



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: 672.782 **Diet Name:** Beef Stew 13160 F

Percentage of Kcals
 Protein 17.4%
 Carbohydrate 52.4%
 Fat, total 30.2%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Beef Stew	7.513	ounce(s)	Beef Stew	Lunch
Applesauce	0.500	cup(s)	Beef Stew	Lunch
Wheat Crackers	4.000	item(s)	Beef Stew	Lunch
Peanuts	1.000	ounce(s)	Beef Stew	Lunch
Granola Bar	2.000	item(s)	Beef Stew	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Beef Stew	Lunch



Client Diet Record Nutrient Analysis

First: Middle: Last: Company:

2015 SS PANTRY MEALS

Identification Number: Date of Birth: Height: Weight:

Total Days: 1
Total Foods: 6
Avg. Daily Kcals: 672.782

Diet Name: Beef Stew 13160 F

Nutrient	Value	Unit	Goal	%
Weight	443.790	g		
Kilocalories	672.782	kcal	624.000	108 %
Protein	30.059	g	15.000	200 %
Carbohydrate	90.440	g	43.000	210 %
Fat, Total	23.140	g		
Alcohol	0.000	g		
Cholesterol	31.000	mg		
Saturated Fat	7.049	g		
Monounsaturated Fat	8.821	g		
Polysaturated Fat	7.006	g		
MFA 18:1, Oleic	8.604	g		
PFA 18:2, Linoleic	6.855	g		
PFA 18:3, Linolenic	0.112	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	839.038	mg		
Potassium	1002.347	mg		
Vitamin A (RE)	428.310	RE		
Vitamin A (IU)	3308.339	IU		
Vitamin A (RAE)	295.220	µg		
Beta-Carotene	16.340	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	60.000	µg		
Beta-Cryptoxanthin	10.980	µg		
Lycopene	0.000	µg		
Vitamin C	7.369	mg		
Calcium	464.063	mg		
Iron	6.404	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.368	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.807	mg		
Thiamin	0.537	mg		
Riboflavin	0.853	mg		
Niacin	9.542	mg		
Pyridoxine (Vitamin B6)	0.883	mg		
Folate (Total)	150.439	µg		
Folate (DFE)	144.913	µg		
Cobalamin (Vitamin B12)	2.889	µg		
Biotin	9.950	µg		
Pantothenic Acid	0.520	mg		
Vitamin K	7.322	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	264.128	mg		
Iodine	23.890	µg		
Magnesium	141.255	mg		
Zinc	6.340	mg		
Copper	0.577	mg		
Manganese	0.827	mg		
Selenium	9.450	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.863	g	7.000	127 %
Soluble Fiber	0.057	g		
Insoluble Fiber	1.870	g		
Crude Fiber	2.600	g		
Sugar, Total	35.940	g		
Glucose	0.023	g		
Galactose	0.000	g		
Fructose	0.023	g		
Sucrose	1.143	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	82.807	mg		
Threonine	209.292	mg		
Isoleucine	322.258	mg		
Leucine	595.733	mg		
Lysine	308.423	mg		
Methionine	101.497	mg		
Cystine	131.911	mg		
Phenylalanine	460.087	mg		
Tyrosine	318.856	mg		
Valine	379.645	mg		
Arginine	971.608	mg		
Histidine	212.509	mg		
Alanine	351.577	mg		
Aspartic Acid	1010.476	mg		
Glutamic Acid	1889.650	mg		
Glycine	506.225	mg		
Proline	450.860	mg		
Serine	422.991	mg		
Moisture	112.026	g		
Ash	1.961	g		
Caffeine	0.000	mg		

Nutrient Goal Template
(Client)
Analyzed by
Beef Stew 13160 F

Exchanges
Bread/Starch 1.00
Fat 0.00
Fruit 1.00
Meat-Medium Fat 1.00
Milk-Skim 1.00
Other Carbohydrate 2.50