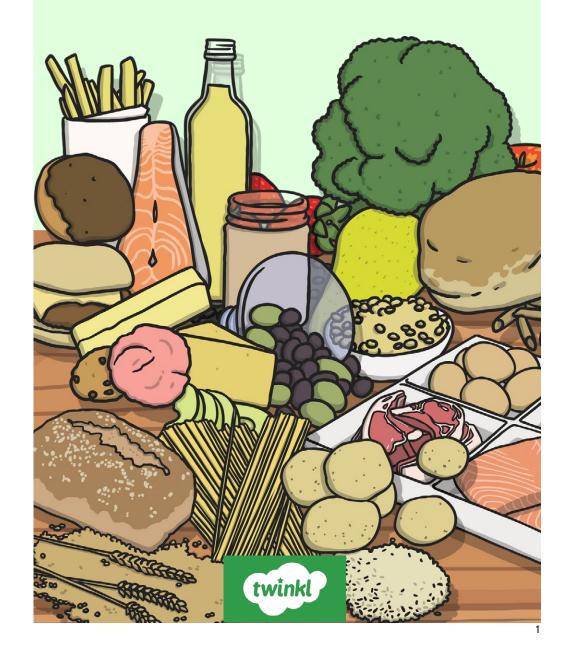
# My Nutrition Diary



Nutrient	Found in (examples)	What it does/they do
carbohydrates	BUDGET CRAIN WHOLIPPASTA	provide <mark>energy</mark>
protein	Уодния 1	helps growth and repair
fibre	OR AND PREMIUM WHOLEMEAL	helps you to digest the food that you have eaten
fats	PLAIN NUTS  COCONUT OIL	provide <mark>energy</mark>
vitamins	PLAIN NUTS 1	keep you <mark>healthy</mark>
minerals		keep you <mark>healthy</mark>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

#### Notes

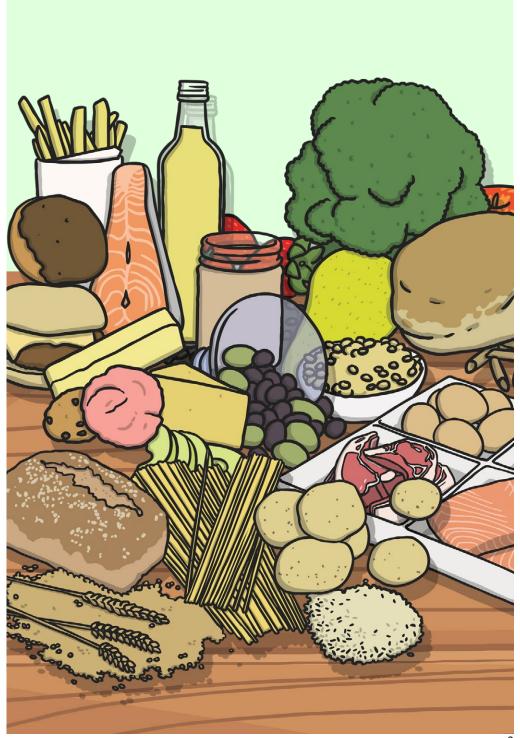
NULES
Space for any extra notes or drawings

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# Sunday

Draw or write what you ate and drank today

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



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## Monday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks
Write o	lown which f	ood gave you of nutrients:	the following	g types
carbohydrat	es:	· ·		
protein:				
fats:				
vitamins:				
minerals:				
fibre:				
water:				

## Saturday

Draw or write what you ate and drank today

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

## Friday

Draw or write what you ate and drank today

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

## Tuesday

Draw or write what you ate and drank today

Breakfast	Lunch		Dinner	Snacks	Drinks
		1 . 1 .	. ,	.1 С.11	
Write	low	n which f	food gave you of nutrients:	the following	j types
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

#### Wednesday

Draw or write what you ate and drank today

Breakfast	Lunch		Dinner	Snacks	Drinks	
	'					
Write o	Write down which food gave you the following types					
			nutrients:			
carbohydrat	es:					
protein:						
fats:						
vitamins:						
minerals:						
fibre:						
water:						

#### Thursday

Draw or write what you ate and drank today

Breakfast	Lunch		Dinner	Snacks	Drinks
Write (	dow	n which f	ood gave you	the following	tupes
			of nutrients:	one jenening	, -9
carbohydrat	es:				
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					