



Clinical Nutrition Department

MY MEAL PLAN

NAME: \_\_\_\_\_

DIET: \_\_\_\_\_

DIET PRESCRIPTION: \_\_\_\_\_ Calories \_\_\_\_\_ gCHO, \_\_\_\_\_ gCHON, \_\_\_\_\_ gFATS

FOOD ITEM	TOTAL SERVINGS FOR THE DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	MIDNIGHT SNACK
RICE/ BREAD	_____	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
MEAT	_____	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
VEGETABLE	_____	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
FRUIT	_____	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
MILK	_____	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
FAT	_____	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

DIETITIAN: \_\_\_\_\_

## DIET PRESCRIPTION PLAN

### TIPS AND REMINDER:

1. You can shift exchanges to other mealtimes, except rice and fruit.
2. Drink water as beverage in each meal. Avoid soft drinks, sweetened juices.
3. Remember the **3 B's** – boil, broil, bake – plus steam and microwave.
4. Fruits should be eaten **WITH** meals. Do not eat as snack.
5. Limit simple sugars (candy, cakes, ice cream). You may use artificial sweetener (Splenda).
6. Limit frying to 2x a week. Use vegetable oil in sautéing vegetables.
7. Use monounsaturated oils (canola, olive oil) or MCTs (coconut oil) in cooking rather than butter, margarine and other polyunsaturated vegetable oils.
8. Limit salt in foods like bagoong, patis, toyo, ketchup. You may use spices like oregano, basil, lemongrass, onions, garlic, ginger, and vinegar.
9. Choose lean meats, remove visible fat and skin; more fish than red meats
10. Eat like a king at breakfast, a prince at lunch, a pauper at dinner!
11. Keep a daily record of food intake and exercise activities. This will help monitor your progress and allow us to set new goals.

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

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ kg

BMI: \_\_\_\_\_

DBW: \_\_\_\_\_

Nutritional Status: \_\_\_\_\_

Target Body Weight: \_\_\_\_\_

(less than 5-10% of Initial body weight)



For more information, please call:

**Clinical Nutrition Department**

043-7736800

At local no. 5002

J.P. Laurel Highway, Lipa City, 4217, Batangas



A MOUNT GRACE PARTNER

## Clinical Nutrition

### My Meal Plan

\_\_\_\_\_  
Name of Patient

\_\_\_\_\_  
Room Number

\_\_\_\_\_  
Diet

\_\_\_\_\_  
Dietitian