

Nutrition Profile

Definitions/Tips

Height

Weight

BMI

Activity Level:

Less than 30

30-60

More than 60

Your Food Plan (Food Pyramid)

Your Total Calories:

How Much:

Tips:

Write out the given tip--use your food pyramid plan.

Grains:

Vegetables:

Fruits:

Dairy:

Protein:

Oils:

Solid Fats and Sugars:

Sodium Intake:

BMR:

Target Heart Rate:

http://www.acefitness.org/acefit/healthy_living_tools_content.aspx?id=7