



# Client Diet Record Intake

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

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

**Total Days:** 1                      **Total Foods:** 6  
**Avg. Daily Kcals:** 678.214              **Diet Name:** Breakfast 13150 F

**Percentage of Kcals**  
 Protein                      10.5%  
 Carbohydrate              79.8%  
 Fat, total                      9.7%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
Instant Oatmeal	2.000	item(s)	Breakfast	Breakfast
Nutri Grain Cereal Bar	1.000	item(s)	Breakfast	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Breakfast	Breakfast
Raisins	1.100	ounce(s)	Breakfast	Breakfast
Applesauce	1.000	serving(s)	Breakfast	Breakfast
Orange Juice	4.230	fluid ounce(s)	Breakfast	Breakfast



# Client Diet Record Nutrient Analysis

First:  
Middle:  
Last:  
Company:

2015 SS PANTRY MEALS

Diet Name: Breakfast 13150 F

Identification Number:  
Date of Birth:  
Height:

Total Days: 1  
Total Foods: 6  
Avg. Daily Kcals: 678.214

Weight:

Nutrient	Value	Unit	Goal	%
Weight	499.341	g		
Kilocalories	678.214	kcal	624.000	109 %
Protein	18.452	g	15.000	123 %
Carbohydrate	140.591	g	43.000	327 %
Fat, Total	7.577	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	1.582	g		
Monounsaturated Fat	3.276	g		
Polyunsaturated Fat	2.059	g		
MFA 18:1, Oleic	1.222	g		
PFA 18:2, Linoleic	1.476	g		
PFA 18:3, Linolenic	0.083	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	375.024	mg		
Potassium	1302.250	mg		
Vitamin A (RE)	1303.554	RE		
Vitamin A (IU)	3539.508	IU		
Vitamin A (RAE)	758.933	µg		
Beta-Carotene	43.273	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	150.800	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	71.456	mg		
Calcium	839.936	mg		
Iron	20.629	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.207	mg		
Vitamin E (IU)	0.167	IU		
Alpha-Tocopherol	0.353	mg		
Thiamin	1.803	mg		
Riboflavin	1.642	mg		
Niacin	15.394	mg		
Pyridoxine (Vitamin B6)	1.647	mg		
Folate (Total)	253.568	µg		
Folate (DFE)	301.812	µg		
Cobalamin (Vitamin B12)	1.299	µg		
Biotin	3.263	µg		
Pantothenic Acid	1.007	mg		
Vitamin K	2.799	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	344.759	mg		
Iodine	23.890	µg		
Magnesium	139.167	mg		
Zinc	5.792	mg		
Copper	0.449	mg		
Manganese	1.865	mg		
Selenium	15.784	µg		
Fluoride	232.841	µg		
Chromium	0.015	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.674	g	7.000	152 %
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	1.292	g		
Sugar, Total	59.319	g		
Glucose	15.143	g		
Galactose	0.072	g		
Fructose	22.279	g		
Sucrose	10.275	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	13.000	g		
Tryptophan	120.295	mg		
Threonine	245.863	mg		
Isoleucine	313.146	mg		
Leucine	596.104	mg		
Lysine	427.517	mg		
Methionine	133.443	mg		
Cystine	258.641	mg		
Phenylalanine	430.180	mg		
Tyrosine	225.627	mg		
Valine	444.067	mg		
Arginine	666.663	mg		
Histidine	188.547	mg		
Alanine	369.614	mg		
Aspartic Acid	818.891	mg		
Glutamic Acid	1643.695	mg		
Glycine	397.789	mg		
Proline	361.146	mg		
Serine	398.796	mg		
Moisture	317.066	g		
Ash	3.397	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
(Client)

Analyzed by

Breakfast 13150 F

Exchanges

Fat 0.50

Fruit 4.00

Milk-Skim 1.00

Other Carbohydrate 1.50