



INSTRUCTIONS ON HOW TO FILL OUT Children's MEAL TRACKING SHEET

1. FIND OUT YOUR CHILD'S IDEAL WEIGHT. GO TO WEBSITE: *Baylor College of Medicine Children Nutritional Center: BMI PERCENTILE CALCULATOR FOR CHILDREN AND TEENS*. Direct link on website:

<https://www.bcm.edu/cnrc-apps/bodycomp/bmiz2.html>

Put in your child's information. Press calculate.

2. BELOW WILL BE THE IDEAL WEIGHT RANGE. PICK A WEIGHT IN THE IDEAL WEIGHT RANGE.

3. NEXT CHOOSE THE Healthy Eating Calculator on same website (Baylor College of Medicine). Direct link on website:

<https://www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.cfm>

Put in information using above ideal weight from above.

BELOW WILL BE THE RESULTS IN A PIE CHART DISPLAYING CALORIES AND APPROPRIATE SERVINGS FOR YOUR CHILD. PRINT OUT CHART AND TRACK YOUR CHILD'S FOOD INTAKE DAILY. REMEMBER TO RE-CALUCATE YOUR CHILD'S NEEDS ON A REGULAR BASIS AS YOUR CHILD GROWS. MONITOR THEIR WEIGHT AND HEIGHT REGULARLY.

OPTIONAL:

4. GET MACRO NUTRIENT RATIOS. Go to website [freedieting.com](http://www.freedieting.com). Direct link:
http://www.freedieting.com/tools/nutrient_calculator.htm

5. YOU WILL BE IN THE: CALORIE CALCULATOR– MACRO NUTRIENTS. CARB, PROTEIN, FAT CALCULATOR. -Put in your child's calories from pie chart above. - Choose a meal ratio % from different diets or Manually adjust to fit your goals. (Moderate II and Zone Diet are great place to start). -Choose Meals Per Day

6. PRESS CALCULATE. BELOW ARE THE RESULTS OF YOUR GRAMS FOR CARBOHYDRATES, PROTEIN, AND FATS PER MEAL.