



Client Diet Record Nutrition Summary

First: Laura
Middle:
Last: Friday
Company: Sample

Female
Identification Number: 1
Date of Birth: 2/4/1968
Height: 5 ft. 4 in. **Weight:** 178.00 lb.

Total Days: 7
Avg. Daily Kcals: 1742.821
Total Foods: 82
Diet Name: Diet Record 1

Macronutrients	Value	Unit	Goal	%
Kilocalories	1742.821	kcal	1867.029	93 %
Protein	55.716	g	79.349	70 %
Carbohydrate	197.344	g	280.054	70 %
Fat, Total	64.709	g	47.713	136 %
Alcohol	21.552	g		*
Cholesterol	181.776	mg		*
Saturated Fat	19.994	g		*
Monounsaturated Fat	15.926	g		*
Polyunsaturated Fat	11.260	g		*
MFA 18:1, Oleic	6.859	g		*
PFA 18:2, Linoleic	4.815	g	12.000	40 %
PFA 18:3, Linolenic	0.651	g	1.100	59 %
PFA 20:5, EPA	0.001	g		*
PFA 22:6, DHA	0.002	g		*
Dietary Fiber, Total	12.069	g	25.000	48 %
Sugar, Total	52.244	g		*

Vitamins	Value	Unit	Goal	%
Vitamin A (RE)	367.404	RE		*
Beta-Carotene	51.648	µg		*
Vitamin C	16.658	mg	75.000	22 %
Vitamin D (ug)	0.233	µg	5.000	5 %
Vitamin E (mg)	2.092	mg		*
Alpha-Tocopherol	0.605	mg	15.000	4 %
Thiamin	0.749	mg	1.100	68 %
Riboflavin	0.664	mg	1.100	60 %
Niacin	6.993	mg	14.000	50 %
Pyridoxine (Vitamin B6)	0.377	mg	1.300	29 %
Folate (Total)	158.533	µg		*
Cobalamin (Vitamin B12)	1.091	µg	2.400	45 %
Biotin	1.691	µg	30.000	6 %
Pantothenic Acid	0.994	mg	5.000	20 %
Vitamin K	15.184	µg	90.000	17 %

Amino Acids	Value	Unit	Goal	%
Tryptophan	234.919	mg	285.000	82 %
Threonine	703.519	mg	1140.000	62 %
Isoleucine	836.960	mg	1083.000	77 %
Leucine	1506.175	mg	2394.000	63 %
Lysine	1070.336	mg	2166.000	49 %
Methionine	379.422	mg	1083.000	35 %
Cystine	283.598	mg	1083.000	26 %
Phenylalanine	1028.907	mg	1881.000	55 %
Tyrosine	638.191	mg	1881.000	34 %
Valine	976.728	mg	1368.000	71 %
Histidine	496.435	mg	798.000	62 %

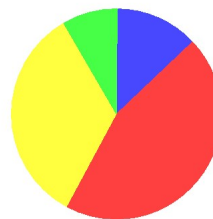
Minerals	Value	Unit	Goal	%
Sodium	3318.252	mg	1500.000	221 %
Potassium	682.334	mg	4700.000	15 %
Calcium	504.934	mg	1000.000	50 %
Iron	9.342	mg	18.000	52 %
Phosphorus	449.488	mg	700.000	64 %
Magnesium	81.619	mg	310.000	26 %
Zinc	3.820	mg	8.000	48 %
Copper	0.373	mg	0.900	41 %
Manganese	0.698	mg	1.800	39 %
Selenium	45.091	µg	55.000	82 %
Chromium	0.001	mg	0.025	6 %
Molybdenum	1.180	µg	45.000	3 %

(* No Goal Value)

Exchanges

Bread/Starch	10.50
Fat	7.50
Fruit	0.50
Meat-High Fat	1.00
Meat-Lean	0.50
Meat-Medium Fat	3.00
Meat-Very Lean	0.50
Other Carbohydrate	3.00
Vegetable	0.50

Percentage Of Kcals



- Protein 12.8%
- Carbohydrate 45.2%
- Total Fat 33.4%
- Alcohol 8.6%