

Energy-giving Food Chart

Name:

Age:

Date:

This Energy-giving Food Chart is designed to help patients identify foods that are rich in carbohydrates, the primary source of energy for the body. It can assist in meal planning and ensuring a balanced diet that supports energy levels throughout the day.

Use this chart to track your intake of energy-giving foods. Aim to include a variety of sources in your diet to ensure a steady supply of energy.

Food Category	Examples	Typical Serving Size	Calories (per serving)
Grains	Rice	1 cup	200
	Cooked pasta	1 cup	220
	White bread	1 slice	70
	Cooked oats	1 cup	150
Fruits	Bananas	1 piece, medium size	102
	Apples	1 piece, medium size	95
	Oranges	1 piece, medium size	60
	Strawberries	1 cup	50
Vegetables	Cooked potatoes	1 cup	160
	Cooked corn	1 cup	140
	Cooked peas	1 cup	120
	Cooked sweet potatoes	1 cup	180
Legumes	Cooked beans	1 cup	230
	Cooked lentils	1 cup	230
	Cooked chickpeas	1 cup	270

Dairy	Whole milk	1 cup	150
	Plain yogurt	1 cup	140
	Cheddar cheese	1 cup	110
Nuts and seeds	Almonds	1 oz (about 20-25 nuts)	160
	Walnuts	1 oz (about 13-15 halves)	180
	Sunflower seeds	1 oz	165
	Chia seeds	1 tbsp	60
Sugary Food	Honey	1 tbsp	60
	Maple syrup	1 tbsp	50

Tips for Increasing Energy through Diet

1. Balance your meals: Combine complex carbohydrates with protein and healthy fats for sustained energy.
2. Stay hydrated: Adequate water intake is crucial for energy metabolism.
3. Eat regularly: Have small, frequent meals or snacks to maintain energy levels throughout the day.
4. Limit sugary foods: Opt for natural sugar sources and avoid excessive intake of refined sugars that can lead to energy crashes.

Healthcare Professional's Additional Notes and Recommendations