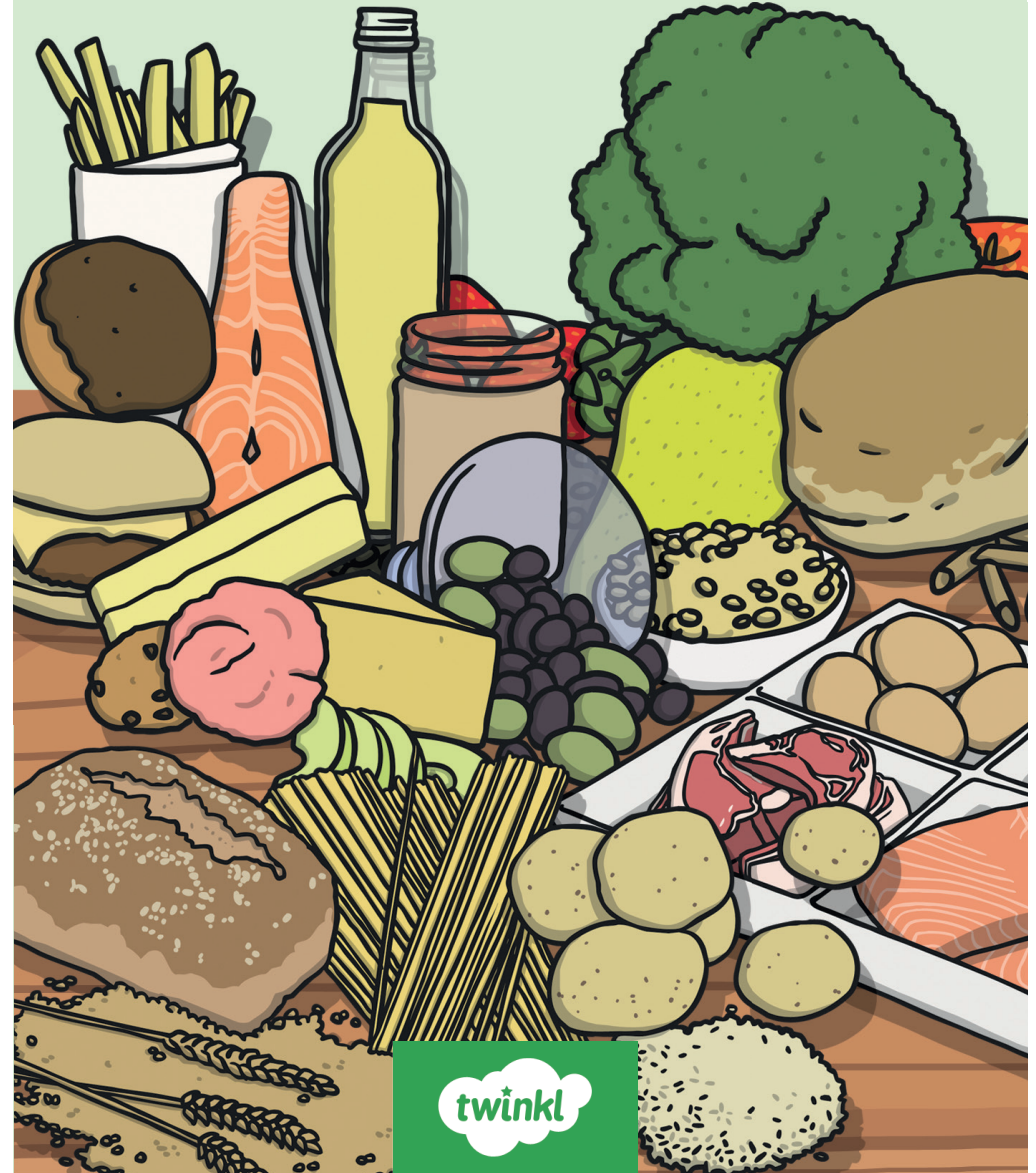
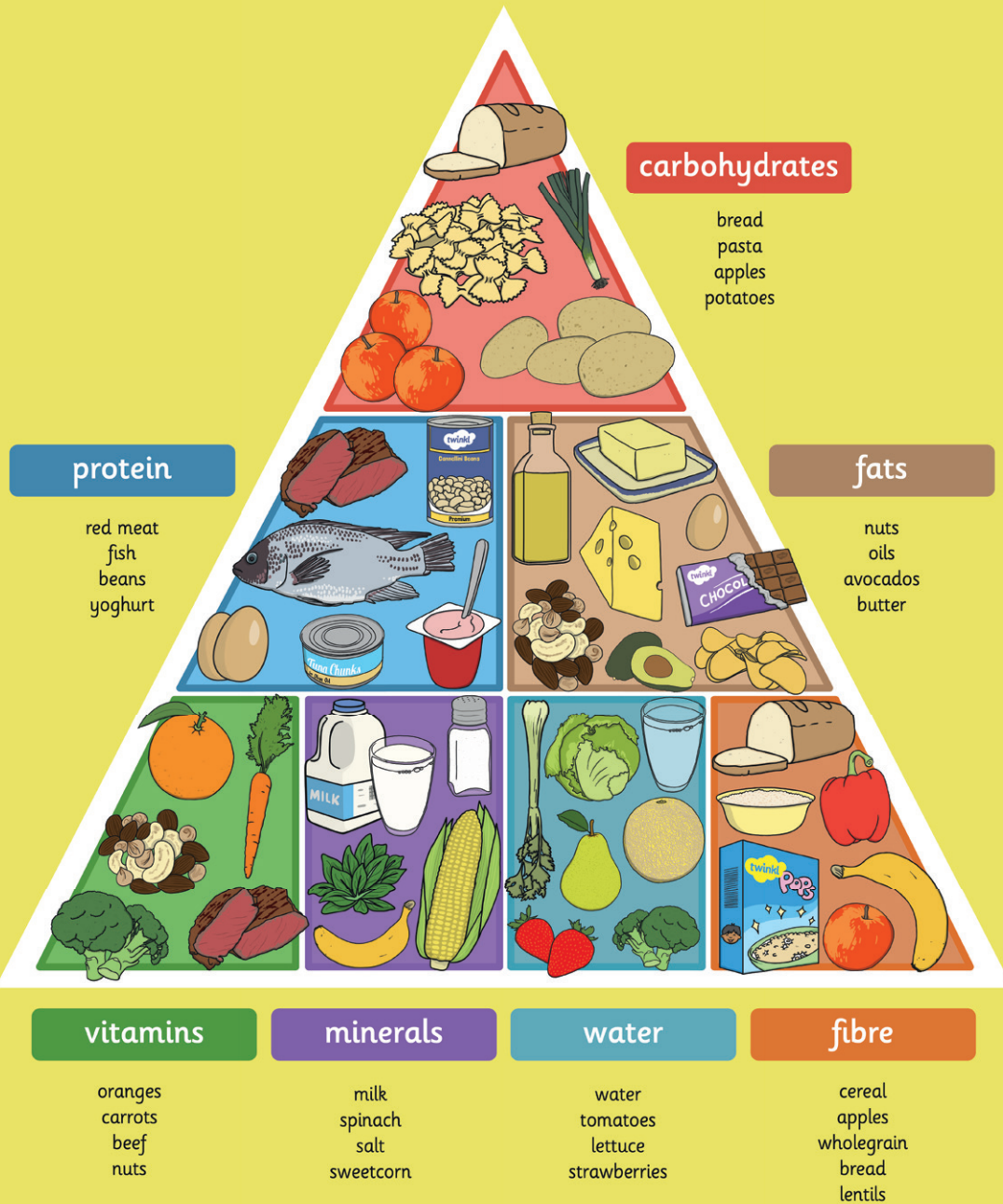


