

Food Pyramid

Name:

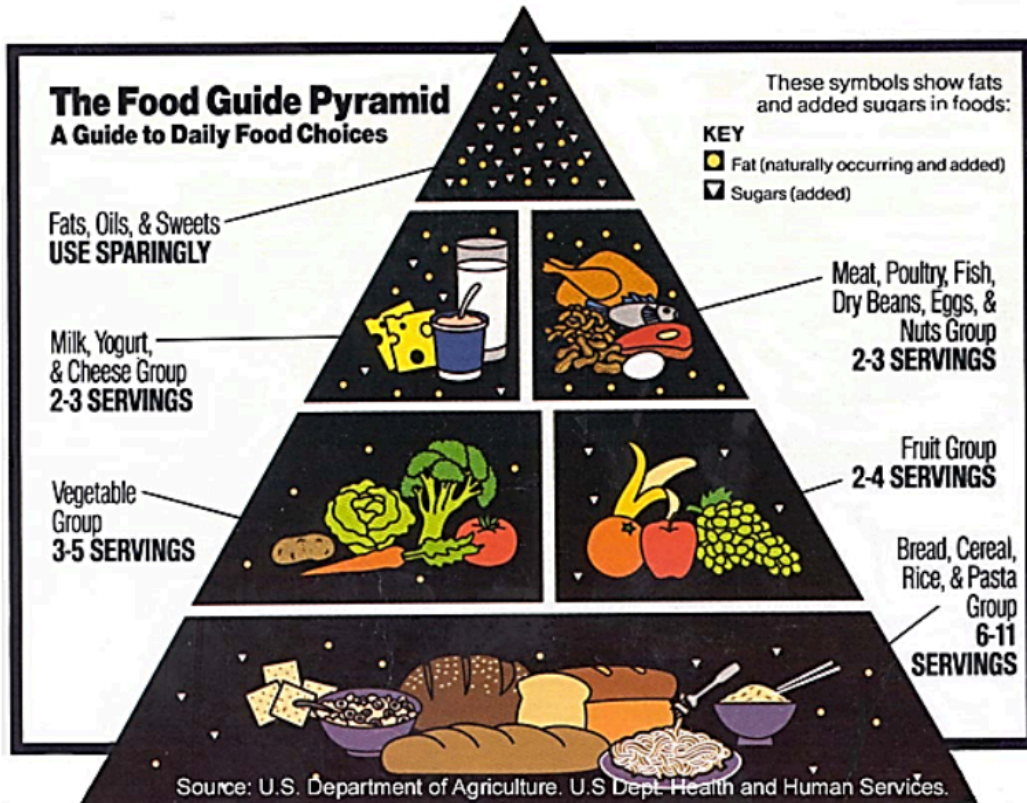
Age:

Sex:

Activity level: Sedentary Light active Moderately active Very active

Height:

Weight:



Additional notes

Reference: Marcus, J. B. (2013). Chapter 1 - Nutrition basics: What is inside food, how it functions and healthy guidelines: The nutrients in foods and beverages in healthy cooking and baking. In J. B. Marcus (Ed.), *Culinary Nutrition: The Science and Practice of Healthy Cooking* (pp. 1–50). Academic Press. <https://www.sciencedirect.com/science/article/abs/pii/B9780123918826000017>