



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: 653.881 **Diet Name:** Lasagna Meal 13164 F

Percentage of Kcals

Protein	12.2%
Carbohydrate	72.2%
Fat, total	15.6%
Alcohol	0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Lasagna	0.500	cup(s)	Day 1	Lunch
Chocolate Pudding	0.500	cup(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Rye Crispbread Crackers	8.000	item(s)	Day 1	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
Last:
Company:

2015 SS PANTRY MEALS

Diet Name:

Lasagna Meal 13164 F

Identification Number:
Date of Birth:
Height:

Total Days: 1
Total Foods: 6
Avg. Daily Kcals: 653.881

Weight:

Nutrient	Value	Unit	Goal	%
Weight	577.700	g		
Kilocalories	653.881	kcal	624.000	105 %
Protein	20.179	g	15.000	135 %
Carbohydrate	119.170	g	43.000	277 %
Fat, Total	11.465	g		
Alcohol	0.000	g		
Cholesterol	22.415	mg		
Saturated Fat	3.641	g		
Monounsaturated Fat	4.377	g		
Polysaturated Fat	2.195	g		
MFA 18:1, Oleic	2.349	g		
PFA 18:2, Linoleic	2.004	g		
PFA 18:3, Linolenic	0.191	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	801.568	mg		
Potassium	1207.020	mg		
Vitamin A (RE)	266.957	RE		
Vitamin A (IU)	1306.000	IU		
Vitamin A (RAE)	184.776	µg		
Beta-Carotene	89.156	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	394.859	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	135.817	mg		
Calcium	578.699	mg		
Iron	4.287	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.261	mg		
Vitamin E (IU)	0.248	IU		
Alpha-Tocopherol	0.807	mg		
Thiamin	0.481	mg		
Riboflavin	0.776	mg		
Niacin	2.152	mg		
Pyridoxine (Vitamin B6)	0.394	mg		
Folate (Total)	113.643	µg		
Folate (DFE)	109.407	µg		
Cobalamin (Vitamin B12)	1.299	µg		
Biotin	0.846	µg		
Pantothenic Acid	0.770	µg		
Vitamin K	3.967	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	256.584	mg		
Iodine	23.890	µg		
Magnesium	109.504	mg		
Zinc	3.718	mg		
Copper	0.406	mg		
Manganese	1.029	mg		
Selenium	18.034	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	9.430	g	7.000	135 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.264	g		
Sugar, Total	50.752	g		
Glucose	7.539	g		
Galactose	0.000	g		
Fructose	8.228	g		
Sucrose	11.307	g		
Lactose	0.000	g		
Maltose	0.200	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	42.045	mg		
Threonine	134.981	mg		
Isoleucine	148.181	mg		
Leucine	256.494	mg		
Lysine	143.803	mg		
Methionine	56.268	mg		
Cystine	75.113	mg		
Phenylalanine	184.803	mg		
Tyrosine	77.690	mg		
Valine	190.449	mg		
Arginine	269.662	mg		
Histidine	79.468	mg		
Alanine	176.139	mg		
Aspartic Acid	422.295	mg		
Glutamic Acid	950.546	mg		
Glycine	147.603	mg		
Proline	444.194	mg		
Serine	206.494	mg		
Moisture	324.452	g		
Ash	3.575	g		
Caffeine	6.525	mg		

Nutrient Goal Template
(Client)
Analyzed by
Lasagna Meal 13164 F
Exchanges
Bread/Starch 3.00
Fat 1.00
Fruit 1.50
Milk-Skim 1.00
Other Carbohydrate 2.00