

PATIENT CALORIE COUNT SHEET
(SEE INSTRUCTIONS ON REVERSE)

DATE

FOOD ITEM	PORTIONS	KCAL	PRO	REMARKS
BREAKFAST				
SNACK				
LUNCH				
SNACK				
SUPPER				
SNACK				

PATIENT IDENTIFICATION

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About the ITAOP/savePDF Method

The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

The field creation process is about 10,000 times faster than the traditional method; the list of ITAOP features is not even available for the traditional method.

ITAOP savePDF method proved to be very simple and completely reliable for millions of users all over the world (incl. individuals, companies, organizations, government employees).

INSTRUCTIONS FOR KEEPING CALORIE COUNT

1. *For the next three days, write down everything consumed in each 24-hour period.*
2. *Estimate portion sizes. Example: 1/2 cup of mashed potatoes, 1/2 serving of vegetables, 3/4 piece of cake, etc.*
3. *Describe food accurately. Example: "Breaded Veal Cutlet", "Roast Beef with Gravy", "Fried Chicken Leg".*
4. *Do not forget additional items. Example: margarine, gravy, salad dressing, sugar, cream in coffee.*
5. *List all beverages correctly. Example: lowfat milk, whole milk, skim milk, kool-aid, pepsi, coffee-black.*
6. *Do not write in the calorie or protein column.*
7. *Keep all menus when calorie count has begun and attach them to this sheet with the provided paper clip.*
8. *The dietitian will collect the menus and calorie counts to determine the caloric intake.*