

C Plan. Keep a food diary for one day. Use the method in **A**. Then write down your results. What are your conclusions?

Breakfast: _____

Lunch: _____

Dinner: _____

Fruit: _____

Dairy: _____

Water: _____

Vegetables: _____

Carbohydrates: _____

Sweets: _____

Protein: _____

Fat: _____

My Conclusion: _____

Reflect

Did I write
something for
each heading?