



Menu Template Nutrient Analysis

Total Days: 1
Total Foods: 12

Avg. Daily Kcals: 2184.594
Name: Facility or Company Menu

Nutrient	Value	Unit	Goal	%
Weight	2495.846	g		
Kilocalories	2184.594	kcal	2000.000	109 %
Kilojoules	9140.339	kJ		
Protein	129.036	g	50.000	258 %
Carbohydrate	247.950	g	300.000	83 %
Available Carbohydrate				
Fat, Total	78.088	g	65.000	120 %
Alcohol	0.000	g		
Cholesterol	573.663	mg	300.000	191 %
Saturated Fat	21.650	g	20.000	108 %
Monounsaturated Fat	14.546	g		
Polyunsaturated Fat	8.741	g		
SFA 4:0	0.153	g		
SFA 6:0	0.095	g		
SFA 8:0	0.067	g		
SFA 10:0	0.123	g		
SFA 12:0, Lauric	0.126	g		
SFA 14:0	0.481	g		
SFA 16:0, Palmitic	5.565	g		
SFA 17:0	0.029	g		
SFA 18:0, Stearic	1.858	g		
SFA 20:0	0.062	g		
SFA 22:0	0.035	g		
MFA 14:1	0.000	g		
MFA 16:1	0.716	g		
MFA 18:1, Oleic	13.314	g		
MFA 20:1	0.307	g		
MFA 22:1	0.160	g		
PFA 18:2, Linoleic	6.540	g		
PFA 18:3, Linolenic	1.040	g		
PFA 18:4	0.060	g		
PFA 20:4	0.370	g		
PFA 20:5, EPA	0.110	g		
PFA 22:5	0.145	g		
PFA 22:6, DHA	0.481	g		
Trans Fatty Acid	0.180	g		
Sum of Trans Fat and Sat Fat				
Sodium	5063.934	mg	2400.000	211 %
Potassium	2220.031	mg	3500.000	63 %
Chloride				
Vitamin A (RE)	391.416	RE		
Vitamin A (IU)	2187.768	IU	5000.000	44 %
Vitamin A (RAE)	181.376	µg		
Total Carotenoid	0.234	RE		
Beta-Carotene	659.942	µg		
Alpha-Carotene	184.458	µg		
Lutein (+ Zeaxanthin)	1124.338	µg		
Beta-Cryptoxanthin	35.783	µg		
Lycopene	2102.102	µg		
Vitamin C	94.811	mg	60.000	158 %
Calcium	362.650	mg	1000.000	36 %
Iron	8.703	mg	18.000	48 %
Vitamin D (ug)	11.080	µg	10.000	111 %
Vitamin D (IU)	443.611	IU	400.000	111 %
Vitamin E (mg)	0.004	mg	20.000	0 %
Vitamin E (IU)	0.003	IU	30.000	0 %
Alpha-Tocopherol	6.076	mg		
Thiamin	0.913	mg	1.500	61 %
Riboflavin	1.208	mg	1.700	71 %

Nutrient	Value	Unit	Goal	%
Niacin	16.322	mg	20.000	82 %
Niacin Equivalent	27.309	mg		
Pyridoxine (Vitamin B6)	1.143	mg	2.000	57 %
Folate (Total)	285.252	µg	400.000	71 %
Folate (DFE)	392.998	µg		
Cobalamin (Vitamin B12)	2.882	µg	6.000	48 %
Biotin	23.258	µg	300.000	8 %
Pantothenic Acid	3.485	mg	10.000	35 %
Vitamin K	60.042	µg	80.000	75 %
Phosphorus	832.717	mg	1000.000	83 %
Iodine		µg	150.000	
Magnesium	308.304	mg	400.000	77 %
Zinc	4.283	mg	15.000	29 %
Copper	0.537	mg	2.000	27 %
Manganese	2.871	mg	2.000	144 %
Selenium	138.664	µg	70.000	198 %
Fluoride	339.033	µg		
Chromium	0.081	mg	0.120	67 %
Molybdenum	0.822	µg	75.000	1 %
Choline	456.397	mg		
Dietary Fiber, Total	17.748	g	25.000	71 %
Soluble Fiber	0.043	g		
Insoluble Fiber	0.443	g		
Crude Fiber	2.041	g		
Sugar, Total	65.971	g		
Glucose	3.352	g		
Galactose	0.033	g		
Fructose	3.869	g		
Sucrose	0.739	g		
Lactose	0.000	g		
Maltose	0.747	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	710.407	mg		
Threonine	2514.389	mg		
Isoleucine	2805.931	mg		
Leucine	4818.885	mg		
Lysine	4454.721	mg		
Methionine	1590.247	mg		
Cystine	935.506	mg		
Phenylalanine	2675.205	mg		
Tyrosine	2063.326	mg		
Valine	3179.739	mg		
Arginine	3472.495	mg		
Histidine	1625.244	mg		
Alanine	3273.669	mg		
Aspartic Acid	5655.550	mg		
Glutamic Acid	10658.130	mg		
Glycine	2565.257	mg		
Proline	2910.765	mg		
Serine	3018.513	mg		
Glutamine	0.000	mg		
Taurine	0.000	mg		
Moisture	1410.008	g		
Ash	11.429	g		
Caffeine	105.800	mg		
Osmolality		mo		
Salt		g		

Nutrient Goal Template
DAILY VALUES/RDI - ADULT/CHILD

Analyzed by
Facility or Company Menu

Exchanges

Bread/Starch	11.00
Fat	6.00
Fruit	2.00
Meat-Lean	5.00
Meat-Medium Fat	3.00
Meat-Very Lean	4.00
Other Carbohydrate	1.00
Vegetable	6.00