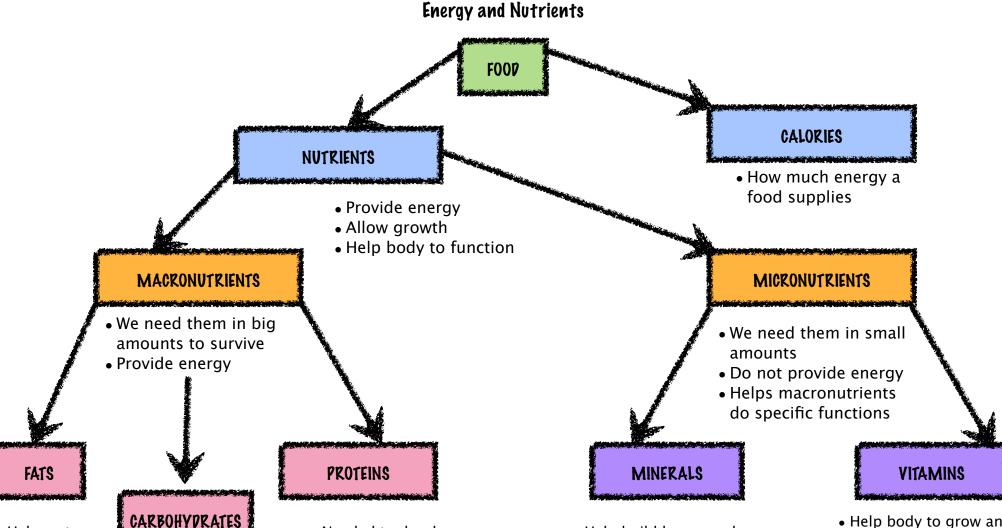
Date: _____ Name: __



- Help us to absorb vitamins
- Oils, butter, meat, eggs
- Major source of energy and fibre
- Found in milk, grains, fruit, sugar
- Needed to develop bones, muscles, skin and blood
- Found in meat, fish, nuts, tofu, milk products and lentils
- Help build bones and teeth, allow muscles to work
- Calcium, iron, potassium, sodium. etc.

- Help body to grow and
- stay healthy
- Vitamin C, Vitamin D, Vitamin K, etc.

Name:	Date:

Balanced Breakfast Plans

FOOD ITEM	FOOD GROUPS INCLUDED	MACRONUTRIENTS INCLUDED	MICRONUTRIENTS INCLUDED
e.g. Oat cereal with bananas and 1% milk	- grains (oat cereal) - fruit (banana) - dairy (milk)	- carbohydrates (oat cereal) - protein (milk, bananas) - fats (milk)	- calcium (milk) - potassium (banana)
MONDAY:			
TUESDAY:			
WEDNESDAY:			
THURSDAY:			
FRIDAY:			
SATURDAY:			
SUNPAY:			

Name:	Date:
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