



Client Diet Record Intake

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

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

Total Days: 1 **Total Foods:** 5
Avg. Daily Kcals: 625.844 **Diet Name:** Breakfast 13152 F

Percentage of Kcals
Protein 16.7%
Carbohydrate 52.6%
Fat, total 30.7%
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



Client Diet Record Nutrient Analysis

First: Middle: Last: Company:

2015 SS PANTRY MEALS

Diet Name: Breakfast 13152 F

Identification Number:

Date of Birth:

Height:

Total Days: 1

Total Foods: 5

Avg. Daily Kcals: 625.844

Weight:

Nutrient	Value	Unit	Goal	%
Weight	150.790	g		
Kilocalories	625.844	kcal	624.000	100 %
Protein	27.860	g	15.000	186 %
Carbohydrate	87.883	g	43.000	204 %
Fat, Total	22.837	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	4.394	g		
Monounsaturated Fat	8.371	g		
Polyunsaturated Fat	4.901	g		
MFA 18:1, Oleic	8.199	g		
PFA 18:2, Linoleic	4.832	g		
PFA 18:3, Linolenic	0.366	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	454.924	mg		
Potassium	805.698	mg		
Vitamin A (RE)	150.150	RE		
Vitamin A (IU)	484.500	IU		
Vitamin A (RAE)	145.500	µg		
Beta-Carotene	0.000	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	9.720	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	1.138	mg		
Calcium	435.670	mg		
Iron	19.123	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.609	mg		
Thiamin	0.598	mg		
Riboflavin	0.971	mg		
Niacin	10.015	mg		
Pyridoxine (Vitamin B6)	0.780	mg		
Folate (Total)	155.069	µg		
Folate (DFE)	220.113	µg		
Cobalamin (Vitamin B12)	2.916	µg		
Biotin	11.252	µg		
Pantothenic Acid	0.363	mg		
Vitamin K	2.147	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	289.591	mg		
Iodine	23.890	µg		
Magnesium	138.048	mg		
Zinc	4.860	mg		
Copper	0.382	mg		
Manganese	2.162	mg		
Selenium	4.599	µg		
Fluoride	74.379	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	11.741	g	7.000	168 %
Soluble Fiber	1.000	g		
Insoluble Fiber	3.000	g		
Crude Fiber	0.679	g		
Sugar, Total	20.233	g		
Glucose	0.153	g		
Galactose	0.000	g		
Fructose	0.000	g		
Sucrose	2.461	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	79.233	mg		
Threonine	175.040	mg		
Isoleucine	209.195	mg		
Leucine	500.185	mg		
Lysine	217.978	mg		
Methionine	90.552	mg		
Cystine	86.946	mg		
Phenylalanine	383.964	mg		
Tyrosine	260.765	mg		
Valine	262.724	mg		
Arginine	815.823	mg		
Histidine	178.232	mg		
Alanine	289.542	mg		
Aspartic Acid	898.922	mg		
Glutamic Acid	1749.558	mg		
Glycine	439.371	mg		
Proline	503.074	mg		
Serine	462.645	mg		
Moisture	4.185	g		
Ash	1.944	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Breakfast 13152 F
Exchanges
 Bread/Starch 3.00
 Fat 1.00
 Meat-High Fat 1.50
 Milk-Skim 1.00
 Other Carbohydrate 1.00