Nutrition Cheat Sheet

PATIENT INFORMATION

Name: _____ Date: _____ dd / mm / yyyy

Age: _____ Height: _____

Weight: _____ Healthcare Provider (if applicable): _____

BASIC DIETARY GUIDELINES

Eat a Variety of Foods:

Control Portion Sizes:

Limit Added Sugars and Salt:

Stay Hydrated:

MACRONUTRIENTS

Carbohydrates - Recommended Intake: _____ Carbohydrates - Sources: _____

Proteins - Recommended Intake: _____ Proteins - Sources: _____

Fats - Recommended Intake: _____ Fats - Sources: _____

KEY VITAMINS AND MINERALS

Vitamins:

- [ ] A
- [ ] B Complex
- [ ] C
- [ ] D
- [ ] E
- [ ] K

Minerals:

- [ ] Calcium
- [ ] Iron
- [ ] Magnesium
- [ ] Potassium
- [ ] Zinc

Daily Requirements:

Fiber - Recommended Intake: _____ Fiber - Sources: _____

HEALTHY EATING TIPS

Plan Meals:

Cook at Home:

Read Labels:

What to take:

SAMPLE MEAL PLAN

Breakfast: _____ Lunch: _____

Dinner: _____ Snacks: _____

Additional Notes: