



## SouthFit Nutritional Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

***Please bring this to your nutritional assessment.***

The Department of Campus Recreation offers a nutritional assessment and basic nutritional education. The purpose is to evaluate your current eating habits, the amount of calories consumed, and the nutrient intakes over those same days (carbohydrates, fats, protein, vitamins, minerals, and water) compared to the USDA's ChooseMyPlate recommendations. The recommendations given are for apparently healthy adults and in no way take into consideration any special dietary needs for conditions including (but not limited to) Type I or II diabetes, heart disease, pregnancy, severe foodborne allergies, high blood pressure, high cholesterol, or any other medical condition. The recommendations also do not take into account any medications that may affect food and nutrient intake. Should the client have a condition, disease, or medication that requires special dietary needs, the client should consult a Registered Dietician or a physician.

The client acknowledges that s/he has read the above information, and agrees that s/he is apparently healthy with no known conditions, diseases, or medications that may require special dietary needs. The client also acknowledges that the Southfit staff at the University of South Alabama's Department of Campus Recreation are not Registered Dieticians and are giving basic nutritional advice within the scope of the fitness professional's practice.

Client's Signature \_\_\_\_\_



