Name: _____ Class: _____

Item	Breakfast				Lunch					Dinner					Totals
Serving															
Calories (2000/day)															
Total Fat (70 g/day)															
Sat. Fat															
Trans Fat															
Polyunsat. Fat															
Monounsat. Fat															
Cholesterol															
Total Carbohydrates															
Fibre															
Sugar (g)															
Protien (200 g/day)															
Vitamins															
A															
B															
C															
D															
E															
Minerals															
Sodium															
Potassium															
Calcium															
Phosphorus															
Magnesium															
Iron															
Folic Acid															
Niacin															
Thiamin															