

Nutrition Cheat Sheet

Patient Information

Name:

Date:

Age:

Height:

Weight:

Healthcare Provider (if applicable):

Basic Dietary Guidelines

Eat a Variety of Foods:

Control Portion Sizes:

Limit Added Sugar and Salt:

Stay Hydrated:

Macronutrients

1. Carbohydrates

Recommended Intake:

Sources:

2. Proteins

Recommended Intake:

Sources:

3. Fats

Recommended Intake:

Types and Sources:

Key Vitamins and Minerals

Vitamins:

A B Complex C D E K

Minerals:

Calcium Iron Magnesium Potassium Zinc

Daily Requirements:

Fiber

Recommended Intake:

Sources:

Healthy Eating Tips

Plan Meals:

Cook at Home:

Read Labels:

Superfoods List

What to take:

Sample Meal Plan

Breakfast:

Lunch:

Dinner:

Snacks:

Additional Notes