



Client Diet Record Intake

First:
Middle:
Last: 2015 SS PANTRY MEALS
Company:

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

Total Days: 2 **Total Foods:** 12
Avg. Daily Kcals: 689.692 **Diet Name:** 21330

Percentage of Kcals
 Protein 16.2%
 Carbohydrate 59.0%
 Fat, total 24.8%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Beef Stew	7.513	ounce(s)	Beef Stew	Lunch
Applesauce	0.500	cup(s)	Beef Stew	Lunch
Wheat Crackers	4.000	item(s)	Beef Stew	Lunch
Peanuts	1.000	ounce(s)	Beef Stew	Lunch
Granola Bar	2.000	item(s)	Beef Stew	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Beef Stew	Lunch
Orange Juice	8.500	fluid ounce(s)	Chicken and Pasta	Lunch
Sun Meadow Chicken and Pasta in Sauce	7.500	ounce(s)	Chicken and Pasta	Lunch
Whole Wheat Crackers	8.000	item(s)	Chicken and Pasta	Lunch
Peanut Butter	0.500	ounce(s)	Chicken and Pasta	Lunch
Raisins	2.000	ounce(s)	Chicken and Pasta	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Chicken and Pasta	Lunch



Client Diet Record Nutrient Analysis

First:
 Middle:
 Last: 2015 SS PANTRY MEALS
 Company:

Identification Number:
 Date of Birth:
 Height: Weight:

Total Days: 2
 Total Foods: 12
 Avg. Daily Kcals: 689.692

Diet Name: 21330

Nutrient	Value	Unit	Goal	%
Weight	521.612	g		
Kilocalories	689.692	kcal	624.000	111 %
Protein	29.091	g	15.000	194 %
Carbohydrate	105.732	g	43.000	246 %
Fat, Total	19.738	g		
Alcohol	0.000	g		
Cholesterol	35.580	mg		
Saturated Fat	5.408	g		
Monounsaturated Fat	7.129	g		
Polyunsaturated Fat	5.625	g		
MFA 18:1, Oleic	6.961	g		
PFA 18:2, Linoleic	5.467	g		
PFA 18:3, Linolenic	0.138	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	791.926	mg		
Potassium	1326.919	mg		
Vitamin A (RE)	315.580	RE		
Vitamin A (IU)	2784.919	IU		
Vitamin A (RAE)	233.535	µg		
Beta-Carotene	51.648	µg		
Alpha-Carotene	7.905	µg		
Lutein (+ Zeaxanthin)	210.153	µg		
Beta-Cryptoxanthin	228.148	µg		
Lycopene	0.000	µg		
Vitamin C	70.781	mg		
Calcium	491.746	mg		
Iron	5.776	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.233	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.265	mg		
Thiamin	0.574	mg		
Riboflavin	0.793	mg		
Niacin	9.353	mg		
Pyridoxine (Vitamin B6)	0.776	mg		
Folate (Total)	132.012	µg		
Folate (DFE)	123.531	µg		
Cobalamin (Vitamin B12)	2.124	µg		
Biotin	9.631	µg		
Pantothenic Acid	0.742	mg		
Vitamin K	6.156	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	306.362	mg		
Iodine	23.890	µg		
Magnesium	137.832	mg		
Zinc	5.005	mg		
Copper	0.558	mg		
Manganese	0.995	mg		
Selenium	12.951	µg		
Fluoride	140.029	µg		
Chromium	0.019	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.349	g	7.000	119 %
Soluble Fiber	0.028	g		
Insoluble Fiber	0.935	g		
Crude Fiber	1.991	g		
Sugar, Total	47.030	g		
Glucose	11.603	g		
Galactose	0.000	g		
Fructose	12.378	g		
Sucrose	6.733	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	96.222	mg		
Threonine	214.476	mg		
Isoleucine	283.347	mg		
Leucine	545.796	mg		
Lysine	276.497	mg		
Methionine	101.073	mg		
Cystine	126.835	mg		
Phenylalanine	432.262	mg		
Tyrosine	267.231	mg		
Valine	346.436	mg		
Arginine	924.075	mg		
Histidine	202.347	mg		
Alanine	339.434	mg		
Aspartic Acid	920.745	mg		
Glutamic Acid	1837.875	mg		
Glycine	444.933	mg		
Proline	600.946	mg		
Serine	418.629	mg		
Moisture	177.283	g		
Ash	2.687	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 21330

Percentage of Kcals
 Protein 16.2%
 Carbohydrate 59.0%
 Fat, total 24.8%
 Alcohol 0.0%

Exchanges
 Bread/Starch 1.00
 Fat 0.00
 Fruit 2.50
 Meat-High Fat 0.50
 Meat-Medium Fat 0.50
 Milk-Skim 1.00
 Other Carbohydrate 1.00