

Recipe Worksheet

Recipe Name:	
Number of servings:	Serving size:

Choose one of your favorite recipes and determine the food counts for all of the ingredients.

Ingredient & amount measure!!!	calorie	fat	sat	trans	chol	sod	carb	fiber	sug	prot
Totals:										
Divide each total by the number of servings to get the counts per serving:										

Notes: