## Nutrition Cheat Sheet

## Patient Information

Name:Michael Thompson
Date:October 23, 2023
Age:32
Height:5'11"
Weight: 180 lbs .
Healthcare Provider (if applicable):

## Basic Dietary Guidelines

Eat a Variety of Foods:
Include at least 5 servings of fruits and vegetables daily, whole grains, lean proteins, and healthy fats.

Control Portion Sizes:
Use hand-sized portions as a guide (e.g., a fist for carbs, a palm for protein).

Limit Added Sugar and Salt:
Aim for less than $10 \%$ of daily caloric intake from added sugars and less than $2,300 \mathrm{mg}$ of sodium.

Stay Hydrated:
Drink at least 8 glasses (64 oz) of water per day.

## Macronutrients

## 1. Carbohydrates

Recommended Intake:50\% of total daily calories
Sources:Whole grains (quinoa, brown rice), fruits, vegetables

## 2. Proteins

Recommended Intake:20\% of total daily calories
Sources:Chicken breast, tofu, legumes, fish

## 3. Fats

Recommended Intake:30\% of total daily calories
Types and Sources:Avocados, nuts, seeds, olive oil

## Key Vitamins and Minerals

Vitamins:
$\square$ $\square$ B Complex $\triangle C \quad \triangle$ $\square E$ $\square \mathrm{K}$

Minerals:
$\square$ Calcium $\quad \square$ Iron $\quad \boldsymbol{\checkmark}$ Magnesium $\quad \boldsymbol{\checkmark}$ Potassium $\quad \boldsymbol{\checkmark}$ Zinc

Daily Requirements:
Ensure daily intake of Vitamin D (15 mcg), Vitamin C (90 mg), Calcium (1,000 mg), Iron (8 mg) Focus on Magnesium ( 400 mg ), Potassium ( $3,400 \mathrm{mg}$ ), Zinc ( 11 mg )

## Fiber

Recommended Intake:38 grams per day
Sources:Berries, apples, lentils, whole grains

## Healthy Eating Tips

Plan Meals:
Prepare a weekly meal plan to ensure a balanced diet.
Cook at Home:
Make most meals at home to control ingredients and avoid processed foods. Feel free to do food prep in ba
Read Labels:
Pay attention to nutritional labels to make informed food choices. This is especially important if you have alle

## Superfoods List

What to take:
Blueberries, spinach, almonds, sweet potatoes, salmon

## Sample Meal Plan

Breakfast:Oatmeal with blueberries and almonds
Lunch:Grilled chicken salad with mixed greens, avocado, and vinaigrette
Dinner:Baked salmon with quinoa and steamed broccoli
Snacks: Greek yogurt, carrot sticks with hummus

## Additional Notes

