



My Nutrition Prescription

Please ask your dietitian or your health care practitioner to complete this summary page for you. An online calculator is available at www.wellnesstoolbox.ca to make these calculations easier.

Date:

My height is:

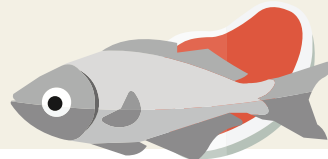
My weight is:

My BMI is:

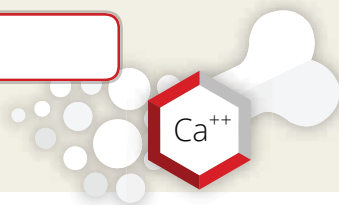
My daily calorie intake range should be: (refer to pages 13-14)



My daily protein intake range should be: (refer to pages 16-17)



My daily calcium intake range should be: (refer to page 21)



I have edema or ascites. My daily sodium limit is: (refer to pages 18-20)



I need a late night snack. See page 15 for late night snack ideas.