

Diet Analysis Template

1. Analyse intake

GUIDELINES

Maximum daily kJ, kcal:

Maximum daily:

MEAL	FOOD EATEN	AMOUNT	CHO (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ, kcal)	COMMENTS
Breakfast							
Morning Snack							
Lunch							
Afternoon Snack							
Evening Meal							
Evening Snack							
Water							

TOTAL:

Energy Comparison:

Other Nutrients:



2. Convert intake to food group serves and total (see step 4 for food group serves)

MEAL	B/C	FRUIT	VEG.	STARCHY VEG.	DAIRY/ALT.	MEAT/ALT.	FATS/OILS	SNACKS	FLUIDS
Breakfast									
Morning Snack									
Lunch									
Afternoon Snack									
Evening Meal									
Evening Snack									
Total									

3. Total the food group serves/day

	B/C	FRUIT	VEG.	STARCHY VEG.	DAIRY/ALT.	MEAT/ALT.	FATS/OILS	SNACKS	FLUIDS
Serves									
kJ/kcal									
Total									

4. Multiply total serves by nutrient content to determine dietary intake

FOOD GROUP	1 SERVE	ENERGY (kJ/kcal)	CHO (g)	FAT (g)	PROTEIN (g)
Breads/Cereals	Bread (1 sl, 30 g) Pasta (½ cup)	300 kJ (75 kcal)	15	1	2
Fruit	Apple (1 med) Apricot (2 sm)		15	-	1
Starchy Veg.	Potato (120 g)		15	-	2
Dairy/Alt.	Milk (100 mL)		5	3.5	3.5
Meat/Alt.	Red meat/chicken (50 g) Egg (1)		-	3	10
Fats/Oils	2 tsp (10 g)		-	8	-
Occasional	Choc cake (20 g) 6 hot chips (30 g)		12	5	2
TOTAL INTAKE					

1 cup = 250 mL

NB The food serves in this table are not from National Guidelines. Serve sizes have been devised to simplify calculations.



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5. Formulate dietary recommendations

NUTRIENTS	RDI	ESTIMATED REQTS	SUGGESTED SERVES/DAY
Energy			B/C
			Fruit
CHO			Vegetables
			Starchy Veg.
Protein			Dairy/Alt.
Fat			Meat/Alt.
Fluid			Fats/Oils
Ca			Snacks
Fe			Fluids
Fibre			Suggestions

6. List suggested number of serves from each food group per meal

MEAL	B/C	FRUIT	VEG.	STARCHY VEG.	DAIRY/ALT.	MEAT/ALT.	FATS/OILS	SNACKS	FLUIDS
Breakfast									
Morning Snack									
Lunch									
Afternoon Snack									
Evening Meal									
Evening Snack									
Total									

7. Devise meal plan

MEAL	SAMPLE MEAL PLAN
Breakfast	
Morning Snack	
Lunch	
Afternoon Snack	
Evening Meal	
Evening Snack	



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