



Client Diet Record Report

First: John
Middle:
Last: Smith
Company:

Male
Identification Number:
Date of Birth: 1/1/1969
Height: 5 ft. 8 in. **Weight:** 135.00 lb.

Total Days: 5
Total Foods: 119
Avg. Daily Kcals: 2409.110

Diet Name: Diet Record 1

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Day 1		2223.573	77.972	303.681	87.206	1695.551	9429.102	420.803	1241.728	42.370	90.922
Breakfast		217.390	5.571	49.951	1.937	145.920	75.520	10.266	30.640	10.068	18.431
Coffee, Brewed	8.000 fl. oz.	2.370	0.284	0.000	0.047	4.740	0.000	0.000	4.740	0.000	0.000
NATURE'S PATH FLAXPLUS Cereal, Multibran Flakes, Organic	0.750 c.	110.000	4.000	23.000	1.500	140.000	0.000	0.000	20.000	7.000	4.000
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
1000 IU Vitamin D	1.000 svg.										
Morning Snack		350.733	27.468	57.205	4.248	123.433	5739.215	87.106	257.845	8.539	32.832
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
Milk, Reduced Fat 2%	4.000 fl. oz.	61.000	4.026	5.856	2.416	57.340	231.800	0.244	146.400	0.000	6.173
Broccoli	0.500 c.	15.470	1.283	3.021	0.168	15.015	283.465	40.586	21.385	1.183	0.774
Carrots	0.250 c.	12.505	0.284	2.922	0.073	21.045	5095.330	1.800	10.065	0.854	1.446
Strawberries, Unsweetened, Frozen	0.500 c.	26.075	0.320	6.802	0.082	1.490	33.525	30.694	11.920	1.565	3.397
Blueberries	0.250 c.	20.663	0.268	5.253	0.120	0.363	19.575	3.516	2.175	0.870	3.611
Tera's Whey Bourbon Vanilla Whey	30.000 g	110.000	20.000	6.000	1.000	20.000	0.000	0.000	60.000	1.000	3.000
Nature's Way Glucosamine Chondroitin	2.000 pc.			0.400		7.000					
Lunch		651.898	20.657	84.689	28.126	860.273	2914.660	278.305	267.768	11.703	8.538
Squash, Summer, Zucchini	0.500 c.	9.605	0.684	1.757	0.181	4.520	113.000	10.114	9.040	0.565	1.413
Pepper, Bell or Sweet, Red	0.500 c.	23.095	0.738	4.492	0.224	2.980	2332.595	95.137	5.215	1.565	3.129
