



# 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:** 698.754              **Diet Name:** Chili Mac 13166 F

**Percentage of Kcals**  
 Protein                      19.1%  
 Carbohydrate              53.5%  
 Fat, total                      27.4%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Chili Mac	7.513	ounce(s)	Chili Mac	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Chili Mac	Lunch
Raisins	1.100	ounce(s)	Chili Mac	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Chili Mac	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Chili Mac	Lunch



# Client Diet Record Nutrient Analysis

First:  
Middle:  
Last:  
Company:

2015 SS PANTRY MEALS

Diet Name: Chilli Mac 13166 F

Identification Number:  
Date of Birth:  
Height:

Total Days: 1  
Total Foods: 5  
Avg. Daily Kcal: 698.754

Weight:

Nutrient	Value	Unit	Goal	%
Weight	349.673	g		
Kilocalories	698.754	kcal	624.000	112 %
Protein	35.028	g	15.000	234 %
Carbohydrate	98.115	g	43.000	228 %
Fat, Total	22.292	g		
Alcohol	0.000	g		
Cholesterol	37.460	mg		
Saturated Fat	4.153	g		
Monounsaturated Fat	5.200	g		
Polyunsaturated Fat	9.674	g		
MFA 18:1, Oleic	2.668	g		
PFA 18:2, Linoleic	9.302	g		
PFA 18:3, Linolenic	0.162	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.050	g		
Sodium	930.411	mg		
Potassium	1338.523	mg		
Vitamin A (RE)	150.405	RE		
Vitamin A (IU)	979.541	IU		
Vitamin A (RAE)	145.500	µg		
Beta-Carotene	1.417	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	0.000	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	5.562	mg		
Calcium	552.897	mg		
Iron	5.789	mg		
Vitamin D (µg)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	7.546	mg		
Thiamin	0.423	mg		
Riboflavin	0.705	mg		
Niacin	4.675	mg		
Pyridoxine (Vitamin B6)	0.582	mg		
Folate (Total)	167.988	µg		
Folate (DFE)	156.552	µg		
Cobalamin (Vitamin B12)	2.379	µg		
Biotin	1.560	µg		
Pantothenic Acid	2.325	mg		
Vitamin K	3.127	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	528.473	mg		
Iodine	23.890	µg		
Magnesium	106.640	mg		
Zinc	5.632	mg		
Copper	0.842	mg		
Manganese	0.931	mg		
Selenium	28.689	µg		
Fluoride	146.441	µg		
Chromium	0.011	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	10.485	g	7.000	150 %
Soluble Fiber	1.340	g		
Insoluble Fiber		g		
Crude Fiber	0.400	g		
Sugar, Total	21.502	g		
Glucose	8.662	g		
Galactose	0.000	g		
Fructose	9.256	g		
Sucrose	0.906	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	9.510	g		
Tryptophan	99.223	mg		
Threonine	247.407	mg		
Isoleucine	291.915	mg		
Leucine	429.098	mg		
Lysine	251.574	mg		
Methionine	125.617	mg		
Cystine	114.503	mg		
Phenylalanine	324.885	mg		
Tyrosine	163.917	mg		
Valine	342.263	mg		
Arginine	706.838	mg		
Histidine	174.406	mg		
Alanine	301.497	mg		
Aspartic Acid	622.839	mg		
Glutamic Acid	1393.491	mg		
Glycine	376.481	mg		
Proline	363.554	mg		
Serine	280.377	mg		
Moisture	5.152	g		
Ash	2.165	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
(Client)

Analyzed by

Chilli Mac 13166 F

Exchanges

Fruit

Meat-High Fat

Milk-Skim

1.50  
1.50  
1.00