



Client Diet Record Intake

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

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

Total Days: 5 **Total Foods:** 30
Avg. Daily Kcals: 658.023 **Diet Name:** 51350

Percentage of Kcals
 Protein 16.6%
 Carbohydrate 59.7%
 Fat, total 23.8%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Lasagna	0.500	cup(s)	Day 1	Lunch
Chocolate Pudding	0.500	cup(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Rye Crispbread Crackers	8.000	item(s)	Day 1	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 1	Lunch
Sun Meadow Chicken Salad 3 oz *	3.000	ounce(s)	Day 2	Lunch
Whole Wheat Crackers	10.000	item(s)	Day 2	Lunch
Raisins	1.100	ounce(s)	Day 2	Lunch
Peaches	0.500	cup(s)	Day 2	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Day 2	Lunch
Orange Juice	8.500	fluid ounce(s)	Day 3	Lunch
Sun Meadow Chicken and Pasta in Sauce	7.500	ounce(s)	Day 3	Lunch
Whole Wheat Crackers	8.000	item(s)	Day 3	Lunch
Peanut Butter	0.500	ounce(s)	Day 3	Lunch
Raisins	2.000	ounce(s)	Day 3	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 3	Lunch
Sun Meadow Chicken Stew	7.500	ounce(s)	Day 4	Lunch
Peanut Butter	1.000	ounce(s)	Day 4	Lunch
Jelly	1.000	teaspoon(s)	Day 4	Lunch
Mixed Fruit	4.000	ounce(s)	Day 4	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 4	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 4	Lunch
Rye Crispbread Crackers	4.000	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:
Last: 2015 SS PANTRY MEALS
Company:

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

Total Days: 5
Total Foods: 30
Avg. Daily Kcals: 658.023

Diet Name: 51350

Nutrient	Value	Unit	Goal	%
Weight	494.336	g		
Kilocalories	658.023	kcal	624.000	105 %
Protein	28.277	g	15.000	189 %
Carbohydrate	101.688	g	43.000	236 %
Fat, Total	17.998	g		
Alcohol	0.000	g		
Cholesterol	34.428	mg		
Saturated Fat	3.743	g		
Monounsaturated Fat	5.329	g		
Polyunsaturated Fat	4.109	g		
MFA 18:1, Oleic	4.852	g		
PFA 18:2, Linoleic	3.980	g		
PFA 18:3, Linolenic	0.127	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	761.866	mg		
Potassium	1222.745	mg		
Vitamin A (RE)	237.112	RE		
Vitamin A (IU)	2055.069	IU		
Vitamin A (RAE)	199.862	µg		
Beta-Carotene	101.146	µg		
Alpha-Carotene	9.704	µg		
Lutein (+ Zeaxanthin)	256.742	µg		
Beta-Cryptoxanthin	285.695	µg		
Lycopene	0.000	µg		
Vitamin C	94.544	mg		
Calcium	586.740	mg		
Iron	4.816	mg		
Vitamin D (ug)	6.000	µg		
Vitamin D (IU)	240.000	IU		
Vitamin E (mg)	0.194	mg		
Vitamin E (IU)	0.120	IU		
Alpha-Tocopherol	3.190	mg		
Thiamin	0.521	mg		
Riboflavin	1.928	mg		
Niacin	4.740	mg		
Pyridoxine (Vitamin B6)	0.480	mg		
Folate (Total)	101.316	µg		
Folate (DFE)	95.594	µg		
Cobalamin (Vitamin B12)	1.598	µg		
Biotin	4.763	µg		
Pantothenic Acid	0.733	mg		
Vitamin K	4.000	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	303.115	mg		
Iodine	28.668	µg		
Magnesium	124.071	mg		
Zinc	4.236	mg		
Copper	0.465	mg		
Manganese	1.074	mg		
Selenium	18.687	µg		
Fluoride	130.598	µg		
Chromium	0.022	mg		
Molybdenum	13.560	µg		
Dietary Fiber, Total	8.447	g	7.000	121 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	6.106	g		
Sugar, Total	38.912	g		
Glucose	10.586	g		
Galactose	0.000	g		
Fructose	11.117	g		
Sucrose	9.354	g		
Lactose	0.000	g		
Maltose	0.329	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	91.535	mg		
Threonine	222.166	mg		
Isoleucine	256.294	mg		
Leucine	471.466	mg		
Lysine	240.934	mg		
Methionine	108.012	mg		
Cystine	120.079	mg		
Phenylalanine	353.577	mg		
Tyrosine	194.661	mg		
Valine	319.797	mg		
Arginine	651.504	mg		
Histidine	168.957	mg		
Alanine	303.242	mg		
Aspartic Acid	729.784	mg		
Glutamic Acid	1723.924	mg		
Glycine	350.792	mg		
Proline	612.876	mg		
Serine	374.502	mg		
Moisture	184.086	g		
Ash	2.623	g		
Caffeine	1.305	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 51350

Percentage of Kcals

Protein	16.6%
Carbohydrate	59.7%
Fat, total	23.8%
Alcohol	0.0%

Exchanges

Bread/Starch	2.00
Fat	0.50
Fruit	2.00
Meat-High Fat	0.50
Milk-Skim	1.00
Other Carbohydrate	0.50