

Diet History for Sample Client

Client Age: 41 years **Days in Plan:** 3
Client Gender: Female **Client Id:** sclient
Client Weight: 165 Pounds **Client Height:** 65 inches
History Start Date: 3/16/2005

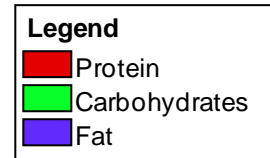
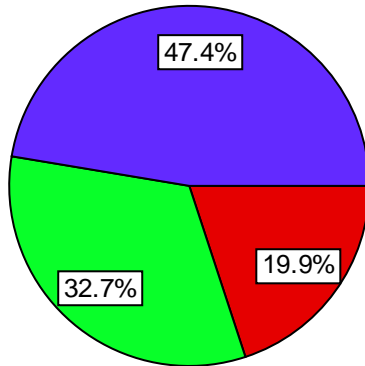
Daily Plan Averages

Calories: 2986 (1372)* kCal
Protein: 20%
Carbohydrates: 33%
Fat: 47%

Fat: 161 (38)* grams
Carbohydrates: 250 (189)* grams
Protein: 153 (69)* grams
Saturated Fat: 48 grams
Cholesterol: 380 (300)* mgs
Fiber: 22 grams
Sodium: 5120 (5000)* mgs

First Number is daily amount
* - Number in () is recommended daily amount.

Nutritional Breakdown for Plan



Diet History for Sample Client

Day 1

Breakfast:

	Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	122	4.68	11.71	8.13	2.92	19.52	0	122
Muffins, oat bran	375.3	10.29	67.14	9.73	1.51	0	6.39	546.27
Coffee, brewed, prepared with tap water	4.74	0	0.95	0.24	0	0	0	4.74
Meal Total:	502.04	14.97	79.8	18.1	4.43	19.52	6.39	673.01

Snack:

Cookies, brownies, commercially prepared	741.15	29.83	116.94	8.78	7.75	31.11	3.84	570.96
Meal Total:	741.15	29.83	116.94	8.78	7.75	31.11	3.84	570.96

Lunch:

Boston Market Caesar Salad Entree	470	40	17	14	9	35	3	1070
Subway Double Meat Cold Cut Trio	1160	64	98	62	22	210	8	5080
Meal Total:	1630	104	115	76	31	245	11	6150

Snack:

Nuts, mixed nuts, oil roasted, with peanuts, with salt added	699.68	63.88	24.28	19.01	9.89	0	10.21	739.37
Meal Total:	699.68	63.88	24.28	19.01	9.89	0	10.21	739.37

Dinner:

Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	573.8	35.79	0	58.9	9.91	206.39	0	197.32
Rice noodles, cooked	191.84	0.35	43.82	1.6	0.04	0	1.76	33.44
Caesar Salad (without chicken)	180	8	14	14	5	20	6	340
Meal Total:	945.64	44.14	57.82	74.5	14.95	226.39	7.76	570.76

Snack:

No Items

Total Nutritional Values:	4519	257	394	196	68	522	39	8704
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Consult a qualified health professional prior to starting any nutrition program.

Diet History for Sample Client

Day 2

Breakfast:

	Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Dannon Fruit Blends Yogurt, Peach Flavored	6	170	1.5	34	6	1	10	0
Bananas, raw	1	207	1.08	52.72	2.32	0.42	0	5.4
CEREAL, RTE, OATMEAL CRISP MAPLE WALNUT, GENERAL MILLS	1	1.07	0.02	0.2	0.02	0	0	0.02
Meal Total:	378.07	2.6	86.92	8.34	1.42	10	5.42	113.38

Snack:

Genisoy Chocolate Protein Shake 22.2oz Can	1	120	0	17	14	0	0	2
Meal Total:	120	0	17	14	0	0	2	170

Lunch:

Subway Double Meat Meatball	1	780	41	61	35	18	85	5
Meal Total:	780	41	61	35	18	85	5	1760

Snack:

No Items

Dinner:

Noodles, chinese, chow mein	1 1/2	355.72	20.76	38.84	5.66	2.96	0	2.63
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4 fat, all grades, cooked, roasted	6	389.3	21.25	0	46.32	8.47	136	0
Boston Market Caesar Side Salad	2	600	52	26	10	9	30	1
Meal Total:	1345.02	94.01	64.84	61.98	20.43	166	3.63	1798.72

Snack:

No Items

Total Nutritional Values: 2623 138 230 119 40 261 16 3842

Diet History for Sample Client

Day 3

Breakfast:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	1	149.45	7.96	11.42	8.5	5.14	31.85	0	112.7
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	1	87.12	2.71	13.43	2.05	0.47	7.92	0.76	259.71
				square) (include frozen)					
Meal Total:		236.57	10.67	24.85	10.55	5.61	39.77	0.76	372.41

Snack:

No Items

Lunch:

Boston Market Turkey Bacon Club on Honey Wheat Roll	1	770	37	64	64	12	145	4	1680
Potatoes, french fried, frozen, home-prepared, heated in oven, with salt	1	10	0.38	1.56	0.16	0.06	0	0.16	13.3
Meal Total:		780	37.38	65.56	64.16	12.06	145	4.16	1693.3

Snack:

No Items

Dinner:

BEEF, LOIN, STRIP LOIN (NEW YORK) STEAK, L+F 1/4", BROILED	8	564.73	32.66	0	63.28	12.93	145.83	0	122.47
Potatoes, mashed, home-prepared, whole milk and butter added	1	222.6	8.88	35.09	3.95	5.82	25.2	4.2	619.5
Garden Salad	2	11.2	0.11	2.24	0.9	0	0	1.12	6.72
Meal Total:		798.53	41.65	37.33	68.13	18.75	171.03	5.32	748.69

Snack:

No Items

Total Nutritional Values:		1815	90	128	143	36	356	10	2814
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