



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: 633.304 **Diet Name:** Red Beans and Rice 13158 F

Percentage of Kcals
 Protein 17.8%
 Carbohydrate 75.9%
 Fat, total 6.3%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Cranberry Juice Drink	4.230	fluid ounce(s)	Red Beans and Rice	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	Red Beans and Rice	Lunch
Mixed Fruit	4.000	ounce(s)	Red Beans and Rice	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Red Beans and Rice	Lunch
Granola Bars	1.000	item(s)	Red Beans and Rice	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Red Beans and Rice	Lunch



Client Diet Record Nutrient Analysis

First: 2015 SS PANTRY MEALS
Middle: Red Beans and Rice 13158 F
Last:
Company:

Identification Number: 1
Date of Birth: 6
Height: 633.304
Weight:

Diet Name: Red Beans and Rice 13158 F

Nutrient	Value	Unit	Goal	%
Weight	560.534	g		
Kilocalories	633.304	kcal	624.000	101 %
Protein	28.987	g	15.000	193 %
Carbohydrate	123.954	g	43.000	288 %
Fat, Total	4.563	g		
Alcohol	0.000	g		
Cholesterol	6.000	mg		
Saturated Fat	0.283	g		
Monounsaturated Fat	0.054	g		
Polyunsaturated Fat	1.213	g		
MFA 18:1, Oleic	0.054	g		
PFA 18:2, Linoleic	1.160	g		
PFA 18:3, Linolenic	0.067	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	872.169	mg		
Potassium	1140.554	mg		
Vitamin A (RE)	162.941	RE		
Vitamin A (IU)	1008.346	IU		
Vitamin A (RAE)	170.845	IU		
Beta-Carotene	0.240	IU		
Alpha-Carotene	0.000	IU		
Lutein (+ Zeaxanthin)	14.160	IU		
Beta-Cryptoxanthin	0.000	IU		
Lycopene	0.000	IU		
Vitamin C	111.409	mg		
Calcium	564.545	mg		
Iron	6.221	mg		
Vitamin D (ug)	5.000	IU		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.168	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	0.262	mg		
Thiamin	0.511	mg		
Riboflavin	0.655	mg		
Niacin	2.790	mg		
Pyridoxine (Vitamin B6)	0.523	mg		
Folate (Total)	50.650	IU		
Folate (DFE)	194.523	IU		
Cobalamin (Vitamin B12)	1.299	IU		
Biotin				
Pantothenic Acid				
Vitamin K	0.624	IU		

Nutrient	Value	Unit	Goal	%
Phosphorus	254.411	mg		
Iodine	23.890	ug		
Magnesium	112.066	mg		
Zinc	3.764	mg		
Copper	0.222	mg		
Manganese	0.469	mg		
Selenium	6.880	ug		
Fluoride	73.500	ug		
Chromium		mg		
Molybdenum	11.300	ug		
Dietary Fiber, Total	10.824	g	7.000	155 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber		g		
Sugar, Total	44.499	g		
Glucose		g		
Galactose	0.000	g		
Fructose		g		
Sucrose		g		
Lactose	0.000	g		
Maltose		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	0.000	mg		
Threonine	0.000	mg		
Isoleucine	0.000	mg		
Leucine	0.000	mg		
Lysine	0.000	mg		
Methionine	0.000	mg		
Cystine	0.000	mg		
Phenylalanine	0.000	mg		
Tyrosine	0.000	mg		
Valine	0.000	mg		
Arginine	0.000	mg		
Histidine	0.000	mg		
Alanine	0.000	mg		
Aspartic Acid	0.000	mg		
Glutamic Acid	0.000	mg		
Glycine	0.000	mg		
Proline	0.000	mg		
Serine	0.000	mg		
Moisture	116.105	g		
Ash	0.331	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Red Beans and Rice 13158 F
Exchanges
 Fruit 0.50
 Milk-Skim 1.00
 Other Carbohydrate 3.00