



# 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:** 648.200                      **Diet Name:** Chicken Salad 13168 F

**Percentage of Kcals**  
 Protein 17.5%  
 Carbohydrate 59.1%  
 Fat, total 23.4%  
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Chicken Salad 3 oz *	3.000	ounce(s)	Chicken Salad	Lunch
Whole Wheat Crackers	10.000	item(s)	Chicken Salad	Lunch
Raisins	1.100	ounce(s)	Chicken Salad	Lunch
Peaches	0.500	cup(s)	Chicken Salad	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Chicken Salad	Lunch



# Client Diet Record Nutrient Analysis

First:  
Middle:  
Last:  
Company:

2015 SS PANTRY MEALS

Diet Name: Chicken Salad 13168 F

Identification Number:  
Date of Birth:  
Height:

Total Days: 1  
Total Foods: 5  
Avg. Daily Kcals: 648.200

Weight:

Nutrient	Value	Unit	Goal	%
Weight	321.113	g		
Kilocalories	648.200	kcal	624.000	104 %
Protein	30.248	g	15.000	202 %
Carbohydrate	101.979	g	43.000	237 %
Fat, Total	17.961	g		
Alcohol	0.000	g		
Cholesterol	42.563	mg		
Saturated Fat	3.253	g		
Monounsaturated Fat	2.382	g		
Polysaturated Fat	2.670	g		
MFA 18:1, Oleic	2.366	g		
PFA 18:2, Linoleic	2.516	g		
PFA 18:3, Linolenic	0.152	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	709.950	mg		
Potassium	1202.371	mg		
Vitamin A (RE)	351.547	RE		
Vitamin A (IU)	1499.802	IU		
Vitamin A (RAE)	314.560	µg		
Beta-Carotene	234.360	µg		
Alpha-Carotene	1.240	µg		
Lutein (+ Zeaxanthin)	147.240	µg		
Beta-Cryptoxanthin	96.720	µg		
Lycopene	0.000	µg		
Vitamin C	8.846	mg		
Calcium	865.451	mg		
Iron	5.369	mg		
Vitamin D (µg)	10.000	µg		
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.414	mg		
Vitamin E (IU)	0.336	IU		
Alpha-Tocopherol	0.989	mg		
Thiamin	0.343	mg		
Riboflavin	0.992	mg		
Niacin	3.228	mg		
Pyridoxine (Vitamin B6)	0.291	mg		
Folate (Total)	40.980	µg		
Folate (DFE)	18.108	µg		
Cobalamin (Vitamin B12)	2.598	µg		
Biotin	1.560	µg		
Pantothenic Acid	0.417	mg		
Vitamin K	6.520	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	170.576	mg		
Iodine	47.780	µg		
Magnesium	102.359	mg		
Zinc	5.231	mg		
Copper	0.406	mg		
Manganese	1.052	mg		
Selenium	6.439	µg		
Fluoride	219.941	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	7.827	g	7.000	112 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.772	g		
Sugar, Total	31.342	g		
Glucose	14.007	g		
Galactose	0.000	g		
Fructose	14.114	g		
Sucrose	3.106	g		
Lactose	0.000	g		
Maltose	1.152	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	72.872	mg		
Threonine	157.412	mg		
Isoleucine	171.696	mg		
Leucine	314.577	mg		
Lysine	148.995	mg		
Methionine	79.949	mg		
Cystine	94.525	mg		
Phenylalanine	236.058	mg		
Tyrosine	127.182	mg		
Valine	228.443	mg		
Arginine	315.032	mg		
Histidine	119.733	mg		
Alanine	205.864	mg		
Aspartic Acid	346.903	mg		
Glutamic Acid	1291.782	mg		
Glycine	195.428	mg		
Proline	481.489	mg		
Serine	225.389	mg		
Moisture	114.380	g		
Ash	1.992	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
(Client)

Analyzed by  
Chicken Salad 13168 F

Exchanges  
Bread/Starch 2.00  
Fruit 2.50  
Milk-Skim 2.00