



# Menu Template Nutrition Summary

Total Days: 1  
Total Foods: 12

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

Nutrient Goal Template: New Nutrient Goal Template

| Macronutrients       | Value    | Unit | Goal | % | Vitamins                | Value   | Unit | Goal | % |
|----------------------|----------|------|------|---|-------------------------|---------|------|------|---|
| Kilocalories         | 2184.594 | kcal |      | * | Vitamin A (RE)          | 391.416 | RE   |      | * |
| Protein              | 129.036  | g    |      | * | Beta-Carotene           | 659.942 | µg   |      | * |
| Carbohydrate         | 247.950  | g    |      | * | Vitamin C               | 94.811  | mg   |      | * |
| Fat, Total           | 78.088   | g    |      | * | Vitamin D (ug)          | 11.080  | µg   |      | * |
| Alcohol              | 0.000    | g    |      | * | Vitamin E (mg)          | 0.004   | mg   |      | * |
| Cholesterol          | 573.663  | mg   |      | * | Alpha-Tocopherol        | 6.076   | mg   |      | * |
| Saturated Fat        | 21.650   | g    |      | * | Thiamin                 | 0.913   | mg   |      | * |
| Monounsaturated Fat  | 14.546   | g    |      | * | Riboflavin              | 1.208   | mg   |      | * |
| Polyunsaturated Fat  | 8.741    | g    |      | * | Niacin                  | 16.322  | mg   |      | * |
| MFA 18:1, Oleic      | 13.314   | g    |      | * | Pyridoxine (Vitamin B6) | 1.143   | mg   |      | * |
| PFA 18:2, Linoleic   | 6.540    | g    |      | * | Folate (Total)          | 285.252 | µg   |      | * |
| PFA 18:3, Linolenic  | 1.040    | g    |      | * | Cobalamin (Vitamin B12) | 2.882   | µg   |      | * |
| PFA 20:5, EPA        | 0.110    | g    |      | * | Biotin                  | 23.258  | µg   |      | * |
| PFA 22:6, DHA        | 0.481    | g    |      | * | Pantothenic Acid        | 3.485   | mg   |      | * |
| Dietary Fiber, Total | 17.748   | g    |      | * | Vitamin K               | 60.042  | µg   |      | * |
| Sugar, Total         | 65.971   | g    |      | * |                         |         |      |      |   |

| Amino Acids   | Value    | Unit | Goal | % | Minerals   | Value    | Unit | Goal | % |
|---------------|----------|------|------|---|------------|----------|------|------|---|
| Tryptophan    | 710.407  | mg   |      | * | Sodium     | 5063.934 | mg   |      | * |
| Threonine     | 2514.389 | mg   |      | * | Potassium  | 2220.031 | mg   |      | * |
| Isoleucine    | 2805.931 | mg   |      | * | Calcium    | 362.650  | mg   |      | * |
| Leucine       | 4818.885 | mg   |      | * | Iron       | 8.703    | mg   |      | * |
| Lysine        | 4454.721 | mg   |      | * | Phosphorus | 832.717  | mg   |      | * |
| Methionine    | 1590.247 | mg   |      | * | Magnesium  | 308.304  | mg   |      | * |
| Cystine       | 935.506  | mg   |      | * | Zinc       | 4.283    | mg   |      | * |
| Phenylalanine | 2675.205 | mg   |      | * | Copper     | 0.537    | mg   |      | * |
| Tyrosine      | 2063.326 | mg   |      | * | Manganese  | 2.871    | mg   |      | * |
| Valine        | 3179.739 | mg   |      | * | Selenium   | 138.664  | µg   |      | * |
| Histidine     | 1625.244 | mg   |      | * | Chromium   | 0.081    | mg   |      | * |
|               |          |      |      |   | Molybdenum | 0.822    | µg   |      | * |

(\* No Goal Value)

### 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  |

Percentage Of Kcals