Pepper, Bell or Sweet, Yellow	0.500 item	25.110	0.930	5.878	0.195	1.860	186.000	170.655	10.230	0.837	2.325
Cheese, Cheddar, Shredded	0.250 c.	113.848	7.034	0.362	9.362	175.433	283.065	0.000	203.683	0.000	0.147
Bread, Pita, Whole Wheat	1.000 item	170.240	6.272	35.200	1.664	340.480	0.000	0.000	9.600	4.736	0.525
Garden of Eatin Blue Corn Tortilla Chips	1.500 oz.	210.000	3.000	27.000	10.500	15.000	0.000	0.000	30.000	3.000	0.000
ATHENOS Hummus, Original	0.250 c.	100.000	2.000	10.000	6.000	320.000	0.000	2.400	0.000	1.000	1.000
Afternoon Snack		188.140	2.315	30.832	7.100	10.830	19.090	3.486	27.470	4.573	8.134
Pear	0.500 item	48.140	0.315	12.832	0.100	0.830	19.090	3.486	7.470	2.573	8.134
Garden of Eatin Blue Corn Tortilla Chips	1.000 oz.	140.000	2.000	18.000	7.000	10.000	0.000	0.000	20.000	2.000	0.000
Dinner		425.413	12.960	33.004	27.796	420.096	680.617	23.641	358.005	1.487	10.987
Plum Market Prepared Grilled Vegetables	0.500 c.	80.144	0.970	4.472	7.179	2.677	428.099	23.425	10.995	1.139	2.127
Cheese, Mexican (Queso Asadero)	1.500 oz.	151.389	9.611	1.220	12.018	278.539	80.798	0.000	281.090	0.000	1.220
Cake, Yellow with Vanilla Frosting, Ready to Eat	0.500 sl.	119.360	1.120	18.816	4.640	110.080	20.160	0.000	19.840	0.096	
Ice Cream, Vanilla	0.250 c.	74.520	1.260	8.496	3.960	28.800	151.560	0.216	46.080	0.252	7.639
Evening Snack		390.000	9.000	48.000	18.000	135.000	0.000	18.000	300.000	6.000	12.000
Jessica's Natural Foods Gluten-Free Chocolate Chip Granola	0.750 c.	390.000	9.000	48.000	18.000	135.000	0.000	18.000	300.000	6.000	12.000
Day 2		2533.093	97.978	393.262	73.565	2761.934	27709.170	338.227	1339.483	61.048	171.380
Breakfast		217.390	5.571	49.951	1.937	145.920	75.520	10.266	30.640	10.068	18.431
Coffee, Brewed	8.000 fl. oz.	2.370	0.284	0.000	0.047	4.740	0.000	0.000	4.740	0.000	0.000
NATURE'S PATH FLAXPLUS Cereal, Multibran Flakes, Organic	0.750 c.	110.000	4.000	23.000	1.500	140.000	0.000	0.000	20.000	7.000	4.000



