



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: 628.837 **Diet Name:** 21334

Percentage of Kcals
 Protein 17.4%
 Carbohydrate 49.5%
 Fat, total 33.1%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Mini Wheats Cereal	1.000	cup(s)	Breakfast	Breakfast
Peanut Butter	1.000	ounce(s)	Breakfast	Breakfast
Wheat Crackers	4.000	item(s)	Breakfast	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Breakfast	Breakfast
KASHI Bar	1.000	item(s)	Breakfast	Breakfast
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Potatoes, Turkey Ham and Chees	Lunch
Sunflower Seeds	1.000	ounce(s)	Potatoes, Turkey Ham and Chees	Lunch
Rye Crispbread Crackers	4.000	item(s)	Potatoes, Turkey Ham and Chees	Lunch
Animal Crackers	1.000	ounce(s)	Potatoes, Turkey Ham and Chees	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Potatoes, Turkey Ham and Chees	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: 10
 Avg. Daily Kcals: 628.837

Diet Name: 21334

Nutrient	Value	Unit	Goal	%
Weight	230.275	g		
Kilocalories	628.837	kcal	624.000	101 %
Protein	28.746	g	15.000	192 %
Carbohydrate	81.996	g	43.000	191 %
Fat, Total	24.399	g		
Alcohol	0.000	g		
Cholesterol	16.000	mg		
Saturated Fat	4.140	g		
Monounsaturated Fat	7.914	g		
Polyunsaturated Fat	6.051	g		
MFA 18:1, Oleic	7.806	g		
PFA 18:2, Linoleic	5.983	g		
PFA 18:3, Linolenic	0.213	g		
PFA 20:5, EPA	0.002	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	645.138	mg		
Potassium	736.081	mg		
Vitamin A (RE)	150.859	RE		
Vitamin A (IU)	541.587	IU		
Vitamin A (RAE)	145.950	µg		
Beta-Carotene	4.252	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	24.544	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	1.336	mg		
Calcium	458.087	mg		
Iron	12.271	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	6.113	mg		
Thiamin	0.643	mg		
Riboflavin	0.849	mg		
Niacin	6.905	mg		
Pyridoxine (Vitamin B6)	0.669	mg		
Folate (Total)	135.996	µg		
Folate (DFE)	172.528	µg		
Cobalamin (Vitamin B12)	2.120	µg		
Biotin	5.626	µg		
Pantothenic Acid	0.463	mg		
Vitamin K	2.510	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	345.958	mg		
Iodine	23.890	µg		
Magnesium	141.084	mg		
Zinc	4.735	mg		
Copper	0.510	mg		
Manganese	1.665	mg		
Selenium	23.954	µg		
Fluoride	73.939	µg		
Chromium	0.036	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.395	g	7.000	149 %
Soluble Fiber	0.500	g		
Insoluble Fiber	1.500	g		
Crude Fiber	13.924	g		
Sugar, Total	14.069	g		
Glucose	0.382	g		
Galactose	0.000	g		
Fructose	0.232	g		
Sucrose	4.493	g		
Lactose	0.000	g		
Maltose	0.095	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	112.178	mg		
Threonine	274.919	mg		
Isoleucine	335.127	mg		
Leucine	607.473	mg		
Lysine	306.109	mg		
Methionine	143.842	mg		
Cystine	144.022	mg		
Phenylalanine	443.911	mg		
Tyrosine	269.369	mg		
Valine	401.110	mg		
Arginine	822.410	mg		
Histidine	216.445	mg		
Alanine	366.928	mg		
Aspartic Acid	893.966	mg		
Glutamic Acid	2202.221	mg		
Glycine	490.523	mg		
Proline	609.436	mg		
Serine	478.114	mg		
Moisture	3.926	g		
Ash	1.824	g		
Caffeine	0.000	mg		

Nutrient Goal Template (Client)

Analyzed by Selection:
21334

Percentage of Kcals

Protein	17.4%
Carbohydrate	49.5%
Fat, total	33.1%
Alcohol	0.0%

Exchanges

Bread/Starch	3.00
Fat	1.00
Meat-High Fat	1.00
Milk-Skim	1.00
Other Carbohydrate	0.50