



# 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:** 647.507              **Diet Name:** BBQ Beef Meal 13172 F

### Percentage of Kcals

Protein	17.7%
Carbohydrate	45.6%
Fat, total	36.7%
Alcohol	0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	BBQ Beef Meal	Lunch
Sun Meadow BBQ Beef 3 oz. can	3.000	ounce(s)	BBQ Beef Meal	Lunch
Whole Wheat Crackers	10.000	item(s)	BBQ Beef Meal	Lunch
Sunflower Seeds	1.000	ounce(s)	BBQ Beef Meal	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	BBQ Beef Meal	Lunch



# Client Diet Record Nutrient Analysis

**First:** 1  
**Middle:** 5  
**Last:** 647.507  
**Company:** 2015 SS PANTRY MEALS  
**Identification Number:**  
**Date of Birth:**  
**Height:** Weight:

**Diet Name:** BBQ Beef Meal 13172 F  
**Nutrient Goal Template (Client):** BBQ Beef Meal 13172 F  
**Analyzed by:** Exchanges  
 Bread/Starch 2.00  
 Fat 1.50  
 Fruit 1.00  
 Meat-High Fat 1.00  
 Milk-Skim 1.00

Nutrient	Value	Unit	Goal	%
Weight	304.968	g		
Kilocalories	647.507	kcal	624.000	104 %
Protein	29.787	g	15.000	199 %
Carbohydrate	76.566	g	43.000	178 %
Fat, Total	27.386	g		
Alcohol	0.000	g		
Cholesterol	46.000	mg		
Saturated Fat	5.219	g		
Monounsaturated Fat	4.684	g		
Polyunsaturated Fat	12.413	g		
MFA 18:1, Oleic	4.636	g		
PFA 18:2, Linoleic	12.223	g		
PFA 18:3, Linolenic	0.187	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.045	g		
Sodium	881.144	mg		
Potassium	837.988	mg		
Vitamin A (RE)	176.632	RE		
Vitamin A (IU)	1016.671	IU		
Vitamin A (RAE)	158.613	µg		
Beta-Carotene	44.691	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	222.400	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	74.305	mg		
Calcium	490.605	mg		
Iron	5.827	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	10.696	mg		
Thiamin	0.399	mg		
Riboflavin	0.604	mg		
Niacin	3.733	mg		
Pyridoxine (Vitamin B6)	0.419	mg		
Folate (Total)	129.127	µg		
Folate (DFE)	117.691	µg		
Cobalamin (Vitamin B12)	1.299	µg		
Biotin	0.423	µg		
Pantothenic Acid	2.543	mg		
Vitamin K	4.330	µg		
Phosphorus	463.193	mg		
Iodine	23.890	µg		
Magnesium	112.078	mg		
Zinc	4.485	mg		
Copper	0.780	mg		
Manganese	1.507	mg		
Selenium	28.180	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	7.968	g	7.000	114 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.195	g		
Sugar, Total	12.045	g		
Glucose	3.880	g		
Galactose		g		
Fructose	3.934	g		
Sucrose	6.065	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	144.172	mg		
Threonine	344.505	mg		
Isoleucine	426.436	mg		
Leucine	671.233	mg		
Lysine	343.686	mg		
Methionine	182.055	mg		
Cystine	201.505	mg		
Phenylalanine	471.119	mg		
Tyrosine	275.257	mg		
Valine	503.112	mg		
Arginine	827.907	mg		
Histidine	243.957	mg		
Alanine	424.629	mg		
Aspartic Acid	891.113	mg		
Glutamic Acid	2557.400	mg		
Glycine	519.576	mg		
Proline	721.332	mg		
Serine	453.116	mg		
Moisture	117.305	g		
Ash	2.801	g		
Caffeine	0.000	mg		