



My Individualized Diet

I can eat ____ servings of carbohydrates/day
 I can eat ____ servings of protein/day
 I can eat ____ servings of fat/day
 I can eat ____ serving(s) of high-phosphorus foods/day
 I can eat ____ mg of sodium/day
 I can drink ____ cups (C) of fluid/day

My potassium prescription includes:
 ____ C of high-potassium foods/day
 ____ C of medium- and low-potassium foods/day

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Instructions: Cut on dotted lines. If you use a paper cutter, align using guidelines along paper's edge.



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