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Total Foods: 119
Avg. Daily Kcals: 2409.110

Diet Name: Diet Record 1

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
1000 IU Vitamin D	1.000 svg.										
Morning Snack		560.733	34.468	84.205	12.248	138.433	5739.215	87.106	317.845	12.540	50.832
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
Milk, Reduced Fat 2%	4.000 fl. oz.	61.000	4.026	5.856	2.416	57.340	231.800	0.244	146.400	0.000	6.173
Broccoli	0.500 c.	15.470	1.283	3.021	0.168	15.015	283.465	40.586	21.385	1.183	0.774
Carrots	0.250 c.	12.505	0.284	2.922	0.073	21.045	5095.330	1.800	10.065	0.854	1.446
Strawberries, Unsweetened, Frozen	0.500 c.	26.075	0.320	6.802	0.082	1.490	33.525	30.694	11.920	1.565	3.397
Blueberries	0.250 c.	20.663	0.268	5.253	0.120	0.363	19.575	3.516	2.175	0.870	3.611
Tera's Whey Bourbon Vanilla Whey	30.000 g	110.000	20.000	6.000	1.000	20.000	0.000	0.000	60.000	1.000	3.000
Nature's Way Glucosamine Chondroitin	2.000 pc.			0.400		7.000					
Raw Revolution Bar	1.000 item	210.000	7.000	27.000	8.000	15.000	0.000	0.000	60.000	4.000	18.000
Lunch		904.970	18.940	166.106	24.380	1497.582	20594.440	180.855	320.998	22.441	79.116
Pita Way Vegetarian Grape Leaves Sandwich on White Pita Bread	1.000 svg.	399.000	10.891	61.537	14.987	1208.922	4338.629	30.518	164.308	7.229	11.483
Carrots	1.000 item	25.010	0.568	5.844	0.147	42.090	10190.660	3.599	20.130	1.708	2.892
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Cantaloupe	1.000 c.	54.400	1.344	13.056	0.304	25.600	5411.200	58.720	14.400	1.440	12.576
Pomegranate	0.500 item	117.030	2.355	26.367	1.650	4.230	0.000	14.382	14.100	5.640	19.275
Celery, Stalk	2.000 item	12.800	0.552	2.376	0.136	64.000	359.200	2.480	32.000	1.280	1.464
Garden of Eatin Blue Corn Tortilla Chips	1.000 oz.	140.000	2.000	18.000	7.000	10.000	0.000	0.000	20.000	2.000	0.000
GATORADE, Fruit Flavor	12.000 fl. oz.	95.160	0.000	23.534	0.000	142.740	0.000	1.464	3.660	0.000	19.178
Dinner		330.000	27.000	29.000	11.000	800.000	1300.000	36.000	270.000	8.000	7.000
AMY'S Veggie Burger, Quarter Pound	1.000 item	220.000	21.000	25.000	5.000	640.000	1000.000	6.000	100.000	6.000	5.000
SARGENTO Deli Style Cheese, Cheddar, Sharp, Sliced	1.000 sl.	80.000	5.000	0.000	6.000	140.000	300.000	0.000	150.000	0.000	0.000
BIRDS EYE STEAMFRESH Premium Selects Broccoli Florets	1.000 c.	30.000	1.000	4.000	0.000	20.000	0.000	30.000	20.000	2.000	2.000
Evening Snack		520.000	12.000	64.000	24.000	180.000	0.000	24.000	400.000	8.000	16.000
Jessica's Natural Foods Gluten-Free Chocolate Chip Granola	1.000 c.	520.000	12.000	64.000	24.000	180.000	0.000	24.000	400.000	8.000	16.000
Day 3		2768.947	93.264	490.950	56.157	1978.601	13687.910	153.146	850.283	56.767	78.416
Breakfast		217.390	5.571	49.951	1.937	145.920	75.520	10.266	30.640	10.068	18.431
Coffee, Brewed	8.000 fl. oz.	2.370	0.284	0.000	0.047	4.740	0.000	0.000	4.740	0.000	0.000
NATURE'S PATH FLAXPLUS Cereal, Multibran Flakes, Organic	0.750 c.	110.000	4.000	23.000	1.500	140.000	0.000	0.000	20.000	7.000	4.000
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
1000 IU Vitamin D	1.000 svg.										
Morning Snack		350.733	27.468	57.205	4.248	123.433	5739.215	87.106	257.845	8.539	32.832
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
Milk, Reduced Fat 2%	4.000 fl. oz.	61.000	4.026	5.856	2.416	57.340	231.800	0.244	146.400	0.000	6.173
Broccoli	0.500 c.	15.470	1.283	3.021	0.168	15.015	283.465	40.586	21.385	1.183	0.774



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Total Foods: 119
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Diet Name: Diet Record 1

