

# Balanced Diet Chart

## Patient Information

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

## Medical History

## Dietary Goals

- Blood Sugar Control
- Blood Pressure Regulation
- Overall Health Promotion

## Nutritional Requirements

### 1. Caloric Intake

- Goal: \_\_\_\_\_

### 2. Macronutrient Distribution

- Carbohydrates: \_\_\_\_\_
- Proteins: \_\_\_\_\_
- Fats: \_\_\_\_\_
  - Saturated Fats: \_\_\_\_\_
  - Unsaturated Fats: \_\_\_\_\_

### 3. Fiber Intake

- Goal: \_\_\_\_\_
- Sources: \_\_\_\_\_

### 4. Micronutrient Emphasis:

## Meal Planning

### Breakfast

**Lunch**

**Dinner**

**Snacks**

### **Food Preferences**

- Vegetarian
- Non-vegetarian
- Food Allergies/Intolerances: \_\_\_\_\_

**Hydration:**

### **Additional Recommendations**

- Regular Physical Activity: \_\_\_\_\_
- Stress Management Techniques: \_\_\_\_\_
- Regular Monitoring of Blood Sugar/Blood Pressure

### **Follow-up Schedule**

- Initial Follow-up: \_\_\_\_\_
- Subsequent Follow-ups: \_\_\_\_\_

**Notes**