



Client Diet Record Intake

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

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

Total Days: 5 **Total Foods:** 26
Avg. Daily Kcals: 645.645 **Diet Name:** 51340

Percentage of Kcals
 Protein 17.5%
 Carbohydrate 57.8%
 Fat, total 24.7%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Mini Wheats Cereal	1.000	cup(s)	Day 1	Breakfast
Peanut Butter	1.000	ounce(s)	Day 1	Breakfast
Wheat Crackers	4.000	item(s)	Day 1	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Breakfast
KASHI Bar	1.000	item(s)	Day 1	Breakfast
Corned Beef Hash, Canned	0.500	cup(s)	Day 2	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 2	Breakfast
Instant Oatmeal	2.000	item(s)	Day 2	Breakfast
Applesauce	0.500	cup(s)	Day 2	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 2	Breakfast
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 3	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	Day 3	Lunch
Mixed Fruit	4.000	ounce(s)	Day 3	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 3	Lunch
Granola Bars	1.000	item(s)	Day 3	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 3	Lunch
Sun Meadow Chili Mac	7.513	ounce(s)	Day 4	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 4	Lunch
Raisins	1.100	ounce(s)	Day 4	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Day 4	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 4	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Day 5	Lunch
Sunflower Seeds	1.000	ounce(s)	Day 5	Lunch
Animal Crackers	1.000	ounce(s)	Day 5	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 5	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 5	Lunch



Client Diet Record Nutrient Analysis

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

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

Total Days: 5
Total Foods: 26
Avg. Daily Kcals: 645.645

Diet Name: 51340

Nutrient	Value	Unit	Goal	%
Weight	383.983	g		
Kilocalories	645.645	kcal	624.000	103 %
Protein	29.460	g	15.000	196 %
Carbohydrate	97.180	g	43.000	226 %
Fat, Total	18.434	g		
Alcohol	0.000	g		
Cholesterol	23.844	mg		
Saturated Fat	3.775	g		
Monounsaturated Fat	5.710	g		
Polyunsaturated Fat	4.978	g		
MFA 18:1, Oleic	5.046	g		
PFA 18:2, Linoleic	4.838	g		
PFA 18:3, Linolenic	0.159	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.011	g		
Sodium	771.190	mg		
Potassium	1029.575	mg		
Vitamin A (RE)	338.719	RE		
Vitamin A (IU)	1172.114	IU		
Vitamin A (RAE)	273.436	µg		
Beta-Carotene	10.687	µg		
Alpha-Carotene	1.574	µg		
Lutein (+ Zeaxanthin)	42.809	µg		
Beta-Cryptoxanthin	44.322	µg		
Lycopene	0.000	µg		
Vitamin C	38.289	mg		
Calcium	536.076	mg		
Iron	11.195	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.134	mg		
Vitamin E (IU)	0.037	IU		
Alpha-Tocopherol	4.070	mg		
Thiamin	0.723	mg		
Riboflavin	0.847	mg		
Niacin	6.286	mg		
Pyridoxine (Vitamin B6)	0.707	mg		
Folate (Total)	140.528	µg		
Folate (DFE)	199.277	µg		
Cobalamin (Vitamin B12)	1.843	µg		
Biotin	2.903	µg		
Pantothenic Acid	0.846	mg		
Vitamin K	2.096	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	349.613	mg		
Iodine	23.890	µg		
Magnesium	127.480	mg		
Zinc	4.948	mg		
Copper	0.487	mg		
Manganese	1.301	mg		
Selenium	19.815	µg		
Fluoride	105.544	µg		
Chromium	0.019	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.384	g	7.000	148 %
Soluble Fiber	0.519	g		
Insoluble Fiber	0.932	g		
Crude Fiber	5.828	g		
Sugar, Total	24.480	g		
Glucose	3.183	g		
Galactose	0.014	g		
Fructose	4.549	g		
Sucrose	4.005	g		
Lactose	0.000	g		
Maltose	0.064	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.902	g		
Tryptophan	85.656	mg		
Threonine	203.819	mg		
Isoleucine	251.508	mg		
Leucine	442.042	mg		
Lysine	253.023	mg		
Methionine	108.039	mg		
Cystine	131.053	mg		
Phenylalanine	319.846	mg		
Tyrosine	184.908	mg		
Valine	312.533	mg		
Arginine	577.906	mg		
Histidine	154.678	mg		
Alanine	274.445	mg		
Aspartic Acid	639.071	mg		
Glutamic Acid	1478.097	mg		
Glycine	346.074	mg		
Proline	372.873	mg		
Serine	322.714	mg		
Moisture	104.868	g		
Ash	2.147	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 51340

Percentage of Kcals

Protein	17.5%
Carbohydrate	57.8%
Fat, total	24.7%
Alcohol	0.0%

Exchanges

Bread/Starch	1.00
Fat	1.00
Fruit	1.00
Meat-High Fat	1.00
Meat-Lean	0.00
Milk-Skim	1.00
Other Carbohydrate	1.00