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Carrots	0.250 c.	12.505	0.284	2.922	0.073	21.045	5095.330	1.800	10.065	0.854	1.446
Strawberries, Unsweetened, Frozen	0.500 c.	26.075	0.320	6.802	0.082	1.490	33.525	30.694	11.920	1.565	3.397
Blueberries	0.250 c.	20.663	0.268	5.253	0.120	0.363	19.575	3.516	2.175	0.870	3.611
Tera's Whey Bourbon Vanilla Whey	30.000 g	110.000	20.000	6.000	1.000	20.000	0.000	0.000	60.000	1.000	3.000
Nature's Way Glucosamine Chondroitin	2.000 pc.			0.400		7.000					
Lunch		677.338	11.816	136.626	12.864	357.793	928.778	15.388	51.750	16.866	3.896
Cucumber	0.500 c.	7.800	0.338	1.888	0.057	1.040	54.600	1.456	8.320	0.260	0.868
Sprouts, Alfalfa	0.250 c.	1.898	0.329	0.173	0.057	0.495	12.788	0.677	2.640	0.157	0.015
Tomatoes, Red	0.500 c.	16.200	0.792	3.528	0.180	4.500	749.700	11.430	9.000	1.080	2.367
Avocado	2.000 T.	29.200	0.365	1.557	2.675	1.278	111.690	1.825	2.190	1.223	0.120
Bread, Pita, Whole Wheat	1.000 item	170.240	6.272	35.200	1.664	340.480	0.000	0.000	9.600	4.736	0.525
Beyond Juice Very Berry Berry Smoothie	20.000 fl. oz.	312.000	1.720	76.280	1.230					7.410	
Garden of Eatin Blue Corn Tortilla Chips	1.000 oz.	140.000	2.000	18.000	7.000	10.000	0.000	0.000	20.000	2.000	0.000
Dinner		1133.487	39.409	199.168	19.108	1216.456	6944.398	22.387	210.047	15.294	11.257
Pasta, Spaghetti, Enriched, Cooked	4.000 c.	884.800	32.480	172.816	5.208	5.600	0.000	0.000	39.200	10.080	3.136
Oil, Olive	1.000 t.	39.780	0.000	0.000	4.500	0.090	0.000	0.000	0.045	0.000	0.000
CONTADINA Sauce, Tomato	0.250 c.	15.000	0.500	3.000	0.000	280.000	300.000	6.000	0.000	0.500	1.000
Capers, Canned, Drained	1.000 t.	0.659	0.068	0.140	0.025	84.978	3.956	0.123	1.147	0.092	0.012
FRESH EXPRESS Salad Mix, Spring	3.000 c.	15.000	1.000	3.000	0.000	40.000	4000.000	15.000	40.000	2.000	1.000
Carrots	2.000 T.	6.253	0.142	1.461	0.037	10.523	2547.665	0.900	5.033	0.427	0.723
Cucumber	2.000 T.	1.950	0.085	0.472	0.014	0.260	13.650	0.364	2.080	0.065	0.217
Cheese, Feta	2.000 T.	49.501	2.664	0.767	3.990	209.254	79.126	0.000	92.439	0.000	0.767
NEWMAN'S OWN Organic Light Balsamic Salad Dressing	2.000 T.	45.000	0.000	3.000	4.000	450.000	0.000	0.000	0.000	0.000	2.000
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Evening Snack		390.000	9.000	48.000	18.000	135.000	0.000	18.000	300.000	6.000	12.000
Jessica's Natural Foods Gluten-Free Chocolate Chip Granola	0.750 c.	390.000	9.000	48.000	18.000	135.000	0.000	18.000	300.000	6.000	12.000
Day 4		1888.108	69.772	289.928	53.528	3216.454	19865.520	60.866	621.980	42.178	72.463
Breakfast		217.390	5.571	50.351	1.937	152.920	75.520	10.266	30.640	10.068	18.431
Coffee, Brewed	8.000 fl. oz.	2.370	0.284	0.000	0.047	4.740	0.000	0.000	4.740	0.000	0.000
NATURE'S PATH FLAXPLUS Cereal, Multibrn Flakes, Organic	0.750 c.	110.000	4.000	23.000	1.500	140.000	0.000	0.000	20.000	7.000	4.000
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
1000 IU Vitamin D	1.000 svg.										
Nature's Way Glucosamine Chondroitin	2.000 pc.			0.400		7.000					
Morning Snack		210.000	7.000	27.000	8.000	15.000	0.000	0.000	60.000	4.000	18.000
Raw Revolution Bar	1.000 item	210.000	7.000	27.000	8.000	15.000	0.000	0.000	60.000	4.000	18.000
Lunch		560.748	20.476	93.073	12.100	1349.564				9.307	5.584



