

Camp Floyd Rogers

CAMPER MEAL PLAN INFORMATION

Bring To Camp Opening Day SATURDAY for meeting with dietitians.

Camper's Names _____ Date _____

Gender _____ Age _____ Height _____ Weight _____

1. Does camper use: _____ Carbohydrate Counting
_____ Exchange List
_____ Other, List _____

2. Carbohydrate Grams/Choices at meals;
Breakfast _____ Lunch _____ ,Dinner _____
And Snacks: Morning _____ Afternoon _____ and Bedtime _____.

3. If known, give campers calculated meat plan:
Number of Calories _____
Grams of Carbohydrate _____
Number of Carbohydrate Calories _____

4. List allergies [not dislike] or intolerance to specific foods:

5. What types of reactions does the camp have to foods listed in #3 above:

6. List things you might wish to discuss with the dietitians - on other side of this page.

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