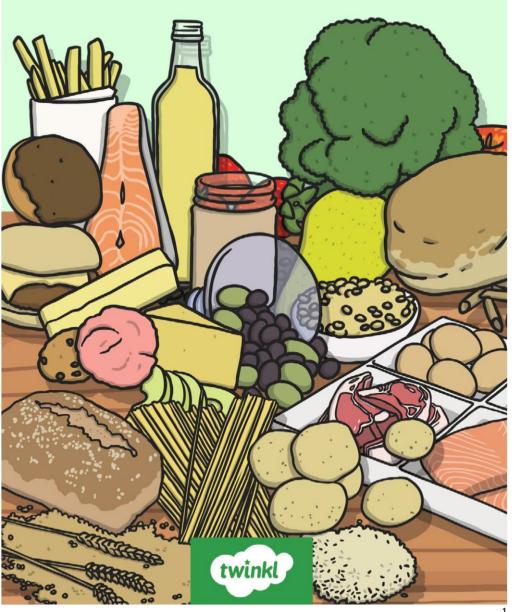
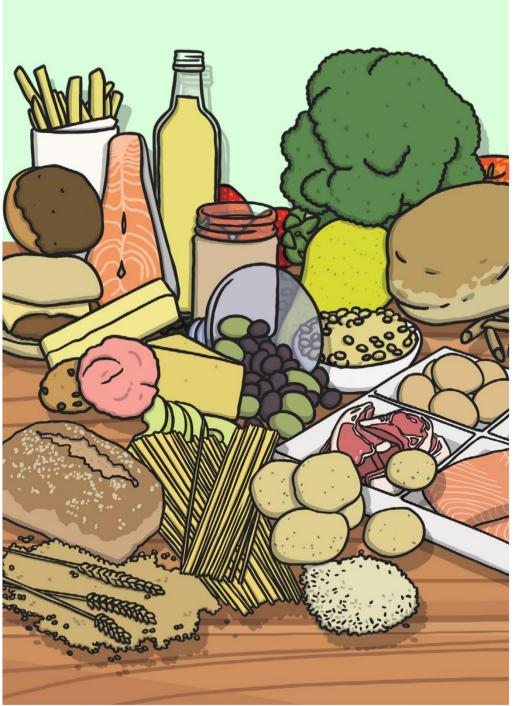
#### **My Nutrition Diary**



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Nutrient	Found in (examples)	What it does/they do
carbohydrates	BUDGET GRAIN WINDLINEA SEAD	provide <b>energy</b>
protein	TOCHUR!	helps growth and repair
fibre	PREMIUM WHOLEMEAL	helps you to digest the food that you have eaten
fats	PLAIN NUTS	provide <mark>energy</mark>
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 f	ood gave you of nutrients:	the following	g types
carbohydrates:					
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

### Tuesday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write down v		n which f	food gave you of nutrients:	ı the followin	g types
carbohydrates:					
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

### Wednesday

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

# Thursday

Breakfast		Lunch	Dinner	Snacks	Drinks
Write down wh		n which f	food gave you of nutrients:	ı the followin	g types
carbohydrates:					
protein:					
fats:					
vitamins:					
minerals:					
fibre:					
water:					

# Friday

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

# Saturday

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

# Sunday

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

Notes
Space for any extra notes or drawings