



Client Diet Record Intake

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

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

Total Days: 5 **Total Foods:** 28
Avg. Daily Kcals: 668.259 **Diet Name:** 51335

Percentage of Kcals
 Protein 17.7%
 Carbohydrate 55.7%
 Fat, total 26.6%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Sun Meadow Franks and Beans	7.500	ounce(s)	Day 1	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Day 1	Lunch
Wheat Crackers	2.000	item(s)	Day 1	Lunch
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 2	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	Day 2	Lunch
Mixed Fruit	4.000	ounce(s)	Day 2	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 2	Lunch
Granola Bars	1.000	item(s)	Day 2	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 2	Lunch
Spaghetti and Meatballs	0.500	cup(s)	Day 3	Lunch
Peanut Butter	1.000	ounce(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 3	Lunch
Rye Crispbread Crackers	6.000	item(s)	Day 3	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 3	Lunch
Austin Animal Crackers	1.000	ounce(s)	Day 3	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 4	Lunch
Sun Meadow BBQ Beef 3 oz. can	3.000	ounce(s)	Day 4	Lunch
Whole Wheat Crackers	10.000	item(s)	Day 4	Lunch
Sunflower Seeds	1.000	ounce(s)	Day 4	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 4	Lunch
Sun Meadow Chili Mac	7.513	ounce(s)	Day 5	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 5	Lunch
Raisins	1.100	ounce(s)	Day 5	Lunch
Sunflower Seed Kernels	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:
 Last: 2015 SS PANTRY MEALS
 Company:

Identification Number:
 Date of Birth:
 Height: Weight:

Total Days: 5
 Total Foods: 28
 Avg. Daily Kcals: 668.259

Diet Name: 51335

Nutrient	Value	Unit	Goal	%
Weight	426.411	g		
Kilocalories	668.259	kcal	624.000	107 %
Protein	30.681	g	15.000	205 %
Carbohydrate	96.423	g	43.000	224 %
Fat, Total	20.504	g		
Alcohol	0.000	g		
Cholesterol	31.978	mg		
Saturated Fat	4.025	g		
Monounsaturated Fat	5.521	g		
Polyunsaturated Fat	7.029	g		
MFA 18:1, Oleic	4.460	g		
PFA 18:2, Linoleic	6.827	g		
PFA 18:3, Linolenic	0.112	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.019	g		
Sodium	858.447	mg		
Potassium	1182.195	mg		
Vitamin A (RE)	214.105	RE		
Vitamin A (IU)	1141.731	IU		
Vitamin A (RAE)	193.634	µg		
Beta-Carotene	36.934	µg		
Alpha-Carotene	6.294	µg		
Lutein (+ Zeaxanthin)	150.517	µg		
Beta-Cryptoxanthin	177.288	µg		
Lycopene	0.000	µg		
Vitamin C	79.554	mg		
Calcium	595.989	mg		
Iron	5.937	mg		
Vitamin D (ug)	6.000	µg		
Vitamin D (IU)	240.000	IU		
Vitamin E (mg)	0.132	mg		
Vitamin E (IU)	0.006	IU		
Alpha-Tocopherol	6.187	mg		
Thiamin	0.576	mg		
Riboflavin	0.751	mg		
Niacin	4.370	mg		
Pyridoxine (Vitamin B6)	0.541	mg		
Folate (Total)	127.637	µg		
Folate (DFE)	150.399	µg		
Cobalamin (Vitamin B12)	1.778	µg		
Biotin	2.901	µg		
Pantothenic Acid	1.316	mg		
Vitamin K	2.539	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	369.174	mg		
Iodine	28.668	µg		
Magnesium	131.979	mg		
Zinc	4.925	mg		
Copper	0.580	mg		
Manganese	1.062	mg		
Selenium	19.468	µg		
Fluoride	102.964	µg		
Chromium	0.017	mg		
Molybdenum	13.560	µg		
Dietary Fiber, Total	9.681	g	7.000	138 %
Soluble Fiber	0.268	g		
Insoluble Fiber		g		
Crude Fiber	5.768	g		
Sugar, Total	24.700	g		
Glucose	5.217	g		
Galactose	0.000	g		
Fructose	5.466	g		
Sucrose	6.458	g		
Lactose	0.000	g		
Maltose	0.048	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.902	g		
Tryptophan	95.476	mg		
Threonine	237.440	mg		
Isoleucine	286.607	mg		
Leucine	477.420	mg		
Lysine	251.745	mg		
Methionine	122.196	mg		
Cystine	125.528	mg		
Phenylalanine	346.962	mg		
Tyrosine	199.089	mg		
Valine	341.753	mg		
Arginine	675.712	mg		
Histidine	173.875	mg		
Alanine	307.170	mg		
Aspartic Acid	725.793	mg		
Glutamic Acid	1707.051	mg		
Glycine	384.766	mg		
Proline	500.710	mg		
Serine	351.776	mg		
Moisture	137.992	g		
Ash	2.320	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)

Analyzed by
 Selection: 51335

Percentage of Kcals
 Protein 17.7%
 Carbohydrate 55.7%
 Fat, total 26.6%
 Alcohol 0.0%

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