Client Diet Record Report

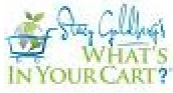
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Total Foods: 119
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Name	Amount	Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
PANERA BREAD Sandwich, Mediterranean Veggie on Tomato Basil, Full, no hummus, no onions	1.000	svg.	560.748	20.476	93.073	12.100	1349.564				9.307	5.584
Afternoon Snack			35.000	0.640	8.240	0.130	78.000	13790.000	2.600	32.000	2.900	4.760
Carrots, Baby	10.000	item	35.000	0.640	8.240	0.130	78.000	13790.000	2.600	32.000	2.900	4.760
Dinner			474.970	27.085	63.264	13.362	1485.970	6000.000	30.000	199.340	9.903	13.688
ROUND TABLE Garden Salad, Small	1.000	item	90.000	2.000	14.000	2.500	190.000	5000.000	24.000	40.000	3.000	4.000
NEWMAN'S OWN Organic Light Balsamic Salad Dressing	2.000	T.	45.000	0.000	3.000	4.000	450.000	0.000	0.000	0.000	0.000	2.000
AMY'S Veggie Burger, Quarter Pound	1.000	item	220.000	21.000	25.000	5.000	640.000	1000.000	6.000	100.000	6.000	5.000
Roll or Bun, Hamburger, Plain	1.000	item	119.970	4.085	21.264	1.862	205.970	0.000	0.000	59.340	0.903	2.688
Evening Snack			390.000	9.000	48.000	18.000	135.000	0.000	18.000	300.000	6.000	12.000
Jessica's Natural Foods Gluten-Free Chocolate Chip Granola	0.750	c.	390.000	9.000	48.000	18.000	135.000	0.000	18.000	300.000	6.000	12.000
Day 5			2631.832	83.593	355.260	106.369	3288.560	24474.900	259.070	1768.667	46.179	119.749
Breakfast			217.390	5.571	50.351	1.937	152.920	75.520	10.266	30.640	10.068	18.431
Coffee, Brewed	8.000	fl. oz.	2.370	0.284	0.000	0.047	4.740	0.000	0.000	4.740	0.000	0.000
NATURE'S PATH FLAXPLUS Cereal, Multibran Flakes, Organic	0.750	c.	110.000	4.000	23.000	1.500	140.000	0.000	0.000	20.000	7.000	4.000
Banana	1.000	item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
1000 IU Vitamin D	1.000	svg.										
Nature's Way Glucosamine Chondroitin	2.000	pc.			0.400		7.000					
Morning Snack			412.348	12.761	75.452	8.971	416.918	555.155	44.720	190.605	7.503	31.578
Strawberries, Unsweetened, Frozen	0.500	c.	26.075	0.320	6.802	0.082	1.490	33.525	30.694	11.920	1.565	3.397
Blueberries	0.250	c.	20.663	0.268	5.253	0.120	0.363	19.575	3.516	2.175	0.870	3.611
Banana	1.000	item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431
Milk, Reduced Fat 2%	4.000	fl. oz.	61.000	4.026	5.856	2.416	57.340	231.800	0.244	146.400	0.000	6.173
BRUEGGER'S BAGELS Plain	0.500	item	150.000	6.000	30.000	1.000	310.000	0.000	0.000	10.000	2.000	3.500
Cream Cheese	1.000	T.	49.590	0.860	0.590	4.965	46.545	194.735	0.000	14.210	0.000	0.465
Lunch			497.634	19.292	71.889	16.161	632.780	4981.065	114.907	297.101	5.801	34.351
Mushrooms, Portabella or Portabello, Grilled	3.000	oz.	24.664	2.790	3.776	0.493	9.355	0.000	0.000	2.551	1.871	1.922
Tomatoes, Red	0.250	c.	8.100	0.396	1.764	0.090	2.250	374.850	5.715	4.500	0.540	1.184
Pepper, Jalapeno	0.130	c.	6.750	0.304	1.328	0.140	0.225	179.775	9.968	2.250	0.630	0.779
Seeds, Sunflower Kernels, Dry Roasted, Salted	2.000	T.	93.120	3.093	3.851	7.968	65.600	1.440	0.224	11.200	1.440	0.437
SARGENTO Deli Style Cheese, Cheddar, Sharp, Sliced	1.000	sl.	80.000	5.000	0.000	6.000	140.000	300.000	0.000	150.000	0.000	0.000
Bread, Pita	1.000	item	165.000	5.460	33.420	0.720	321.600	0.000	0.000	51.600	1.320	0.780
JAMBA JUICE Orange/Carrot Juice	12.000	fl. oz.	120.000	2.250	27.750	0.750	93.750	4125.000	99.000	75.000	0.000	29.250
Afternoon Snack			175.000	2.640	26.240	7.130	88.000	13790.000	2.600	52.000	4.900	4.760
Garden of Eatin Blue Corn Tortilla Chips	1.000	oz.	140.000	2.000	18.000	7.000	10.000	0.000	0.000	20.000	2.000	0.000
Carrots, Baby	10.000	item	35.000	0.640	8.240	0.130	78.000	13790.000	2.600	32.000	2.900	4.760



