

# **GRIT**

**Growth.Resilience.Integrity.Toughness**

## **Nutrient Analysis Instructions**

1. Complete the food record for 3 days. Record complete information for 2 week days and 1 weekend day.
2. Be as specific and as accurate with information as possible. Include a complete description of the food along with the amount eaten. Brand names can be included as well. This will help make the nutrient analysis as accurate as possible.
3. Professional educated guesses will be made for records that are not specific enough or for a food that is not listed in the data base exactly as written on the food diary form.

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## Food Diary (3 days)

Name \_\_\_\_\_ Date \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age \_\_\_\_ Height: \_\_\_\_ ft. \_\_\_\_ in. Gender: \_\_ Male \_\_ Female

Pregnant: Y or N Nursing: Y or N Body Frame: \_\_ Small \_\_ Medium \_\_ Large

Daily Activity Level (circle one): Sedentary Lightly Active Moderately Active

Very Active Extremely Active

Weight \_\_\_\_ Goal Weight \_\_\_\_\_

**\*Include serving Size, description of food and brand name**

Type of Food	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
Fats & Oils (ex: butter)				
Milk, Cheese & Dairy				
Meat & Protein (beans, legumes, nuts, soy)				
Vegetables & Fruits				
Grains (Bread, Cereals, Rice, Pasta)				
Other				

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Good Example	
Types of Food	Breakfast
Fat and oils	1 tsp. margarine
Milk, cheese and dairy	8 fl oz. skim milk
Meat and protein	1 tsp peanut butter
Vegetables and fruits	1 medium banana
Bread and cereals	2 slices whole wheat toast 2/3 cup Cheerios cereal
Other	8 fl oz water

Bad Example	
Types of Food	Breakfast
Fat and oils	Butter
Milk, cheese and dairy	Glass of milk
Meat and protein	Bacon
Vegetables and fruits	Banana and apple
Bread and cereals	Bowl of cheerios
Other	Water

*Sample Portion Sizes
<p> <math>\frac{1}{4}</math> cup = golf ball            1 oz = matchbox  <math>\frac{1}{2}</math> cup = tennis ball            3 oz portion of cooked meat = deck of cards            1 tablespoon = 3 teaspoons         </p>

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Please list any concerns regarding meals, specific food groups, meal times: