



Client Diet Record Intake

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

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

Total Days: 2 **Total Foods:** 10
Avg. Daily Kcals: 643.000 **Diet Name:** 21332

Percentage of Kcals
 Protein 16.8%
 Carbohydrate 53.3%
 Fat, total 29.9%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Corned Beef Hash, Canned	0.500	cup(s)	Corn Beef Hash	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Corn Beef Hash	Lunch
Instant Oatmeal	2.000	item(s)	Corn Beef Hash	Lunch
Applesauce	0.500	cup(s)	Corn Beef Hash	Lunch
Orange Juice	4.230	fluid ounce(s)	Corn Beef Hash	Lunch
Orange Juice	4.230	fluid ounce(s)	BBQ Beef Meal	Lunch
Sun Meadow BBQ Beef 3 oz. can	3.000	ounce(s)	BBQ Beef Meal	Lunch
Whole Wheat Crackers	10.000	item(s)	BBQ Beef Meal	Lunch
Sunflower Seeds	1.000	ounce(s)	BBQ Beef Meal	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	BBQ Beef Meal	Lunch



Client Diet Record Nutrient Analysis

First:
 Middle:
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 Company:

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 Height:

Weight:

Total Days: 2
 Total Foods: 10
 Avg. Daily Kcals: 643.000

Diet Name: 21332

Nutrient	Value	Unit	Goal	%
Weight	427.062	g		
Kilocalories	643.000	kcal	624.000	103 %
Protein	27.792	g	15.000	185 %
Carbohydrate	88.202	g	43.000	205 %
Fat, Total	21.951	g		
Alcohol	0.000	g		
Cholesterol	44.880	mg		
Saturated Fat	5.690	g		
Monounsaturated Fat	6.076	g		
Polyunsaturated Fat	7.157	g		
MFA 18:1, Oleic	5.765	g		
PFA 18:2, Linoleic	6.993	g		
PFA 18:3, Linolenic	0.163	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.024	g		
Sodium	822.119	mg		
Potassium	1017.313	mg		
Vitamin A (RE)	627.581	RE		
Vitamin A (IU)	1903.089	IU		
Vitamin A (RAE)	458.773	µg		
Beta-Carotene	43.982	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	186.600	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	73.053	mg		
Calcium	568.684	mg		
Iron	12.625	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.152	mg		
Vitamin E (IU)	0.086	IU		
Alpha-Tocopherol	5.506	mg		
Thiamin	0.897	mg		
Riboflavin	0.891	mg		
Niacin	6.944	mg		
Pyridoxine (Vitamin B6)	0.756	mg		
Folate (Total)	170.567	µg		
Folate (DFE)	208.971	µg		
Cobalamin (Vitamin B12)	1.299	µg		
Biotin	1.063	µg		
Pantothenic Acid	1.760	mg		
Vitamin K	3.018	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	368.228	mg		
Iodine	23.890	µg		
Magnesium	124.303	mg		
Zinc	5.180	mg		
Copper	0.565	mg		
Manganese	1.639	mg		
Selenium	21.888	µg		
Fluoride	116.700	µg		
Chromium	0.007	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.893	g	7.000	127 %
Soluble Fiber	0.128	g		
Insoluble Fiber	0.830	g		
Crude Fiber	0.544	g		
Sugar, Total	20.154	g		
Glucose	5.185	g		
Galactose	0.036	g		
Fructose	8.479	g		
Sucrose	8.100	g		
Lactose	0.000	g		
Maltose	0.064	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	124.437	mg		
Threonine	283.178	mg		
Isoleucine	360.903	mg		
Leucine	618.700	mg		
Lysine	372.504	mg		
Methionine	154.474	mg		
Cystine	227.111	mg		
Phenylalanine	428.820	mg		
Tyrosine	248.571	mg		
Valine	460.648	mg		
Arginine	682.889	mg		
Histidine	205.026	mg		
Alanine	380.749	mg		
Aspartic Acid	837.850	mg		
Glutamic Acid	2074.977	mg		
Glycine	446.209	mg		
Proline	501.635	mg		
Serine	415.042	mg		
Moisture	256.268	g		
Ash	3.695	g		
Caffeine	0.000	mg		

Nutrient Goal Template (Client)

Analyzed by Selection:
21332

Percentage of Kcals

Protein	16.8%
Carbohydrate	53.3%
Fat, total	29.9%
Alcohol	0.0%

Exchanges

Bread/Starch	1.50
Fat	1.50
Fruit	1.50
Meat-High Fat	0.50
Meat-Lean	0.50
Milk-Skim	1.00