



Client Diet Record Intake

First:
Middle:
Last: SS PANTRY MEALS
Company:

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

Total Days: 5 **Total Foods:** 29
Avg. Daily Kcals: 655.128 **Diet Name:** 51345

Percentage of Kcals
 Protein 17.1%
 Carbohydrate 57.6%
 Fat, total 25.3%
 Alcohol 0.0%

Food Item	Amount	Unit	Day	Meal
Beef Hash, Canned	0.500	cup(s)	Day 1	Breakfast
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 1	Breakfast
Instant Oatmeal	2.000	item(s)	Day 1	Breakfast
Applesauce	0.500	cup(s)	Day 1	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 1	Breakfast
Orange Juice	4.230	fluid ounce(s)	Day 2	Lunch
Lasagna	0.500	cup(s)	Day 2	Lunch
Wheat Crackers	4.000	item(s)	Day 2	Lunch
Chocolate Pudding	0.500	cup(s)	Day 2	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 2	Lunch
Sun Meadow Chili Mac	7.500	ounce	Day 3	Lunch
Whole Wheat Tortilla SS (2 per pack)	2.000	ounce(s)	Day 3	Lunch
Raisins	1.100	ounce(s)	Day 3	Lunch
Sunflower Seed Kernels	1.000	ounce(s)	Day 3	Lunch
Sun Meadow Non Fat Dry Milk	1.000	serving(s)	Day 3	Lunch
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
Orange Juice	4.230	fluid ounce(s)	Day 5	Lunch
NATURE VALLEY Oats 'n Honey Granola Bar 2ct	1.000	item(s)	Day 5	Lunch
Wheat Crackers	2.000	item(s)	Day 5	Lunch



Client Diet Record Nutrient Analysis

First:
Middle:
Last: SS PANTRY MEALS
Company:

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

Total Days: 5
Total Foods: 29
Avg. Daily Kcals: 655.128

Diet Name: 51345

Nutrient	Value	Unit	Goal	%
Weight	466.037	g		
Kilocalories	655.128	kcal	624.000	105 %
Protein	28.869	g	15.000	192 %
Carbohydrate	97.396	g	43.000	227 %
Fat, Total	19.034	g		
Alcohol	0.000	g		
Cholesterol	37.440	mg		
Saturated Fat	4.538	g		
Monounsaturated Fat	5.667	g		
Polyunsaturated Fat	4.157	g		
MFA 18:1, Oleic	4.604	g		
PFA 18:2, Linoleic	3.980	g		
PFA 18:3, Linolenic	0.135	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.011	g		
Sodium	813.212	mg		
Potassium	1201.042	mg		
Vitamin A (RE)	406.770	RE		
Vitamin A (IU)	2184.392	IU		
Vitamin A (RAE)	314.476	µg		
Beta-Carotene	82.338	µg		
Alpha-Carotene	6.542	µg		
Lutein (+ Zeaxanthin)	156.444	µg		
Beta-Cryptoxanthin	196.632	µg		
Lycopene	0.000	µg		
Vitamin C	69.758	mg		
Calcium	621.845	mg		
Iron	7.776	mg		
Vitamin D (ug)	6.000	µg		
Vitamin D (IU)	240.000	IU		
Vitamin E (mg)	0.226	mg		
Vitamin E (IU)	0.167	IU		
Alpha-Tocopherol	2.405	mg		
Thiamin	0.591	mg		
Riboflavin	2.000	mg		
Niacin	5.063	mg		
Pyridoxine (Vitamin B6)	0.510	mg		
Folate (Total)	121.917	µg		
Folate (DFE)	132.564	µg		
Cobalamin (Vitamin B12)	1.797	µg		
Biotin	3.469	µg		
Pantothenic Acid	0.975	mg		
Vitamin K	2.994	µg		

Nutrient	Value	Unit	Goal	%
Phosphorus	284.460	mg		
Iodine	28.668	µg		
Magnesium	106.987	mg		
Zinc	4.639	mg		
Copper	0.437	mg		
Manganese	0.911	mg		
Selenium	11.400	µg		
Fluoride	135.854	µg		
Chromium	0.019	mg		
Molybdenum	13.560	µg		
Dietary Fiber, Total	7.661	g	7.000	109 %
Soluble Fiber	0.319	g		
Insoluble Fiber	0.332	g		
Crude Fiber	0.628	g		
Sugar, Total	35.998	g		
Glucose	8.064	g		
Galactose	0.014	g		
Fructose	9.639	g		
Sucrose	6.557	g		
Lactose	0.000	g		
Maltose	0.256	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	1.902	g		
Tryptophan	74.268	mg		
Threonine	169.540	mg		
Isoleucine	203.697	mg		
Leucine	379.218	mg		
Lysine	213.887	mg		
Methionine	88.619	mg		
Cystine	115.988	mg		
Phenylalanine	278.311	mg		
Tyrosine	160.897	mg		
Valine	263.477	mg		
Arginine	516.591	mg		
Histidine	132.369	mg		
Alanine	242.024	mg		
Aspartic Acid	594.531	mg		
Glutamic Acid	1264.621	mg		
Glycine	287.842	mg		
Proline	371.729	mg		
Serine	284.320	mg		
Moisture	191.144	g		
Ash	2.658	g		
Caffeine	1.305	mg		

Nutrient Goal Template
(Client)

Analyzed by
Selection: 51345

Percentage of Kcals

Protein	17.1%
Carbohydrate	57.6%
Fat, total	25.3%
Alcohol	0.0%

Exchanges

Bread/Starch	1.50
Fat	1.00
Fruit	2.00
Meat-High Fat	0.50
Meat-Lean	0.00
Milk-Skim	1.00
Other Carbohydrate	0.50