**JUNIOR CHEF NUTRITION ANALYSIS FORM**

Use a reputable nutrition data website such as [Calorie Count](http://caloriecount.about.com/) or [Nutrition Data](http://nutritiondata.self.com/) to find out the following nutrition facts for your recipes. Be sure to separate out the information for each recipe that is being prepared for your complete meal.

Recipe #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  | **Amount in Recipe** | **Judging Notes** |
| **Sodium** |  |  |
| **Calories** |  |  |
| **Saturated fat** |  |  |
| **Trans Fats** |  |  |

Recipe #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  | **Amount in Recipe** | **Judging Notes** |
| **Sodium** |  |  |
| **Calories** |  |  |
| **Saturated fat** |  |  |
| **Trans Fats** |  |  |

Recipe #3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  | **Amount in Recipe** | **Judging Notes** |
| **Sodium** |  |  |
| **Calories** |  |  |
| **Saturated fat** |  |  |
| **Trans Fats** |  |  |

Recipe #4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  | **Amount in Recipe** | **Judging Notes** |
| **Sodium** |  |  |
| **Calories** |  |  |
| **Saturated fat** |  |  |
| **Trans Fats** |  |  |