Client Diet Record Report

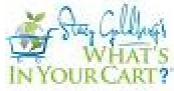
First: John
Middle:
Last: Smith
Company:

Male
Identification Number:
Date of Birth: 1/1/1969
Height: 5 ft. 8 in. **Weight:** 135.00 lb.

Total Days: 5
Total Foods: 119
Avg. Daily Kcals: 2409.110

Diet Name: Diet Record 1

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Dinner		809.460	31.330	67.328	48.170	1817.942	5073.157	62.577	798.321	9.908	14.629
Plum Market Prepared Veggie Burrito	1.000 svg.	745.560	30.161	60.384	44.142	1327.422	1045.857	46.849	754.161	7.778	11.195
FRESH EXPRESS Salad Mix, Spring	3.000 c.	15.000	1.000	3.000	0.000	40.000	4000.000	15.000	40.000	2.000	1.000
Cucumber	0.250 c.	3.900	0.169	0.944	0.029	0.520	27.300	0.728	4.160	0.130	0.434
NEWMAN'S OWN Organic Light Balsamic Salad Dressing	2.000 T.	45.000	0.000	3.000	4.000	450.000	0.000	0.000	0.000	0.000	2.000
Evening Snack		520.000	12.000	64.000	24.000	180.000	0.000	24.000	400.000	8.000	16.000
Jessica's Natural Foods Gluten-Free Chocolate Chip Granola	1.000 c.	520.000	12.000	64.000	24.000	180.000	0.000	24.000	400.000	8.000	16.000



Client Diet Record Nutrient Excesses

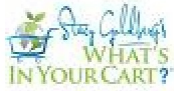
First: John
Middle:
Last: Smith
Company:

Male
Identification Number:
Date of Birth: 1/1/1969
Height: 5 ft. 8 in. **Weight:** 135.00 lb.

Diet: Diet Record 1

A nutrient analysis revealed the following excesses in your diet. For each nutrient in excess, this report lists the nutrient name, the amount of the nutrient, the goal amount, the percentage of goal, followed by key sources.

Nutrient	Amount	Unit	Goal	% Goal	Key Sources
Carbohydrate	366.616	g	208.617	176 %	Whole grain breads and cereals, rice, pasta, potatoes, vegetables, legumes, fresh fruit
Saturated Fat	21.289	g	13.908	153 %	Lard, butter, shortenings, cheese, red meats, whole milk products, sour cream, palm oil, coconut oil, whipping cream
Sodium	2588.220	mg	1500.000	173 %	Salt, MSG, soy sauce, canned soup, dill pickles, potato chips, condiments, luncheon meats, frozen dinners, processed foods, catsup, steak sauce
Vitamin C	246.423	mg	90.000	274 %	Collard greens, broccoli, brussels sprouts, orange juice, oranges, tangerines, grapefruit, spinach, white potatoes, strawberries, green peppers, tomatoes, cantaloupe, berries
Iron	22.224	mg	8.000	278 %	Whole grain breads and cereals, legumes, broccoli, spinach, raisins, prunes, dried apricots, nuts and seeds, meats, poultry, eggs, liver
Pyridoxine (Vitamin B6)	1.595	mg	1.300	123 %	Bananas, lentils, wheat germ, other legumes, oatmeal, whole grains, meat, chicken, fish, liver, beans, nuts
Selenium	68.946	µg	55.000	125 %	Seafood, kidney, liver, meat, grains
Dietary Fiber, Total	49.709	g	38.000	131 %	Fruits and vegetables (including seeds and peels), whole grains, breads and cereals, bran, dry peas and beans



