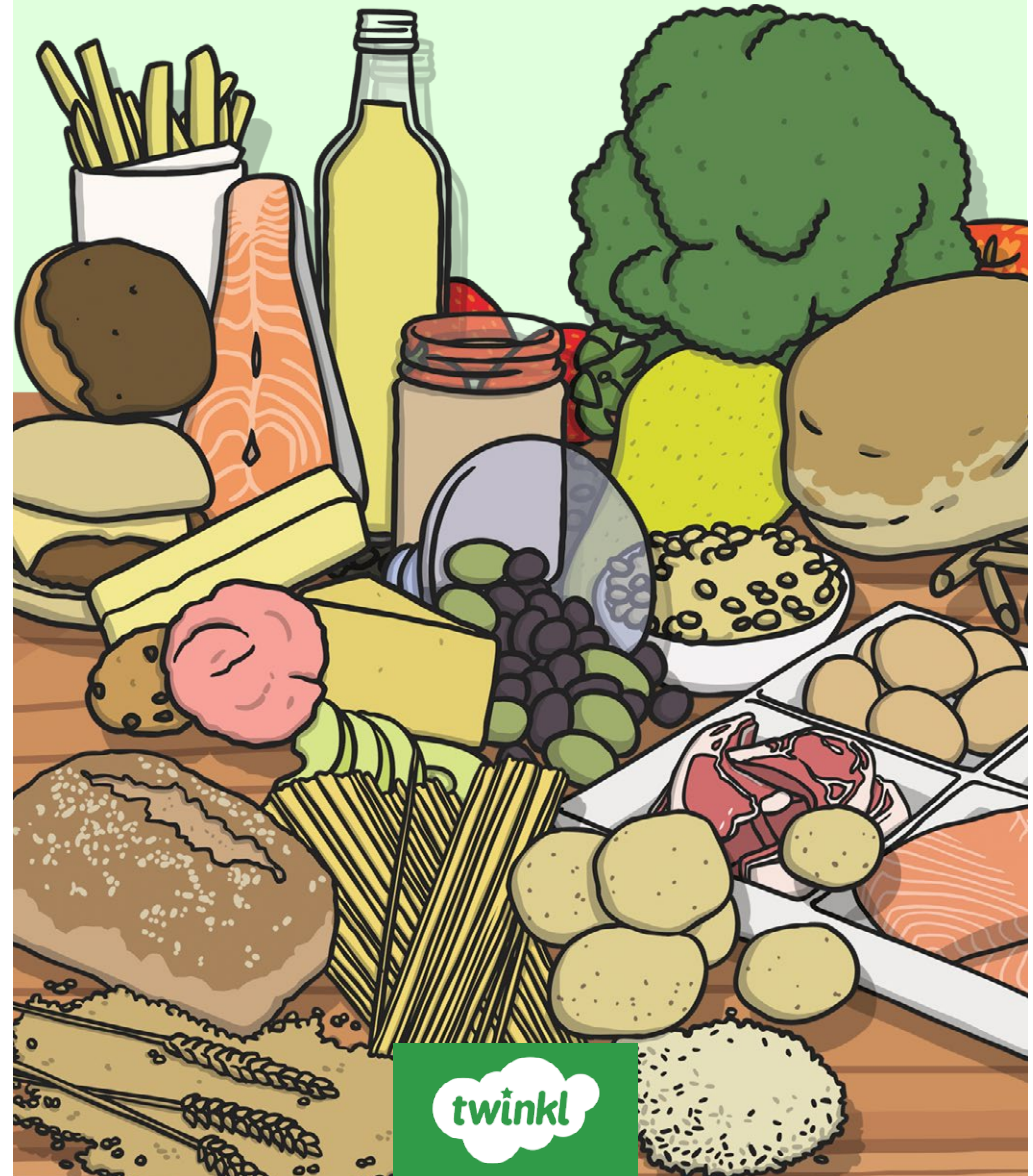









# My Nutrition Diary



| Nutrient      | Found in... (examples)  | What it does/they do  |
|---------------|---|---|
| carbohydrates |    | provide <b>energy</b>   |
| protein       |    | helps growth and repair   |
| fibre         |    | helps you to digest the food that you have eaten                      |
| fats          |    | provide <b>energy</b>   |
| vitamins      |   | 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 |

# Notes

Space for any extra notes or drawings

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# 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:         |  |



# 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:         |  |