

Name: _____

	Servings	Carbs (Grams)	Protein (Grams)	Fat (Grams)	Total Cal
Very Low-Fat Milk		(12)	(8)	(0-3)	(90)
Low-fat Milk		(12)	(8)	(5)	(120)
Whole Milk		(12)	(8)	(8)	(150)
Vegetable		(5)	(2)	-	(25)
Fruit		(15)	-	-	(60)
Starch		(15)	(3)	(0-1)	(80)
Very-Lean Meat		-	(7)	(0-1)	(35)
Lean Meat		-	(7)	(3)	(55)
Medium-Fat Meat		-	(7)	(5)	(75)
High-Fat Meat		-	(7)	(8)	(100)
Fat		-	-	(5)	(45)
Other		(15)	-	-	(60)
Total					
Recommended					

Assessment:

CHO _____ %
 Protein _____ %
 Fat _____ %

_____ kcal

_____ % CHO → _____ kcal / 4 → _____ grams CHO
 _____ % Protein → _____ kcal / 4 → _____ grams Protein
 _____ % Fat → _____ kcal / 9 → _____ grams Fat



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