



# 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:** 706.601              **Diet Name:** Chicken and Pasta 13170 F

**Percentage of Kcals**  
 Protein                      15.1%  
 Carbohydrate              65.1%  
 Fat, total                    19.8%  
 Alcohol                      0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	8.500	fluid ounce(s)	Chicken and Pasta 2013	Lunch
Sun Meadow Chicken and Pasta in Sauce	7.500	ounce(s)	Chicken and Pasta 2013	Lunch
Whole Wheat Crackers	8.000	item(s)	Chicken and Pasta 2013	Lunch
Peanut Butter	0.500	ounce(s)	Chicken and Pasta 2013	Lunch
Raisins	2.000	ounce(s)	Chicken and Pasta 2013	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Chicken and Pasta 2013	Lunch



# Client Diet Record Nutrient Analysis

**First:** 1  
**Middle:** 6  
**Last:** 706.601  
**Company:** 2015 SS PANTRY MEALS

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

**Weight:**

**Diet Name:** Chicken and Pasta 13170 F

Nutrient	Value	Unit	Goal	%
Weight	599.435	g		
Kilocalories	706.601	kcal	624.000	113 %
Protein	28.122	g	15.000	187 %
Carbohydrate	121.023	g	43.000	281 %
Fat, Total	16.335	g		
Alcohol	0.000	g		
Cholesterol	40.160	mg		
Saturated Fat	3.767	g		
Monounsaturated Fat	5.436	g		
Polyunsaturated Fat	4.244	g		
MFA 18:1, Oleic	5.318	g		
PFA 18:2, Linoleic	4.078	g		
PFA 18:3, Linolenic	0.164	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	744.813	mg		
Potassium	1651.490	mg		
Vitamin A (RE)	202.850	RE		
Vitamin A (IU)	2261.500	IU		
Vitamin A (RAE)	171.850	µg		
Beta-Carotene	86.955	µg		
Alpha-Carotene	15.810	µg		
Lutein (+ Zeaxanthin)	360.305	µg		
Beta-Cryptoxanthin	445.315	µg		
Lycopene	0.000	µg		
Vitamin C	134.193	mg		
Calcium	519.430	mg		
Iron	5.149	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	1.722	mg		
Thiamin	0.611	mg		
Riboflavin	0.732	mg		
Niacin	9.164	mg		
Pyridoxine (Vitamin B6)	0.669	mg		
Folate (Total)	113.585	µg		
Folate (DFE)	102.149	µg		
Cobalamin (Vitamin B12)	1.359	µg		
Biotin	9.312	µg		
Pantothenic Acid	0.964	mg		
Vitamin K	4.989	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	348.596	mg		
Iodine	23.890	µg		
Magnesium	134.408	mg		
Zinc	3.670	mg		
Copper	0.538	mg		
Manganese	1.163	mg		
Selenium	16.452	µg		
Fluoride	206.559	µg		
Chromium	0.037	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	7.835	g	7.000	112 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	1.383	g		
Sugar, Total	58.119	g		
Glucose	23.184	g		
Galactose	0.000	g		
Fructose	24.733	g		
Sucrose	12.323	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	109.636	mg		
Threonine	219.659	mg		
Isoleucine	244.437	mg		
Leucine	495.859	mg		
Lysine	244.571	mg		
Methionine	100.649	mg		
Cystine	121.760	mg		
Phenylalanine	404.436	mg		
Tyrosine	215.606	mg		
Valine	313.227	mg		
Arginine	876.543	mg		
Histidine	192.184	mg		
Alanine	327.291	mg		
Aspartic Acid	831.015	mg		
Glutamic Acid	1786.101	mg		
Glycine	383.640	mg		
Proline	751.032	mg		
Serine	414.267	mg		
Moisture	242.539	g		
Ash	3.414	g		
Caffeine	0.000	mg		

**Nutrient Goal Template**  
(Client)

**Analyzed by**  
Chicken and Pasta 13170 F

**Exchanges**  
 Bread/Starch 2.00  
 Fruit 4.50  
 Meat-High Fat 1.00  
 Milk-Skim 1.00