



Client Diet Record Intake

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

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

Total Days: 2 **Total Foods:** 15
Avg. Daily Kcals: 795.686 **Diet Name:** SS21320

Percentage of Kcals
 Protein 15.9%
 Carbohydrate 60.7%
 Fat, total 23.5%
 Alcohol 0.0%

| Food Item | Amount | Unit | Day | Meal |
|-----------------------------|--------|----------------|-------|-------|
| 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 |
| 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 |



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: 15
 Avg. Daily Kcals: 795.686

Diet Name: SS21320

| Nutrient | Value | Unit | Goal | % |
|-------------------------|----------|------|----------|-------|
| Weight | 557.932 | g | | |
| Kilocalories | 795.686 | kcal | 2055.000 | 39 % |
| Protein | 32.488 | g | 56.000 | 58 % |
| Carbohydrate | 124.312 | g | 130.000 | 96 % |
| Fat, Total | 21.398 | g | | |
| Alcohol | 0.000 | g | | |
| Cholesterol | 29.750 | mg | | |
| Saturated Fat | 5.209 | g | | |
| Monounsaturated Fat | 9.660 | g | | |
| Polyunsaturated Fat | 5.161 | g | | |
| MFA 18:1, Oleic | 8.219 | g | | |
| PFA 18:2, Linoleic | 4.944 | g | | |
| PFA 18:3, Linolenic | 0.091 | g | | |
| PFA 20:5, EPA | 0.000 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | 0.001 | g | | |
| Sodium | 817.082 | mg | 1200.000 | 68 % |
| Potassium | 1353.649 | mg | 4700.000 | 29 % |
| Vitamin A (RE) | 444.191 | RE | | |
| Vitamin A (IU) | 3304.245 | IU | | |
| Vitamin A (RAE) | 328.549 | µg | 900.000 | 37 % |
| Beta-Carotene | 65.219 | µg | | |
| Alpha-Carotene | 11.839 | µg | | |
| Lutein (+ Zeaxanthin) | 247.366 | µg | | |
| Beta-Cryptoxanthin | 333.462 | µg | | |
| Lycopene | 0.000 | µg | | |
| Vitamin C | 130.186 | mg | 90.000 | 145 % |
| Calcium | 534.211 | mg | 1200.000 | 45 % |
| Iron | 15.870 | mg | 8.000 | 198 % |
| 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 | 2.810 | mg | 15.000 | 19 % |
| Thiamin | 0.923 | mg | 1.200 | 77 % |
| Riboflavin | 3.926 | mg | 1.300 | 302 % |
| Niacin | 10.583 | mg | | |
| Pyridoxine (Vitamin B6) | 0.906 | mg | 1.700 | 53 % |
| Folate (Total) | 206.513 | µg | | |
| Folate (DFE) | 269.560 | µg | 400.000 | 67 % |
| Cobalamin (Vitamin B12) | 2.170 | µg | 2.400 | 90 % |
| Biotin | 12.668 | µg | | |
| Pantothenic Acid | 0.972 | mg | | |
| Vitamin K | 3.039 | µg | | |

| Nutrient | Value | Unit | Goal | % |
|----------------------|----------|------|---------|------|
| Phosphorus | 334.262 | mg | 700.000 | 48 % |
| Iodine | 23.890 | µg | | |
| Magnesium | 164.429 | mg | 420.000 | 39 % |
| Zinc | 4.962 | mg | 11.000 | 45 % |
| Copper | 0.492 | mg | | |
| Manganese | 1.978 | mg | | |
| Selenium | 11.424 | µg | | |
| Fluoride | 113.404 | µg | | |
| Chromium | 0.072 | mg | | |
| Molybdenum | 11.300 | µg | | |
| Dietary Fiber, Total | 10.413 | g | 30.000 | 35 % |
| Soluble Fiber | | g | | |
| Insoluble Fiber | | g | | |
| Crude Fiber | 1.078 | g | | |
| Sugar, Total | 49.030 | g | | |
| Glucose | 11.168 | g | | |
| Galactose | 0.018 | g | | |
| Fructose | 11.672 | g | | |
| Sucrose | 13.761 | g | | |
| Lactose | 0.000 | g | | |
| Maltose | 0.095 | g | | |
| Sugar Alcohol | 0.000 | g | | |
| Other Carbohydrate | 0.000 | g | | |
| Tryptophan | 124.529 | mg | | |
| Threonine | 280.889 | mg | | |
| Isoleucine | 334.567 | mg | | |
| Leucine | 727.586 | mg | | |
| Lysine | 379.317 | mg | | |
| Methionine | 141.829 | mg | | |
| Cystine | 174.135 | mg | | |
| Phenylalanine | 552.738 | mg | | |
| Tyrosine | 338.311 | mg | | |
| Valine | 434.420 | mg | | |
| Arginine | 1119.296 | mg | | |
| Histidine | 249.862 | mg | | |
| Alanine | 442.357 | mg | | |
| Aspartic Acid | 1276.369 | mg | | |
| Glutamic Acid | 2427.276 | mg | | |
| Glycine | 582.327 | mg | | |
| Proline | 763.310 | mg | | |
| Serine | 631.523 | mg | | |
| Moisture | 231.985 | g | | |
| Ash | 4.052 | g | | |
| Caffeine | 0.000 | mg | | |

