



Client Diet Record Intake

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

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

Total Days: 5 **Total Foods:** 29
Avg. Daily Kcals: 659.680 **Diet Name:** 51330

Percentage of Kcals
 Protein 16.1%
 Carbohydrate 62.4%
 Fat, total 21.5%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Sun Meadow Beef Stew	7.513	ounce(s)	Day 1	Lunch
Applesauce	0.500	cup(s)	Day 1	Lunch
Wheat Crackers	4.000	item(s)	Day 1	Lunch
Peanuts	1.000	ounce(s)	Day 1	Lunch
Granola Bar	2.000	item(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Orange Juice	8.500	fluid ounce(s)	Day 2	Lunch
Sun Meadow Chicken and Pasta in Sauce	7.500	ounce(s)	Day 2	Lunch
Whole Wheat Crackers	8.000	item(s)	Day 2	Lunch
Peanut Butter	0.500	ounce(s)	Day 2	Lunch
Raisins	2.000	ounce(s)	Day 2	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 2	Lunch
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 3	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	Day 3	Lunch
Mixed Fruit	4.000	ounce(s)	Day 3	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 3	Lunch
Granola Bars	1.000	item(s)	Day 3	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 3	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 4	Lunch
Lasagna	0.500	cup(s)	Day 4	Lunch
Chocolate Pudding	0.500	cup(s)	Day 4	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 4	Lunch
Rye Crispbread Crackers	8.000	item(s)	Day 4	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 4	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Day 5	Lunch
Sunflower Seeds	1.000	ounce(s)	Day 5	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 5	Lunch
Animal Crackers	1.000	ounce(s)	Day 5	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 5	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
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Company:

Identification Number:
Date of Birth:
Height:

Weight:

Total Days: 5
Total Foods: 29
Avg. Daily Kcals: 659.680

Diet Name: 51330

Nutrient	Value	Unit	Goal	%
Weight	498.244	g		
Kilocalories	659.680	kcal	624.000	106 %
Protein	27.396	g	15.000	183 %
Carbohydrate	106.139	g	43.000	247 %
Fat, Total	16.293	g		
Alcohol	0.000	g		
Cholesterol	25.115	mg		
Saturated Fat	3.725	g		
Monounsaturated Fat	5.229	g		
Polyunsaturated Fat	4.372	g		
MFA 18:1, Oleic	4.748	g		
PFA 18:2, Linoleic	4.246	g		
PFA 18:3, Linolenic	0.119	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	818.588	mg		
Potassium	1133.575	mg		
Vitamin A (RE)	242.525	RE		
Vitamin A (IU)	1696.572	IU		
Vitamin A (RAE)	193.818	µg		
Beta-Carotene	40.239	µg		
Alpha-Carotene	6.309	µg		
Lutein (+ Zeaxanthin)	173.738	µg		
Beta-Cryptoxanthin	179.903	µg		
Lycopene	0.000	µg		
Vitamin C	78.064	mg		
Calcium	521.448	mg		
Iron	5.496	mg		
Vitamin D (ug)	5.000	µg		
Vitamin D (IU)	200.000	IU		
Vitamin E (mg)	0.199	mg		
Vitamin E (IU)	0.054	IU		
Alpha-Tocopherol	3.043	mg		
Thiamin	0.565	mg		
Riboflavin	0.749	mg		
Niacin	5.489	mg		
Pyridoxine (Vitamin B6)	0.605	mg		
Folate (Total)	109.048	µg		
Folate (DFE)	135.187	µg		
Cobalamin (Vitamin B12)	1.634	µg		
Biotin	4.022	µg		
Pantothenic Acid	0.564	mg		
Vitamin K	3.955	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	305.209	mg		
Iodine	23.890	µg		
Magnesium	128.270	mg		
Zinc	4.420	mg		
Copper	0.476	mg		
Manganese	0.931	mg		
Selenium	18.825	µg		
Fluoride	100.112	µg		
Chromium	0.007	mg		
Molybdenum	11.300	µg		
Dietary Fiber, Total	9.200	g	7.000	131 %
Soluble Fiber	0.011	g		
Insoluble Fiber	0.374	g		
Crude Fiber	6.283	g		
Sugar, Total	39.443	g		
Glucose	6.271	g		
Galactose	0.000	g		
Fructose	6.689	g		
Sucrose	6.259	g		
Lactose	0.000	g		
Maltose	0.078	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	75.922	mg		
Threonine	187.746	mg		
Isoleucine	235.187	mg		
Leucine	412.569	mg		
Lysine	218.168	mg		
Methionine	91.109	mg		
Cystine	105.976	mg		
Phenylalanine	310.637	mg		
Tyrosine	178.025	mg		
Valine	284.563	mg		
Arginine	589.362	mg		
Histidine	147.764	mg		
Alanine	259.864	mg		
Aspartic Acid	630.559	mg		
Glutamic Acid	1456.236	mg		
Glycine	315.828	mg		
Proline	472.377	mg		
Serine	307.467	mg		
Moisture	159.758	g		
Ash	2.197	g		
Caffeine	1.305	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 51330

Percentage of Kcals

Protein 16.1%
 Carbohydrate 62.4%
 Fat, total 21.5%
 Alcohol 0.0%

Exchanges

Bread/Starch 1.50
 Fat 0.50
 Fruit 1.50
 Meat-High Fat 0.50
 Meat-Medium Fat 0.00
 Milk-Skim 1.00
 Other Carbohydrate 1.50