



# 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:** 631.830              **Diet Name:** Potatoes, Turkey Ham and Cheese 13176 F

**Percentage of Kcals**  
 Protein 18.1%  
 Carbohydrate 46.4%  
 Fat, total 35.6%  
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Sunflower Seeds	1.000	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Rye Crispbread Crackers	4.000	item(s)	Potatoes,Turkey Ham and Cheese	Lunch
Animal Crackers	1.000	ounce(s)	Potatoes,Turkey Ham and Cheese	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Potatoes,Turkey Ham and Cheese	Lunch



# Client Diet Record Nutrient Analysis

First:  
Middle:  
Last:  
Company:

2015 SS PANTRY MEALS

Diet Name: Potatoes, Turkey Ham and Cheese 13176 F

Identification Number:  
Date of Birth:  
Height:

Total Days: 1  
Total Foods: 5  
Avg. Daily Kcals: 631.830

Weight:

Nutrient	Value	Unit	Goal	%
Weight	309.760	g		
Kilocalories	631.830	kcal	624.000	101 %
Protein	29.631	g	15.000	198 %
Carbohydrate	76.110	g	43.000	177 %
Fat, Total	25.960	g		
Alcohol	0.000	g		
Cholesterol	26.000	mg		
Saturated Fat	3.886	g		
Monounsaturated Fat	7.458	g		
Polyunsaturated Fat	7.202	g		
MFA 18:1, Oleic	7.413	g		
PFA 18:2, Linoleic	7.134	g		
PFA 18:3, Linolenic	0.061	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	835.351	mg		
Potassium	666.464	mg		
Vitamin A (RE)	151.568	RE		
Vitamin A (IU)	598.675	IU		
Vitamin A (RAE)	146.400	µg		
Beta-Carotene	8.505	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	39.367	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	1.535	mg		
Calcium	480.503	mg		
Iron	5.419	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	9.617	mg		
Thiamin	0.687	mg		
Riboflavin	0.727	mg		
Niacin	3.795	mg		
Pyridoxine (Vitamin B6)	0.558	mg		
Folate (Total)	116.923	µg		
Folate (DFE)	124.944	µg		
Cobalamin (Vitamin B12)	1.323	µg		
Biotin				
Pantothenic Acid	0.563	mg		
Vitamin K	2.873	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	402.325	mg		
Iodine	23.890	µg		
Magnesium	144.119	mg		
Zinc	4.610	mg		
Copper	0.639	mg		
Manganese	1.169	mg		
Selenium	43.310	µg		
Fluoride	73.500	µg		
Chromium		mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	9.050	g	7.000	129 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.170	g		
Sugar, Total	7.906	g		
Glucose	0.610	g		
Galactose		g		
Fructose	0.463	g		
Sucrose	6.525	g		
Lactose		g		
Maltose	0.191	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	145.122	mg		
Threonine	374.798	mg		
Isoleucine	461.060	mg		
Leucine	714.761	mg		
Lysine	394.241	mg		
Methionine	197.132	mg		
Cystine	201.097	mg		
Phenylalanine	503.858	mg		
Tyrosine	277.973	mg		
Valine	539.495	mg		
Arginine	828.998	mg		
Histidine	254.658	mg		
Alanine	444.314	mg		
Aspartic Acid	889.009	mg		
Glutamic Acid	2654.885	mg		
Glycine	541.674	mg		
Proline	715.798	mg		
Serine	493.582	mg		
Moisture	3.667	g		
Ash	1.705	g		
Caffeine	0.000	mg		

Nutrient Goal Template  
(Client)

Analyzed by

Potatoes, Turkey Ham and Cheese 13176 F

Exchanges

Bread/Starch 2.50

Fat 1.50

Meat-High Fat 1.00

Milk-Skim 1.00