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: SS21320

Percentage of Kcals
 Protein 15.9%
 Carbohydrate 60.7%
 Fat, total 23.5%
 Alcohol 0.0%

Exchanges
 Bread/Starch 3.00
 Fat 0.00
 Fruit 2.00
 Meat-High Fat 2.00
 Milk-Skim 1.00
 Other Carbohydrate 0.50



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: 15
 Avg. Daily Kcals: 795.686

Diet Name: SS21320

| Nutrient | Value | Unit | Goal | % |
|-------------------------|----------|------|----------|-------|
| Weight | 555.323 | g | | |
| Kilocalories | 895.780 | kcal | 2055.000 | 44 % |
| Protein | 29.130 | g | 56.000 | 52 % |
| Carbohydrate | 153.191 | g | 130.000 | 118 % |
| Fat, Total | 23.036 | g | | |
| Alcohol | 0.000 | g | | |
| Cholesterol | 18.500 | mg | | |
| Saturated Fat | 5.854 | g | | |
| Monounsaturated Fat | 11.781 | g | | |
| Polyunsaturated Fat | 5.462 | g | | |
| MFA 18:1, Oleic | 9.086 | g | | |
| PFA 18:2, Linoleic | 5.103 | g | | |
| PFA 18:3, Linolenic | 0.108 | g | | |
| PFA 20:5, EPA | 0.000 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | 0.000 | g | | |
| Sodium | 845.589 | mg | 1200.000 | 70 % |
| Potassium | 1482.660 | mg | 4700.000 | 32 % |
| Vitamin A (RE) | 252.850 | RE | | |
| Vitamin A (IU) | 1261.500 | IU | | |
| Vitamin A (RAE) | 188.325 | µg | 900.000 | 21 % |
| Beta-Carotene | 86.955 | µg | | |
| Alpha-Carotene | 15.810 | µg | | |
| Lutein (+ Zeaxanthin) | 303.592 | µg | | |
| Beta-Cryptoxanthin | 445.315 | µg | | |
| Lycopene | 0.000 | µg | | |
| Vitamin C | 133.606 | mg | 90.000 | 148 % |
| Calcium | 496.558 | mg | 1200.000 | 41 % |
| Iron | 19.948 | mg | 8.000 | 249 % |
| Vitamin D (ug) | 5.000 | µg | 10.000 | 50 % |
| Vitamin D (IU) | 200.000 | IU | | |
| Vitamin E (mg) | 0.098 | mg | | |
| Vitamin E (IU) | 0.005 | IU | | |
| Alpha-Tocopherol | 2.725 | mg | 15.000 | 18 % |
| Thiamin | 0.906 | mg | 1.200 | 76 % |
| Riboflavin | 1.142 | mg | 1.300 | 88 % |
| Niacin | 11.697 | mg | | |
| Pyridoxine (Vitamin B6) | 0.929 | mg | 1.700 | 55 % |
| Folate (Total) | 250.838 | µg | | |
| Folate (DFE) | 325.179 | µg | 400.000 | 81 % |
| Cobalamin (Vitamin B12) | 2.930 | µg | 2.400 | 122 % |
| Biotin | 13.662 | µg | | |
| Pantothenic Acid | 0.937 | mg | | |
| Vitamin K | 4.023 | µg | | |

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

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 13124

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

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



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

Identification Number:
 Date of Birth:
 Height:

Weight:

Total Days: 2
 Total Foods: 15
 Avg. Daily Kcals: 795.686

Diet Name: SS21320

| 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