



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: 638.493 **Diet Name:** Corn Beef Hash13154 F

Percentage of Kcals
 Protein 15.8%
 Carbohydrate 61.3%
 Fat, total 22.8%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Corned Beef Hash, Canned	0.500	cup(s)	Day 1	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Breakfast
Instant Oatmeal	2.000	item(s)	Day 1	Breakfast
Applesauce	0.500	cup(s)	Day 1	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 1	Breakfast



Client Diet Record Nutrient Analysis

First:
Middle:
Last:
Company:

2015 SS PANTRY MEALS

Diet Name: Corn Beef Hash13154 F

Identification Number:
Date of Birth:
Height:

Total Days: 1
Total Foods: 5
Avg. Daily Kcals: 638.493

Weight:

Nutrient	Value	Unit	Goal	%
Weight	549.156	g		
Kilocalories	638.493	kcal	624.000	102 %
Protein	25.796	g	15.000	172 %
Carbohydrate	99.837	g	43.000	232 %
Fat, Total	16.516	g		
Alcohol	0.000	g		
Cholesterol	43.760	mg		
Saturated Fat	6.162	g		
Monounsaturated Fat	7.467	g		
Polyunsaturated Fat	1.901	g		
MFA 18:1, Oleic	6.895	g		
PFA 18:2, Linoleic	1.762	g		
PFA 18:3, Linolenic	0.139	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.004	g		
Sodium	763.094	mg		
Potassium	1196.637	mg		
Vitamin A (RE)	1078.531	RE		
Vitamin A (IU)	2789.508	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	71.800	mg		
Calcium	646.764	mg		
Iron	19.423	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	0.316	mg		
Thiamin	1.396	mg		
Riboflavin	1.179	mg		
Niacin	10.155	mg		
Pyridoxine (Vitamin B6)	1.093	mg		
Folate (Total)	212.008	µg		
Folate (DFE)	300.252	µg		
Cobalamin (Vitamin B12)	1.299	µg		
Biotin	1.703	µg		
Pantothenic Acid	0.977	µg		
Vitamin K	1.707	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	273.263	mg		
Iodine	23.890	µg		
Magnesium	136.528	mg		
Zinc	5.876	mg		
Copper	0.350	mg		
Manganese	1.772	mg		
Selenium	15.597	µg		
Fluoride	159.900	µg		
Chromium	0.014	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	9.819	g	7.000	140 %
Soluble Fiber	0.256	g		
Insoluble Fiber	1.660	g		
Crude Fiber	0.892	g		
Sugar, Total	28.262	g		
Glucose	6.490	g		
Galactose	0.072	g		
Fructose	13.024	g		
Sucrose	10.135	g		
Lactose	0.000	g		
Maltose	0.128	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	104.703	mg		
Threonine	221.850	mg		
Isoleucine	295.370	mg		
Leucine	566.167	mg		
Lysine	401.322	mg		
Methionine	126.894	mg		
Cystine	252.717	mg		
Phenylalanine	386.522	mg		
Tyrosine	221.885	mg		
Valine	418.184	mg		
Arginine	537.871	mg		
Histidine	166.094	mg		
Alanine	336.870	mg		
Aspartic Acid	784.588	mg		
Glutamic Acid	1592.553	mg		
Glycine	372.842	mg		
Proline	281.937	mg		
Serine	376.967	mg		
Moisture	395.232	g		
Ash	4.590	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)

Analyzed by

Corn Beef Hash13154 F

Exchanges

Bread/Starch

Fat

Fruit

Meat-Lean

Milk-Skim

1.00
1.50
2.50
1.00
1.00