron	11.380	mg	8.000	142 %
Vitamin D (ug)	5.714	µg	10.000	57 %
Vitamin D (IU)	228.571	IU		
Vitamin E (mg)	0.174	mg		
Vitamin E (IU)	0.040	IU		
Alpha-Tocopherol	5.158	mg	15.000	34 %
Thiamin	0.805	mg	1.200	67 %
Riboflavin	2.248	mg	1.300	173 %
Niacin	7.542	mg		
Pyridoxine (Vitamin B6)	0.816	mg	1.700	48 %
Folate (Total)	185.013	µg		
Folate (DFE)	201.366	µg	400.000	50 %
Cobalamin (Vitamin B12)	2.575	µg	2.400	107 %
Biotin	5.951	µg		
Pantothenic Acid	1.011	mg		
Vitamin K	4.595	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	352.337	mg	700.000	50 %
Iodine	27.303	µg		
Magnesium	157.402	mg	420.000	37 %
Zinc	5.599	mg	11.000	51 %
Copper	0.672	mg		
Manganese	1.418	mg		
Selenium	15.598	µg		
Fluoride	139.873	µg		
Chromium	0.025	mg		
Molybdenum	12.914	µg		
Dietary Fiber, Total	10.297	g	30.000	34 %
Soluble Fiber	0.200	g		
Insoluble Fiber	0.267	g		
Crude Fiber	8.689	g		
Sugar, Total	50.661	g		
Glucose	10.918	g		
Galactose	0.005	g		
Fructose	11.760	g		
Sucrose	8.064	g		
Lactose	0.000	g		
Maltose	0.197	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.359	g		
Tryptophan	108.762	mg		
Threonine	263.826	mg		
Isoleucine	323.065	mg		
Leucine	571.888	mg		
Lysine	312.500	mg		
Methionine	132.112	mg		
Cystine	146.780	mg		
Phenylalanine	428.516	mg		
Tyrosine	249.478	mg		
Valine	393.438	mg		
Arginine	865.243	mg		
Histidine	206.673	mg		
Alanine	364.575	mg		
Aspartic Acid	913.838	mg		
Glutamic Acid	1930.059	mg		
Glycine	458.996	mg		
Proline	580.166	mg		
Serine	431.543	mg		
Moisture	211.534	g		
Ash	3.170	g		
Caffeine	1.305	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: SS71320

Percentage of Kcals
 Protein 15.7%
 Carbohydrate 59.9%
 Fat, total 24.4%
 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 1.00



Client Diet Record Nutrient Analysis

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

Diet Name: SS51315

Nutrient	Value	Unit	Goal	%
Weight	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:
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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

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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



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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: 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