My Nutrition Diary



Types of Nutrients



Notes

Space for any extra notes or drawings

Sunday

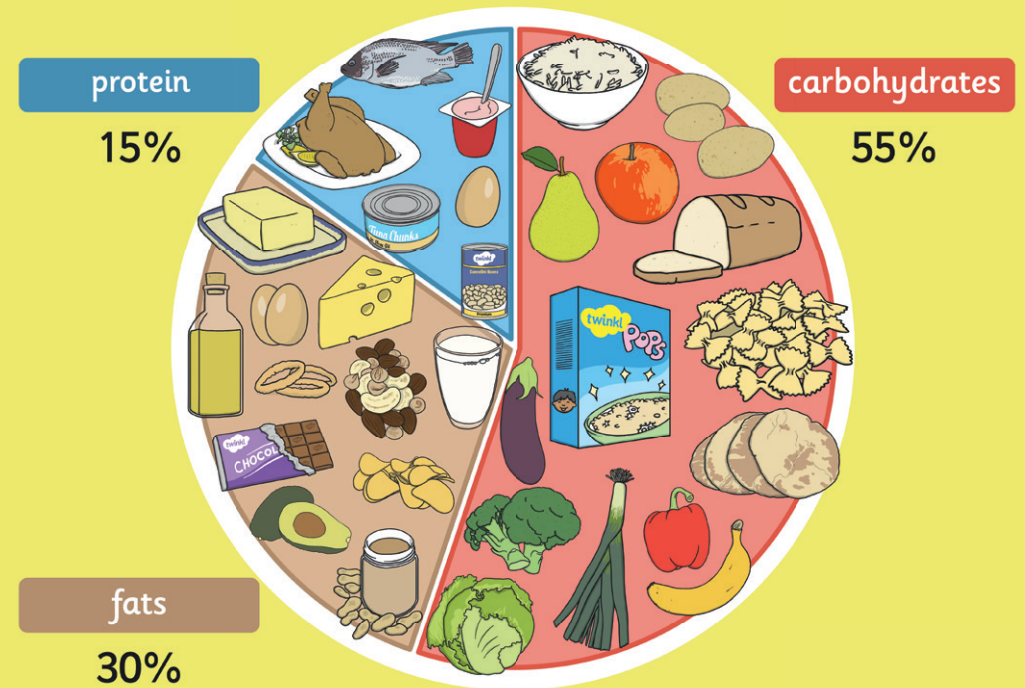
Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Right Amount of Nutrients



Remember: In order to be healthy you also need the following nutrients each day:

Vitamins
Minerals
Fibre
Water

Monday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Saturday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Friday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Tuesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Wednesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Thursday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	