

# 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:					
<input type="checkbox"/> A	<input type="checkbox"/> B Complex	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E	<input type="checkbox"/> K
Minerals:					
<input type="checkbox"/> Calcium	<input type="checkbox"/> Iron	<input type="checkbox"/> Magnesium	<input type="checkbox"/> Potassium	<input type="checkbox"/> 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					