



Client Diet Record Intake

First:
Middle:
Last: 2015 SS PANTRY MEALS
Company:

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

Total Days: 1 **Total Foods:** 8
Avg. Daily Kcals: 649.601 **Diet Name:** Chicken Stew 13174 F

Percentage of Kcals
 Protein 20.2%
 Carbohydrate 54.8%
 Fat, total 25.0%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Chicken Stew	7.500	ounce(s)	Chicken Stew	Lunch
Peanut Butter	1.000	ounce(s)	Chicken Stew	Lunch
Jelly	1.000	teaspoon(s)	Chicken Stew	Lunch
Mixed Fruit	4.000	ounce(s)	Chicken Stew	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Chicken Stew	Lunch
Orange Juice	4.230	fluid ounce(s)	Chicken Stew	Lunch
Rye Crispbread Crackers	4.000	item(s)	Chicken Stew	Lunch
Orange Juice	4.230	fluid ounce(s)	Chicken Stew	Lunch



Client Diet Record Nutrient Analysis

First: 1
Middle: 8
Last: 649.601
Company: 2015 SS PANTRY MEALS

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

Diet Name: Chicken Stew 13174 F

Nutrient	Value	Unit	Goal	%
Weight	663.671	g		
Kilocalories	649.601	kcal	624.000	104 %
Protein	33.204	g	15.000	221 %
Carbohydrate	90.156	g	43.000	210 %
Fat, Total	18.271	g		
Alcohol	0.000	g		
Cholesterol	41.000	mg		
Saturated Fat	4.166	g		
Monounsaturated Fat	6.991	g		
Polysaturated Fat	4.232	g		
PFA 18:1, Oleic	6.815	g		
PFA 18:2, Linoleic	4.165	g		
PFA 18:3, Linolenic	0.067	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	717.647	mg		
Potassium	1386.378	mg		
Vitamin A (RE)	212.637	RE		
Vitamin A (IU)	4609.370	IU		
Vitamin A (RAE)	181.726	µg		
Beta-Carotene	86.756	µg		
Alpha-Carotene	15.736	µg		
Lutein (+ Zeaxanthin)	341.939	µg		
Beta-Cryptoxanthin	443.219	µg		
Lycopene	0.000	µg		
Vitamin C	192.331	mg		
Calcium	489.619	mg		
Iron	3.859	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.098	mg		
Vitamin E (IU)	0.005	IU		
Alpha-Tocopherol	2.815	mg		
Thiamin	0.484	mg		
Riboflavin	6.414	mg		
Niacin	5.359	mg		
Pyridoxine (Vitamin B6)	0.488	mg		
Folate (Total)	121.447	µg		
Folate (DFE)	123.361	µg		
Cobalamin (Vitamin B12)	1.409	µg		
Biotin	12.098	µg		
Pantothenic Acid	0.948	mg		
Vitamin K	1.653	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	337.485	mg		
Iodine	23.890	µg		
Magnesium	129.967	mg		
Zinc	3.949	mg		
Copper	0.334	mg		
Manganese	0.958	mg		
Selenium	9.198	µg		
Fluoride	79.489	µg		
Chromium	0.072	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	8.095	g	7.000	116 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.943	g		
Sugar, Total	46.443	g		
Glucose	7.592	g		
Galactose	0.000	g		
Fructose	8.048	g		
Sucrose	13.508	g		
Lactose	0.000	g		
Maltose	0.100	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	87.999	mg		
Threonine	223.981	mg		
Isoleucine	256.095	mg		
Leucine	575.639	mg		
Lysine	273.262	mg		
Methionine	106.060	mg		
Cystine	107.899	mg		
Phenylalanine	438.728	mg		
Tyrosine	274.855	mg		
Valine	327.373	mg		
Arginine	967.285	mg		
Histidine	198.740	mg		
Alanine	362.601	mg		
Aspartic Acid	1159.697	mg		
Glutamic Acid	1936.304	mg		
Glycine	485.615	mg		
Proline	671.868	mg		
Serine	532.779	mg		
Moisture	235.393	g		
Ash	2.430	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 Chicken Stew 13174 F
Exchanges
 Bread/Starch 1.00
 Fruit 2.00
 Meat-High Fat 1.50
 Milk-Skim 1.00
 Other Carbohydrate 1.00