

GSDIa Nutrition Tracker

Name: _____ Date: ____/____/____

Registered Dietitian Contact: _____

Nutrition Goals

Daily Caloric Goals
(calories)

Daily Carbohydrate Goals
(g)

Daily Cornstarch Goals
(g or tbsp)

List any vitamins and/or supplements that you take:

Food Log

Use this area to list all food, beverage, and cornstarch intake. It's important to share what a typical day looks like with your care team, so they can make any adjustments to help meet your nutritional goals.

Time	Food/Beverage (e.g. Wheat bread – 2 slices, or Pretzels – ½ cup)	Cornstarch Dose (g or tbsp)	Notes