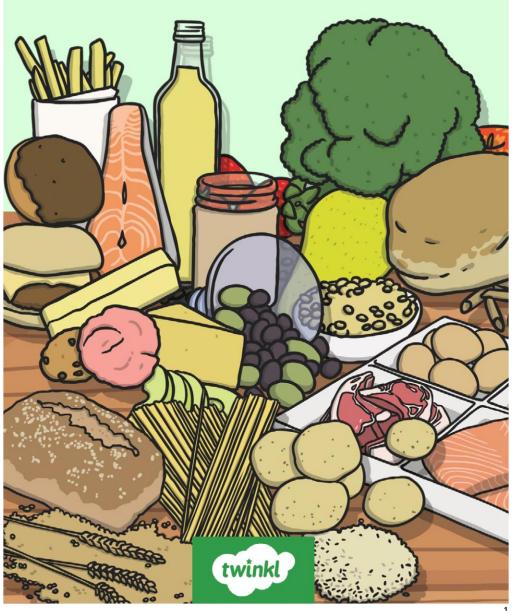
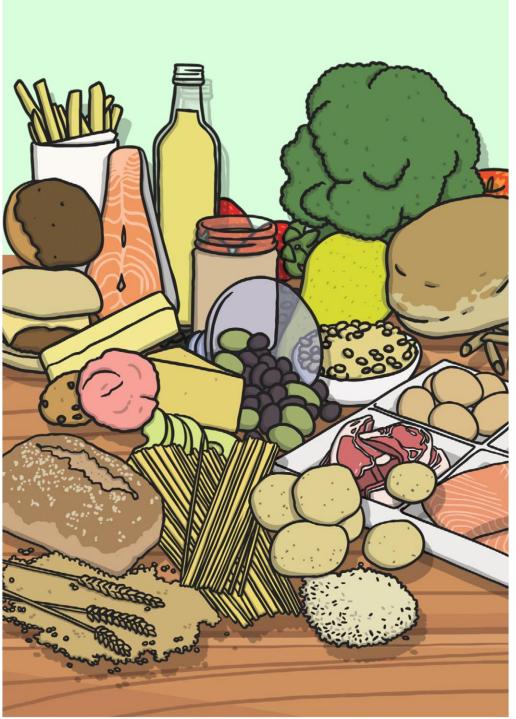
#### **My Nutrition Diary**



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Nutrient	Found in (examples)	What it does/they do
carbohydrates	BUDGET GRAIN WINDLENGA SEAD	provide <b>energy</b>
protein	VOCHUR!	helps growth and repair
fibre	PREMIUM WHOLEMEAL	helps you to digest the food that you have eaten
fats	PLAIN NUTS COCONUT OIL	provide <b>energy</b>
vitamins	PLAIN NUTS	keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste



## Monday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write	dow	n which j	ood gave you of nutrients:	ı the followin	g types
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

## Tuesday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write down which food gave you the following types of nutrients:				g types	
carbohydrat	tes:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

## Wednesday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write	dow	n which j	food gave you	the following	g types
			of nutrients:		
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

#### Thursday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write down which food gave you the following types of nutrients:				g types	
carbohydrates:			•		
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

# Friday

Breakfast		Lunch	Dinner	Snacks	Drinks	
Write	dow	n which f	food gave you	the followin	g types	
	of nutrients:					
carbohydrat	es:					
protein:						
fats:						
vitamins:						
minerals:						
fibre:						
water:						

#### Saturday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write down which food gave you the following types of nutrients:				g types	
carbohydrat	tes:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

## Sunday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write	dow	n which f	ood gave you of nutrients:	ı the followin	g types
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

#### Notes

Space for any extra notes or drawings