



Client Diet Record Intake

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

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

Total Days: 7 **Total Foods:** 40
Avg. Daily Kcals: 653.281 **Diet Name:** 71345

Percentage of Kcals
 Protein 18.0%
 Carbohydrate 57.5%
 Fat, total 24.5%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Cranberry Juice Drink	4.230	fluid ounce(s)	Day 1	Lunch
Sun Meadow Red Beans and Rice	7.500	ounce(s)	Day 1	Lunch
Mixed Fruit	4.000	ounce(s)	Day 1	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 1	Lunch
Granola Bars	1.000	item(s)	Day 1	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Lunch
Sun Meadow Beef Stew	7.513	ounce(s)	Day 2	Lunch
Applesauce	0.500	cup(s)	Day 2	Lunch
Wheat Crackers	4.000	item(s)	Day 2	Lunch
Peanuts	1.000	ounce(s)	Day 2	Lunch
Granola Bar	2.000	item(s)	Day 2	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 2	Lunch
Corned Beef Hash, Canned	0.500	cup(s)	Day 3	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 3	Breakfast
Instant Oatmeal	2.000	item(s)	Day 3	Breakfast
Applesauce	0.500	cup(s)	Day 3	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 3	Breakfast
Sun Meadow Chicken Salad 3 oz *	3.000	ounce(s)	Day 4	Lunch
Whole Wheat Crackers	10.000	item(s)	Day 4	Lunch
Raisins	1.100	ounce(s)	Day 4	Lunch
Peaches	0.500	cup(s)	Day 4	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Day 4	Lunch
Sun Meadow Chicken Stew	7.500	ounce(s)	Day 5	Lunch
Peanut Butter	1.000	ounce(s)	Day 5	Lunch
Jelly	1.000	teaspoon(s)	Day 5	Lunch
Mixed Fruit	4.000	ounce(s)	Day 5	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 5	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 5	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 5	Lunch
Orange Juice	4.230	fluid ounce(s)	Day 5	Lunch
Sun Meadow Chili Mac	7.513	ounce(s)	Day 6	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 6	Lunch
Raisins	1.100	ounce(s)	Day 6	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Day 6	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 6	Lunch
Sun Meadow Potatoes ,Turkey Ham in Cheese	7.500	ounce(s)	Day 7	Lunch
Sunflower Seeds	1.000	ounce(s)	Day 7	Lunch
Rye Crispbread Crackers	4.000	item(s)	Day 7	Lunch
Animal Crackers	1.000	ounce(s)	Day 7	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 7	Lunch



Client Diet Record Nutrient Analysis

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

Identification Number:
Date of Birth:
Height:

Diet Name: 71345

Weight:

Total Days: 7
Total Foods: 40
Avg. Daily Kcals: 653.281

Nutrient	Value	Unit	Goal	%
Weight	458.814	g		
Kilocalories	653.281	kcal	624.000	105 %
Protein	30.422	g	15.000	203 %
Carbohydrate	97.227	g	43.000	226 %
Fat, Total	18.386	g		
Alcohol	0.000	g		
Cholesterol	32.540	mg		
Saturated Fat	4.136	g		
Monounsaturated Fat	5.482	g		
Polyunsaturated Fat	4.842	g		
MFA 18:1, Oleic	4.974	g		
PFA 18:2, Linoleic	4.699	g		
PFA 18:3, Linolenic	0.108	g		
PFA 20:5, EPA	0.001	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.008	g		
Sodium	809.666	mg		
Potassium	1133.325	mg		
Vitamin A (RE)	362.277	RE		
Vitamin A (IU)	2113.369	IU		
Vitamin A (RAE)	287.598	IU		
Beta-Carotene	55.842	IU		
Alpha-Carotene	3.549	IU		
Lutein (+ Zeaxanthin)	107.644	IU		
Beta-Cryptoxanthin	110.361	IU		
Lycopene	0.000	IU		
Vitamin C	56.979	mg		
Calcium	580.549	mg		
Iron	7.498	mg		
Vitamin D (ug)	5.714	IU		
Vitamin D (IU)	228.571	IU		
Vitamin E (mg)	0.207	mg		
Vitamin E (IU)	0.075	IU		
Alpha-Tocopherol	3.479	mg		
Thiamin	0.626	mg		
Riboflavin	1.647	mg		
Niacin	5.649	mg		
Pyridoxine (Vitamin B6)	0.631	mg		
Folate (Total)	122.919	IU		
Folate (DFE)	151.808	IU		
Cobalamin (Vitamin B12)	1.885	IU		
Biotin	3.839	IU		
Pantothenic Acid	0.822	mg		
Vitamin K	3.404	IU		

Nutrient	Value	Unit	Goal	%
Phosphorus	318.667	mg		
Iodine	27.303	IU		
Magnesium	124.705	mg		
Zinc	5.057	mg		
Copper	0.481	mg		
Manganese	1.025	mg		
Selenium	17.080	IU		
Fluoride	118.039	IU		
Chromium	0.014	mg		
Molybdenum	12.914	IU		
Dietary Fiber, Total	9.280	g	7.000	133 %
Soluble Fiber	0.236	g		
Insoluble Fiber	0.504	g		
Crude Fiber	4.682	g		
Sugar, Total	30.842	g		
Glucose	5.341	g		
Galactose	0.010	g		
Fructose	6.418	g		
Sucrose	5.046	g		
Lactose	0.000	g		
Maltose	0.224	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.359	g		
Tryptophan	84.675	mg		
Threonine	204.963	mg		
Isoleucine	256.914	mg		
Leucine	456.568	mg		
Lysine	253.974	mg		
Methionine	105.307	mg		
Cystine	128.950	mg		
Phenylalanine	335.734	mg		
Tyrosine	197.810	mg		
Valine	319.343	mg		
Arginine	618.233	mg		
Histidine	160.877	mg		
Alanine	286.103	mg		
Aspartic Acid	687.644	mg		
Glutamic Acid	1536.952	mg		
Glycine	354.038	mg		
Proline	423.644	mg		
Serine	333.155	mg		
Moisture	140.279	g		
Ash	2.168	g		
Caffeine	0.000	mg		

Nutrient Goal Template
 (Client)
Analyzed by
 71345
Exchanges
 Bread/Starch 1.00
 Fat 0.50
 Fruit 1.50
 Meat-High Fat 0.50
 Meat-Lean 0.00
 Meat-Medium Fat 0.00
 Milk-Skim 1.00
 Other Carbohydrate 1.00