Client Diet Record Nutrient Deficiencies

First: John
Middle:
Last: Smith
Company:

Male
Identification Number:
Date of Birth: 1/1/1969
Height: 5 ft. 8 in. **Weight:** 135.00 lb.

Diet: Diet Record 1

A nutrient analysis revealed the following deficiencies in your diet. For each deficient nutrient, this report lists the nutrient name, the amount of the nutrient, the goal amount, the percentage of goal, followed by key sources.

Nutrient	Amount	Unit	Goal	% Goal	Key Sources
Protein	84.516	g	156.462	54 %	Meats, cheese, eggs, poultry, meat substitutes, fish, milk, legumes, whole grains, nuts, seeds, yogurt, cottage cheese
Cholesterol	68.606	mg	300.000	23 %	
Monounsaturated Fat	14.992	g	27.816	54 %	Almonds, cashews, peanuts, sesame seeds, avocado, olive oil, canola oil, peanut oil
Polyunsaturated Fat	6.995	g	27.816	25 %	Corn oil, safflower oil, soybean oil, fatty fish, soft margarine, walnuts
PFA 18:2, Linoleic	3.173	g	17.000	19 %	Corn oil, safflower oil, sunflower oil, soybean oil, nuts, seeds
PFA 18:3, Linolenic	0.416	g	1.600	26 %	Flax seeds, flax seed oil, English walnuts, walnut oil, canola oil
Potassium	2582.308	mg	4700.000	55 %	Meat, fish, cereals, fruit (cantaloupe, bananas, apricots), fruit juices, vegetables (potatoes, turnip/mustard greens)
Vitamin D (ug)	1.456	µg	5.000	29 %	Fortified milk products, fortified margarine, egg yolk, fish oil
Alpha-Tocopherol	3.919	mg	15.000	26 %	Wheat germ, plant oils, margarine, cabbage, sunflower seeds, nuts
Niacin	10.543	mg	16.000	66 %	Peanuts, peas, whole grain products, meat, fish, turkey, chicken, liver, brewer's yeast
Cobalamin (Vitamin B12)	0.947	µg	2.400	39 %	Lowfat and nonfat milk, yogurt, ricotta cheese, cottage cheese, poultry, fish, meat, eggs, shellfish, fortified soy products
Biotin	16.283	µg	30.000	54 %	Liver, butter, eggs, rice, peas, soybeans, sunflower seeds, milk, brewer's yeast, mushrooms, bananas, tomatoes, whole grains
Iodine	0.900	µg	150.000	1 %	
Magnesium	206.098	mg	420.000	49 %	Cashew nuts, spinach, whole grain bread, cereals, dried fruit, nonfat and lowfat milk, yogurt, nuts, seeds, legumes, most fruits and vegetables
Zinc	4.591	mg	11.000	42 %	Nuts (cashews, peanuts), lowfat or nonfat milk, yogurt, whole grain products, legumes, meats, fish, poultry, seeds, eggs, shellfish
Fluoride	285.252	µg	4000.000	7 %	Fluoridated water
Molybdenum	16.414	µg	45.000	36 %	Milk, legumes, meat, grains
Lysine	1478.668	mg	2660.000	56 %	
Methionine	540.519	mg	1330.000	41 %	
Cystine	493.286	mg	1330.000	37 %	
Phenylalanine	1495.180	mg	2310.000	65 %	
Tyrosine	951.401	mg	2310.000	41 %	
Moisture	1116.147	g	3700.000	30 %	



Client Diet Record Nutrition Summary

First: John
Middle:
Last: Smith
Company:

Male
Identification Number:
Date of Birth: 1/1/1969
Height: 5 ft. 8 in. **Weight:** 135.00 lb.

