



# Client Diet Record Intake

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

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

**Total Days:** 5 **Total Foods:** 37  
**Avg. Daily Kcals:** 838.323 **Diet Name:** SS51325

**Percentage of Kcals**  
 Protein 15.3%  
 Carbohydrate 60.1%  
 Fat, total 24.6%  
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
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)	13132	Lunch
Sun Meadow Chicken Salad 3 oz *	3.000	ounce(s)	13132	Lunch
Whole Wheat Crackers	10.000	item(s)	13132	Lunch
Raisins	1.100	ounce(s)	13132	Lunch
Sunflower Seeds	1.000	ounce(s)	13132	Lunch
Peaches	0.500	cup(s)	13132	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	13132	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
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
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

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

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

**Weight:**

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

**Diet Name:** SS51325

Nutrient	Value	Unit	Goal	%
Weight	557.672	g		
Kilocalories	838.323	kcal	2055.000	41 %
Protein	33.428	g	56.000	60 %
Carbohydrate	131.053	g	130.000	101 %
Fat, Total	23.885	g		
Alcohol	0.000	g		
Cholesterol	34.970	mg		
Saturated Fat	4.765	g		
Monounsaturated Fat	7.389	g		
Polyunsaturated Fat	6.747	g		
MFA 18:1, Oleic	6.485	g		
PFA 18:2, Linoleic	6.504	g		
PFA 18:3, Linolenic	0.142	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	872.636	mg	1200.000	73 %
Potassium	1371.069	mg	4700.000	29 %
Vitamin A (RE)	398.513	RE		
Vitamin A (IU)	2467.376	IU		
Vitamin A (RAE)	287.180	µg	900.000	32 %
Beta-Carotene	109.068	µg		
Alpha-Carotene	6.557	µg		
Lutein (+ Zeaxanthin)	187.042	µg		
Beta-Cryptoxanthin	229.256	µg		
Lycopene	0.000	µg		
Vitamin C	89.701	mg	90.000	100 %
Calcium	738.685	mg	1200.000	62 %
Iron	10.575	mg	8.000	132 %
Vitamin D (ug)	7.000	µg	10.000	70 %
Vitamin D (IU)	280.000	IU		
Vitamin E (mg)	0.213	mg		
Vitamin E (IU)	0.121	IU		
Alpha-Tocopherol	4.903	mg	15.000	33 %
Thiamin	0.762	mg	1.200	64 %
Riboflavin	2.278	mg	1.300	175 %
Niacin	7.766	mg		
Pyridoxine (Vitamin B6)	0.778	mg	1.700	46 %
Folate (Total)	148.955	µg		
Folate (DFE)	156.770	µg	400.000	39 %
Cobalamin (Vitamin B12)	2.207	µg	2.400	92 %
Biotin	6.031	µg		
Pantothenic Acid	1.140	mg		
Vitamin K	5.425	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	364.661	mg	700.000	52 %
Iodine	33.446	µg		
Magnesium	156.460	mg	420.000	37 %
Zinc	5.682	mg	11.000	52 %
Copper	0.666	mg		
Manganese	1.598	mg		
Selenium	16.807	µg		
Fluoride	170.228	µg		
Chromium	0.029	mg		
Molybdenum	15.820	µg		
Dietary Fiber, Total	10.419	g	30.000	35 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	6.201	g		
Sugar, Total	54.854	g		
Glucose	12.727	g		
Galactose	0.007	g		
Fructose	13.891	g		
Sucrose	8.049	g		
Lactose	0.000	g		
Maltose	0.488	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	2.600	g		
Tryptophan	124.722	mg		
Threonine	292.829	mg		
Isoleucine	344.345	mg		
Leucine	627.849	mg		
Lysine	334.348	mg		
Methionine	146.777	mg		
Cystine	166.313	mg		
Phenylalanine	468.037	mg		
Tyrosine	267.364	mg		
Valine	428.991	mg		
Arginine	878.613	mg		
Histidine	226.739	mg		
Alanine	398.539	mg		
Aspartic Acid	944.385	mg		
Glutamic Acid	2197.669	mg		
Glycine	484.848	mg		
Proline	687.793	mg		
Serine	482.565	mg		
Moisture	204.846	g		
Ash	3.347	g		
Caffeine	1.827	mg		

**Nutrient Goal Template**  
(Client)

**Analyzed by**  
Selection: SS51325

**Percentage of Kcals**

Protein	15.3%
Carbohydrate	60.1%
Fat, total	24.6%
Alcohol	0.0%

**Exchanges**

Bread/Starch	2.50
Fat	0.50
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: 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: 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:** 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:** 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: 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