Healthy Cuisine and Nutrition

RECIPE MODIFICATION

-Original- Name _____

Name of Recipe _____

Number of Portions_____ **Portion Size**_____

Recipe Cooking Method (s) _____

Ingredients

Quantity	**Unit**	**Item**

Summary of Procedures

_____

_____

_____

_____

_____

_____

_____

_____

Healthy Cuisine and Nutrition

-Modified-

Modifications (Choose at least three)

• Low Fat or Low Kcalories • Increase Fiber • Cancer Patient • Low Cholesterol • Gluten Free • Dairy Free • Egg Free • Vegan or Lacto-Ovo Vegetarian • Food Allergy _____ • Diabetic • Low Sodium • Renal Patient • other: _____

Name of Recipe _____

Number of Portions_____ **Portion Size**_____

Recipe Cooking Method(s) _____

Ingredients

Quantity	Unit	Item	Change?

Summary of Procedures

_____

_____

_____

_____

_____

Why did you make the change you did?

_____

_____