



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: 639.148 **Diet Name:** Franks and Beans 13156 F

Percentage of Kcals
 Protein 20.6%
 Carbohydrate 44.7%
 Fat, total 34.7%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Orange Juice	4.230	fluid ounce(s)	Franks and Beans	Lunch
Sun Meadow Franks and Beans	7.500	ounce(s)	Franks and Beans	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Franks and Beans	Lunch
Sun Meadow Non Fat Dry Milk	2.000	serving(s)	Franks and Beans	Lunch
Wheat Crackers	2.000	item(s)	Franks and Beans	Lunch



Client Diet Record Nutrient Analysis

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

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

Total Days: 1
Total Foods: 5
Avg. Daily Kcals: 639.148

Diet Name: Franks and Beans 13156 F

Nutrient	Value	Unit	Goal	%
Weight	418.981	g		
Kilocalories	639.148	kcal	624.000	102 %
Protein	34.624	g	15.000	231 %
Carbohydrate	75.001	g	43.000	174 %
Fat, Total	25.882	g		
Alcohol	0.000	g		
Cholesterol	51.929	mg		
Saturated Fat	4.790	g		
Monounsaturated Fat	5.986	g		
Polyunsaturated Fat	6.779	g		
MFA 18:1, Oleic	5.939	g		
PFA 18:2, Linoleic	6.732	g		
PFA 18:3, Linolenic	0.040	g		
PFA 20:5, EPA	0.004	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	691.563	mg		
Potassium	1441.354	mg		
Vitamin A (RE)	327.944	RE		
Vitamin A (IU)	1445.079	IU		
Vitamin A (RAE)	305.013	µg		
Beta-Carotene	51.778	µg		
Alpha-Carotene	7.868	µg		
Lutein (+ Zeaxanthin)	155.660	µg		
Beta-Cryptoxanthin	221.610	µg		
Lycopene	0.000	µg		
Vitamin C	74.227	mg		
Calcium	899.370	mg		
Iron	7.160	mg		
Vitamin D (ug)	10.000	µg		
Vitamin D (IU)	400.000	IU		
Vitamin E (mg)	0.196	mg		
Vitamin E (IU)	0.010	IU		
Alpha-Tocopherol	9.503	mg		
Thiamin	1.008	mg		
Riboflavin	1.102	mg		
Niacin	4.275	mg		
Pyridoxine (Vitamin B6)	0.712	mg		
Folate (Total)	135.212	µg		
Folate (DFE)	116.480	µg		
Cobalamin (Vitamin B12)	2.598	µg		
Biotin	0.423	µg		
Pantothenic Acid	0.601	mg		
Vitamin K	0.707	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	340.699	mg		
Iodine	47.780	µg		
Magnesium	206.050	mg		
Zinc	6.805	mg		
Copper	0.655	mg		
Manganese	1.088	mg		
Selenium	18.774	µg		
Fluoride	147.000	µg		
Chromium		mg		
Molybdenum	22.600	µg		
Dietary Fiber, Total	10.640	g	7.000	152 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	27.302	g		
Sugar, Total	12.540	g		
Glucose	3.670	g		
Galactose		g		
Fructose	3.934	g		
Sucrose	6.102	g		
Lactose		g		
Maltose		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	108.719	mg		
Threonine	288.094	mg		
Isoleucine	352.231	mg		
Leucine	522.285	mg		
Lysine	291.597	mg		
Methionine	152.260	mg		
Cystine	145.993	mg		
Phenylalanine	367.927	mg		
Tyrosine	209.053	mg		
Valine	409.720	mg		
Arginine	765.370	mg		
Histidine	194.683	mg		
Alanine	353.673	mg		
Aspartic Acid	816.136	mg		
Glutamic Acid	1790.792	mg		
Glycine	445.668	mg		
Proline	448.288	mg		
Serine	346.884	mg		
Moisture	117.315	g		
Ash	1.549	g		
Caffeine	0.000	mg		

Nutrient Goal Template

(Client)

Analyzed by

Selection: Franks and Beans 13156 F

Percentage of Kcals

Protein	20.6%
Carbohydrate	44.7%
Fat, total	34.7%
Alcohol	0.0%

Exchanges

Bread/Starch	0.50
Fat	1.50
Fruit	1.00
Meat-High Fat	1.00
Milk-Skim	2.00