

Meal plan form for carbohydrate counting

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Use this form to write down the number of servings from each food group in your child's daily meal plan.

Food groups		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Carbohydrate	Starch						
	Fruit						
	Vegetables						
	Milk						
	Other (sweets)						
Protein							
Fat							