Total Days: 5 **Total Foods:** 119
Avg. Daily Kcals: 2409.110 **Diet Name:** Diet Record 1

Macronutrients	Value	Unit	Goal	%
Kilocalories	2409.110	kcal	2086.166	115 %
Protein	84.516	g	156.462	54 %
Carbohydrate	366.616	g	208.617	176 %
Fat, Total	75.365	g	69.539	108 %
Alcohol	0.000	g	0.000	
Cholesterol	68.606	mg	300.000	23 %
Saturated Fat	21.289	g	13.908	153 %
Monounsaturated Fat	14.992	g	27.816	54 %
Polyunsaturated Fat	6.995	g	27.816	25 %
MFA 18:1, Oleic	5.696	g		*
PFA 18:2, Linoleic	3.173	g	17.000	19 %
PFA 18:3, Linolenic	0.416	g	1.600	26 %
PFA 20:5, EPA	0.000	g		*
PFA 22:6, DHA	0.000	g		*
Dietary Fiber, Total	49.709	g	38.000	131 %
Sugar, Total	106.586	g		*

Vitamins	Value	Unit	Goal	%
Vitamin A (RE)	2113.169	RE		*
Beta-Carotene	7799.244	µg		*
Vitamin C	246.423	mg	90.000	274 %
Vitamin D (ug)	1.456	µg	5.000	29 %
Vitamin E (mg)	1.670	mg		*
Alpha-Tocopherol	3.919	mg	15.000	26 %
Thiamin	0.979	mg	1.200	82 %
Riboflavin	1.242	mg	1.300	96 %
Niacin	10.543	mg	16.000	66 %
Pyridoxine (Vitamin B6)	1.595	mg	1.300	123 %
Folate (Total)	360.616	µg		*
Cobalamin (Vitamin B12)	0.947	µg	2.400	39 %
Biotin	16.283	µg	30.000	54 %
Pantothenic Acid	4.022	mg	5.000	80 %
Vitamin K	136.358	µg	120.000	114 %

Amino Acids	Value	Unit	Goal	%
Tryptophan	382.125	mg	350.000	109 %
Threonine	1059.621	mg	1400.000	76 %
Isoleucine	1340.271	mg	1330.000	101 %
Leucine	2383.832	mg	2940.000	81 %
Lysine	1478.668	mg	2660.000	56 %
Methionine	540.519	mg	1330.000	41 %
Cystine	493.286	mg	1330.000	37 %
Phenylalanine	1495.180	mg	2310.000	65 %
Tyrosine	951.401	mg	2310.000	41 %
Valine	1660.645	mg	1680.000	99 %
Histidine	872.935	mg	980.000	89 %

Minerals	Value	Unit	Goal	%
Sodium	2588.220	mg	1500.000	173 %
Potassium	2582.308	mg	4700.000	55 %
Calcium	1164.428	mg	1000.000	116 %
Iron	22.224	mg	8.000	278 %
Phosphorus	678.653	mg	700.000	97 %
Magnesium	206.098	mg	420.000	49 %
Zinc	4.591	mg	11.000	42 %
Copper	0.959	mg	0.900	107 %
Manganese	2.606	mg	2.300	113 %
Selenium	68.946	µg	55.000	125 %
Chromium	0.029	mg	0.035	84 %
Molybdenum	16.414	µg	45.000	36 %

(* No Goal Value)

Exchanges

Bread/Starch	7.50
Fat	1.00
Fruit	5.00
Meat-High Fat	0.50
Meat-Medium Fat	1.00
Meat-Very Lean	1.00
Milk-Low Fat	0.50
Other Carbohydrate	1.00
Vegetable	4.00

Percentage Of Kcals

