



**1.- What goes on my plate?**

- ✓ Choose a menu - \_\_\_\_\_.
- ✓ Find all the “food cards” you need and check the vitamins, nutrients and minerals they contain.
- ✓ Then complete the chart to find out what your caloric intake is.
- ✓ Check the “Daily Recommended Intake Chart” to see how you are doing.

INGREDIENT	KCAL	vitamins	water	protein	fat	carbs	cholesterol	fiber	calcium	copper	iron	magnesium	phosphorus	zinc	potassium	sodium
<b>TOTAL</b>																