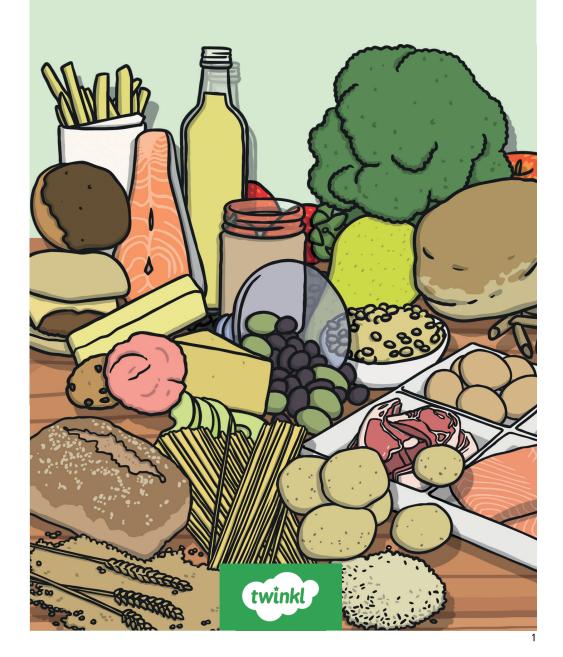
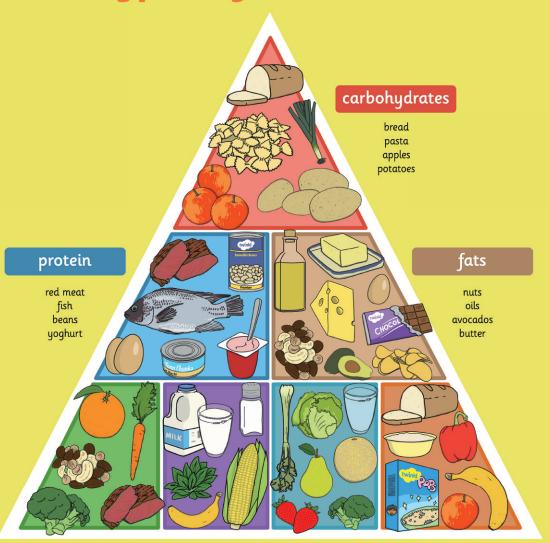
My Nutrition Diary



Types of Nutrients



vitamins

oranges carrots beef nuts

minerals

milk spinach salt sweetcorn

water

water tomatoes lettuce strawberries

fibre

cereal apples wholegrain bread lentils

Notes

Space for any extra notes or drawings

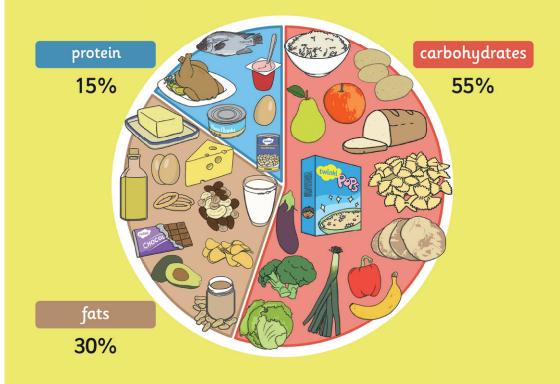
11

Sunday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks		
Write dow	Write down which food gave you the following types of					
Witte dow	Witter joe	nutrients:	the jouowa	ig tgpcs of		
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 dow	Write down which food gave you the following types of				
		nutrients:			
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

Saturday

Draw or write what you ate and drank today

Breakfast	ı	_unch	Dinner	Snacks	Drinks
Breakgast		-artert	Duriter	Situation	Dianes
Write down w		hich foo	d gave non	the followin	a tupes of
vvitte dow	IL V	rittert joo	nutrients:	the jollowin	ig types of
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

Friday

Draw or write what you ate and drank today

	Breakfast	
Write down which food gave you the following types o		
nutrients:		
carbohydrates:	carbohydrates:	
protein:	protein:	
fats:	fats:	
vitamins:	vitamins:	
minerals:	minerals:	
fibre:	fibre:	
water:	water:	

Tuesday

Draw or write what you ate and drank today

Breakfast	Lunch		Dinner	Snacks	Drinks
Write dow	n w	hich foo	d gave you nutrients:	the followin	g types of
carbohydrai	tes:				
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 type				lg types of	
	nutrients:				
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

Thursday

Draw or write what you ate and drank today

Breakfast	Breakfast L		Dinner	Snacks	Drinks
Write dow	n w	hich foo	d gave you nutrients:	the followin	ig types of
carbohydrates:			nutrients.		
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					