

Nurtitional Weekly Information

Date:



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Supper							
Daily Intake	B & C	B & C	B & C	B & C	B & C	B & C	B & C
	F & V	F & V	F & V	F & V	F & V	F & V	F & V
	M	M	M	M	M	M	M
	L	L	L	L	L	L	L
	WATER	WATER	WATER	WATER	WATER	WATER	WATER

B & C = Breads and Cereals - 6 servings, **F & V** = Fruit and Vegetables - 5+ servings (At least 2 from fruit at least 3 from Veges), **M** = Milk, Milk Products or Milk Substitutes - 2-3 servings, **L** = Lean Meats, Poultry, Fish, Nuts, Eggs and Pulses - 1-2 servings, **Water** = 8 Glasses of Water per day

More info at www.smartfitness.co.nz