

# 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