



Client Diet Record Intake

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

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

Total Days: 7 **Total Foods:** 40
Avg. Daily Kcals: 658.920 **Diet Name:** 71350

Percentage of Kcals
 Protein 17.9%
 Carbohydrate 54.3%
 Fat, total 27.8%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Beef Stew	7.513	ounce(s)	Day 1	Lunch
Applesauce	0.500	cup(s)	Day 1	Lunch
Wheat Crackers	4.000	item(s)	Day 1	Lunch
Peanuts	1.000	ounce(s)	Day 1	Lunch
Granola Bar	2.000	item(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Sun Meadow Beef Stew	7.513	ounce(s)	Day 2	Lunch
Applesauce	0.500	cup(s)	Day 2	Lunch
Wheat Crackers	4.000	item(s)	Day 2	Lunch
Peanuts	1.000	ounce(s)	Day 2	Lunch
Granola Bar	2.000	item(s)	Day 2	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 2	Lunch
Corned Beef Hash, Canned	0.500	cup(s)	Day 3	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 3	Breakfast
Instant Oatmeal	2.000	item(s)	Day 3	Breakfast
Applesauce	0.500	cup(s)	Day 3	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 3	Breakfast
Sun Meadow Chicken Salad 3 oz *	3.000	ounce(s)	Day 4	Lunch
Whole Wheat Crackers	10.000	item(s)	Day 4	Lunch
Raisins	1.100	ounce(s)	Day 4	Lunch
Peaches	0.500	cup(s)	Day 4	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Day 4	Lunch
Sun Meadow Chicken Stew	7.500	ounce(s)	Day 5	Lunch
Peanut Butter	1.000	ounce(s)	Day 5	Lunch
Jelly	1.000	teaspoon(s)	Day 5	Lunch
Mixed Fruit	4.000	ounce(s)	Day 5	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 5	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 5	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 5	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 5	Lunch
Sun Meadow Chili Mac	7.513	ounce(s)	Day 6	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 6	Lunch
Raisins	1.100	ounce(s)	Day 6	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Day 6	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 6	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Day 7	Lunch
Sunflower Seeds	1.000	ounce(s)	Day 7	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 7	Lunch
Animal Crackers	1.000	ounce(s)	Day 7	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 7	Lunch



Client Diet Record Nutrient Analysis

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

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 Date of Birth:
 Height: Weight:

Total Days: 7
 Total Foods: 40
 Avg. Daily Kcals: 658.920

Diet Name: 71350

Nutrient	Value	Unit	Goal	%
Weight	440.136	g		
Kilocalories	658.920	kcal	624.000	106 %
Protein	30.575	g	15.000	204 %
Carbohydrate	92.440	g	43.000	215 %
Fat, Total	21.040	g		
Alcohol	0.000	g		
Cholesterol	36.112	mg		
Saturated Fat	5.102	g		
Monounsaturated Fat	6.735	g		
Polyunsaturated Fat	5.670	g		
MFA 18:1, Oleic	6.195	g		
PFA 18:2, Linoleic	5.513	g		
PFA 18:3, Linolenic	0.115	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.008	g		
Sodium	804.933	mg		
Potassium	1113.581	mg		
Vitamin A (RE)	400.187	RE		
Vitamin A (IU)	2441.939	IU		
Vitamin A (RAE)	305.366	µg		
Beta-Carotene	58.142	µg		
Alpha-Carotene	3.549	µg		
Lutein (+ Zeaxanthin)	114.192	µg		
Beta-Cryptoxanthin	111.930	µg		
Lycopene	0.000	µg		
Vitamin C	42.116	mg		
Calcium	566.194	mg		
Iron	7.524	mg		
Vitamin D (ug)	5.714	µg		
Vitamin D (IU)	228.571	IU		
Vitamin E (mg)	0.236	mg		
Vitamin E (IU)	0.075	IU		
Alpha-Tocopherol	3.843	mg		
Thiamin	0.630	mg		
Riboflavin	1.675	mg		
Niacin	6.614	mg		
Pyridoxine (Vitamin B6)	0.682	mg		
Folate (Total)	137.175	µg		
Folate (DFE)	144.720	µg		
Cobalamin (Vitamin B12)	2.112	µg		
Biotin	5.260	µg		
Pantothenic Acid	0.896	mg		
Vitamin K	4.361	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	320.055	mg		
Iodine	27.303	µg		
Magnesium	128.875	mg		
Zinc	5.425	mg		
Copper	0.532	mg		
Manganese	1.077	mg		
Selenium	17.447	µg		
Fluoride	118.039	µg		
Chromium	0.014	mg		
Molybdenum	12.914	µg		
Dietary Fiber, Total	9.000	g	7.000	129 %
Soluble Fiber	0.244	g		
Insoluble Fiber	0.772	g		
Crude Fiber	5.054	g		
Sugar, Total	29.619	g		
Glucose	5.344	g		
Galactose	0.010	g		
Fructose	6.421	g		
Sucrose	5.209	g		
Lactose	0.000	g		
Maltose	0.224	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.359	g		
Tryptophan	96.505	mg		
Threonine	234.862	mg		
Isoleucine	302.950	mg		
Leucine	541.673	mg		
Lysine	298.034	mg		
Methionine	119.807	mg		
Cystine	147.795	mg		
Phenylalanine	401.461	mg		
Tyrosine	243.361	mg		
Valine	373.578	mg		
Arginine	757.034	mg		
Histidine	191.236	mg		
Alanine	336.329	mg		
Aspartic Acid	831.998	mg		
Glutamic Acid	1806.902	mg		
Glycine	426.356	mg		
Proline	488.052	mg		
Serine	393.582	mg		
Moisture	139.696	g		
Ash	2.400	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 71350

Percentage of Kcals

Protein	17.9%
Carbohydrate	54.3%
Fat, total	27.8%
Alcohol	0.0%

Exchanges

Bread/Starch	1.00
Fat	0.50
Fruit	1.50
Meat-High Fat	0.50
Meat-Lean	0.00
Meat-Medium Fat	0.50
Milk-Skim	1.00
Other Carbohydrate	1.00