



# Client Diet Record Intake

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

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

**Total Days:** 1                      **Total Foods:** 7  
**Avg. Daily Kcals:** 722.581              **Diet Name:** Spaghetti and Meatball Meal 13162 F

**Percentage of Kcals**  
 Protein 13.6%  
 Carbohydrate 59.0%  
 Fat, total 27.4%  
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Spaghetti and Meatballs	0.500	cup(s)	Day 1	Lunch
Peanut Butter	1.000	ounce(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Rye Crispbread Crackers	6.000	item(s)	Day 1	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Austin Animal Crackers	1.000	ounce(s)	Day 1	Lunch

# Client Diet Record Nutrient Analysis

**First:** 1  
**Middle:** 7  
**Last:** 722.581  
**Company:** 2015 SS PANTRY MEALS

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

**Weight:**

**Diet Name:** Spaghetti and Meatball Meal 13162 F

Nutrient	Value	Unit	Goal	%
Weight	497.899	g		
Kilocalories	722.581	kcal	624.000	116 %
Protein	24.979	g	15.000	167 %
Carbohydrate	108.480	g	43.000	252 %
Fat, Total	22.400	g		
Alcohol	0.000	g		
Cholesterol	18.500	mg		
Saturated Fat	5.680	g		
Monounsaturated Fat	11.681	g		
Polysaturated Fat	5.069	g		
MFA 18:1, Oleic	9.002	g		
PFA 18:2, Linoleic	4.717	g		
PFA 18:3, Linolenic	0.102	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	916.947	mg		
Potassium	1152.558	mg		
Vitamin A (RE)	252.602	RE		
Vitamin A (IU)	1259.020	IU		
Vitamin A (RAE)	188.201	µg		
Beta-Carotene	86.546	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	360.366	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	132.268	mg		
Calcium	472.529	mg		
Iron	4.688	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.931	mg		
Thiamin	0.537	mg		
Riboflavin	0.689	mg		
Niacin	6.374	mg		
Pyridoxine (Vitamin B6)	0.470	mg		
Folate (Total)	155.207	µg		
Folate (DFE)	166.747	µg		
Cobalamin (Vitamin B12)	1.313	µg		
Biotin	12.098	µg		
Pantothenic Acid	1.109	mg		
Vitamin K	3.905	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	259.094	mg		
Iodine	23.890	µg		
Magnesium	123.060	mg		
Zinc	3.937	mg		
Copper	0.402	mg		
Manganese	1.317	mg		
Selenium	14.814	µg		
Fluoride	74.379	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.487	g	7.000	121 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.943	g		
Sugar, Total	32.913	g		
Glucose	9.875	g		
Galactose	0.000	g		
Fructose	10.207	g		
Sucrose	19.220	g		
Lactose	0.000	g		
Maltose	0.241	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	125.265	mg		
Threonine	307.195	mg		
Isoleucine	362.454	mg		
Leucine	764.482	mg		
Lysine	371.867	mg		
Methionine	151.045	mg		
Cystine	165.640	mg		
Phenylalanine	570.880	mg		
Tyrosine	347.220	mg		
Valine	453.672	mg		
Arginine	1078.444	mg		
Histidine	256.329	mg		
Alanine	456.052	mg		
Aspartic Acid	1298.877	mg		
Glutamic Acid	2793.570	mg		
Glycine	582.102	mg		
Proline	970.375	mg		
Serine	678.504	mg		
Moisture	334.085	g		
Ash	4.753	g		
Caffeine	0.000	mg		

**Nutrient Goal Template**  
**(Client)**  
**Analyzed by**  
 Spaghetti and Meatball Meal 13162 F  
**Exchanges**  
 Bread/Starch 4.00  
 Fat 0.50  
 Fruit 1.50  
 Meat-High Fat 2.00  
 Milk-Skim 1.00