Nutrient Analysis

| Name E | | | | Pate | | | | | | | |
|--|--------|---------------------|-------------------------|------------------|--|------------|--------|------|----------------|------|--|
| Course | | | Section | | | | | | | | |
| Age | Weight | Gender | (Pregnant–P, Nursing–N) | | | | | | | | |
| | | | | | | | | | | | |
| Activity R (check on | | O Sedentary | | | | | | | | | |
| (cneck on | ie): | O Lightly active | | Food Groups | | | | | | | |
| | | O Moderately active | | | | | | S | | | |
| | | O Very active | Extremely active | | | Vegetables | | | ean | Oils | |
| | | O Extremely active | | | | | | Milk | Meat and Beans | | |
| No. | | Food | | Amount Calories* | | | Fruits | | | | |
| 1 | | | | | | | | | | | |
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| 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)

| Name | | | Date | | | | | | | | | | |
|--------------------|---|---|------------------|--|--------|-------------|-------------------------|------|----------------|------|--|--|--|
| Course | | Section | | | | | | | | | | | |
| Age | Weight | Height | | | | | (Pregnant–P, Nursing–N) | | | | | | |
| | <u>y</u> | | | | | <u> </u> | | | , | | | | |
| Activity F | Rating | ○ Sedentary | | | | | | | | | | | |
| (check o | ne): | O Lightly active | | | | Food Groups | | | | | | | |
| | | Moderately activeVery active | | | | | | | | | | | |
| | | | | | | | | | ans | | | | |
| | | O Extremely active | active | | | es | | | d Be | | | | |
| | | | | | Su | etab | 55 | | Meat and Beans | | | | |
| No. | | Food | Amount Calories* | | Grains | Vegetables | Fruits | Milk | Mea | Oils | | | |
| 1 | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | |
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| 28 | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | |
| Totals | | | | | | | | | | | | | |
| Recomm based or | iended amounts (obtain on n age, sex, and activity level | | | | | | | | | | | | |
| Deficiencies | | | | | | | | | | | | | |

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