

Nutrient Analysis

Name _____ Date _____

Course _____ Section _____

Age _____ Weight _____ Height _____ Gender M F (Pregnant–P, Nursing–N)

Activity Rating (check one):
 Sedentary
 Lightly active
 Moderately active
 Very active
 Extremely active

Food Groups					
Grains	Vegetables	Fruits	Milk	Meat and Beans	Oils

No.	Food	Amount	Calories*	Grains	Vegetables	Fruits	Milk	Meat and Beans	Oils
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
Totals									
Recommended amounts (obtain online at http://mypyramid.gov based on age, sex, and activity level)									
Deficiencies									

*See list of nutritive value of selected foods in Appendix E.

Nutrient Analysis (continued)

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Course _____ Section _____

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