



Client Diet Record Intake

First:
Middle:
Last: 2016 SS PANTRY MEALS
Company:

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

Total Days: 2 **Total Foods:** 12
Avg. Daily Kcals: 675.706 **Diet Name:** 21336

Percentage of Kcals
 Protein 15.4%
 Carbohydrate 49.7%
 Fat, total 35.0%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Spaghetti and Meatballs	0.500	cup(s)	Spaghetti and Meatballs	Lunch
Peanut Butter	1.000	ounce(s)	Spaghetti and Meatballs	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Spaghetti and Meatballs	Lunch
Orange Juice	4.230	fluid ounce(s)	Spaghetti and Meatballs	Lunch
Orange Juice	4.230	fluid ounce(s)	Spaghetti and Meatballs	Lunch
High Fiber Graham Cracker	3.000	item(s)	Spaghetti and Meatballs	Lunch
High Fiber Graham Cracker	3.000	item(s)	Spaghetti and Meatballs	Lunch
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
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
Granola Berry Crunch	1.000	item(s)	Potatoes, Turkey Ham and Chees	Lunch



Client Diet Record Nutrient Analysis

First:
 Middle:
 Last: 2016 SS PANTRY MEALS
 Company:

Identification Number:
 Date of Birth:
 Height: Weight:

Total Days: 2
 Total Foods: 12
 Avg. Daily Kcals: 675.706

Diet Name: 21336

Nutrient	Value	Unit	Goal	%
Weight	402.655	g		
Kilocalories	675.706	kcal	624.000	108 %
Protein	27.330	g	15.000	182 %
Carbohydrate	88.245	g	43.000	205 %
Fat, Total	27.605	g		
Alcohol	0.000	g		
Cholesterol	22.250	mg		
Saturated Fat	5.249	g		
Monounsaturated Fat	8.926	g		
Polyunsaturated Fat	5.844	g		
MFA 18:1, Oleic	7.084	g		
PFA 18:2, Linoleic	5.554	g		
PFA 18:3, Linolenic	0.048	g		
PFA 20:5, EPA	0.002	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	910.149	mg		
Potassium	865.496	mg		
Vitamin A (RE)	202.085	RE		
Vitamin A (IU)	1428.847	IU		
Vitamin A (RAE)	167.301	µg		
Beta-Carotene	47.525	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	151.083	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	66.901	mg		
Calcium	582.671	mg		
Iron	5.416	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.221	mg		
Vitamin E (IU)	0.188	IU		
Alpha-Tocopherol	6.054	mg		
Thiamin	0.606	mg		
Riboflavin	0.671	mg		
Niacin	5.161	mg		
Pyridoxine (Vitamin B6)	0.410	mg		
Folate (Total)	121.905	µg		
Folate (DFE)	106.207	µg		
Cobalamin (Vitamin B12)	1.311	µg		
Biotin	6.049	µg		
Pantothenic Acid	0.613	mg		
Vitamin K	1.167	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	322.867	mg		
Iodine	23.890	µg		
Magnesium	114.068	mg		
Zinc	3.765	mg		
Copper	0.472	mg		
Manganese	0.563	mg		
Selenium	18.920	µg		
Fluoride	73.939	µg		
Chromium	0.036	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.488	g	7.000	121 %
Soluble Fiber	0.501	g		
Insoluble Fiber	1.598	g		
Crude Fiber	14.056	g		
Sugar, Total	22.168	g		
Glucose	4.862	g		
Galactose	0.000	g		
Fructose	4.969	g		
Sucrose	9.769	g		
Lactose	0.000	g		
Maltose	0.045	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	98.160	mg		
Threonine	242.389	mg		
Isoleucine	294.978	mg		
Leucine	534.000	mg		
Lysine	273.751	mg		
Methionine	127.396	mg		
Cystine	123.498	mg		
Phenylalanine	390.693	mg		
Tyrosine	242.814	mg		
Valine	352.634	mg		
Arginine	824.941	mg		
Histidine	190.899	mg		
Alanine	335.058	mg		
Aspartic Acid	911.553	mg		
Glutamic Acid	1863.594	mg		
Glycine	451.644	mg		
Proline	529.433	mg		
Serine	426.981	mg		
Moisture	166.798	g		
Ash	2.444	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 21336

Percentage of Kcals

Protein	15.4%
Carbohydrate	49.7%
Fat, total	35.0%
Alcohol	0.0%

Exchanges

Bread/Starch	2.50
Fat	1.00
Fruit	1.00
Meat-High Fat	1.50
Milk-Skim	1.00