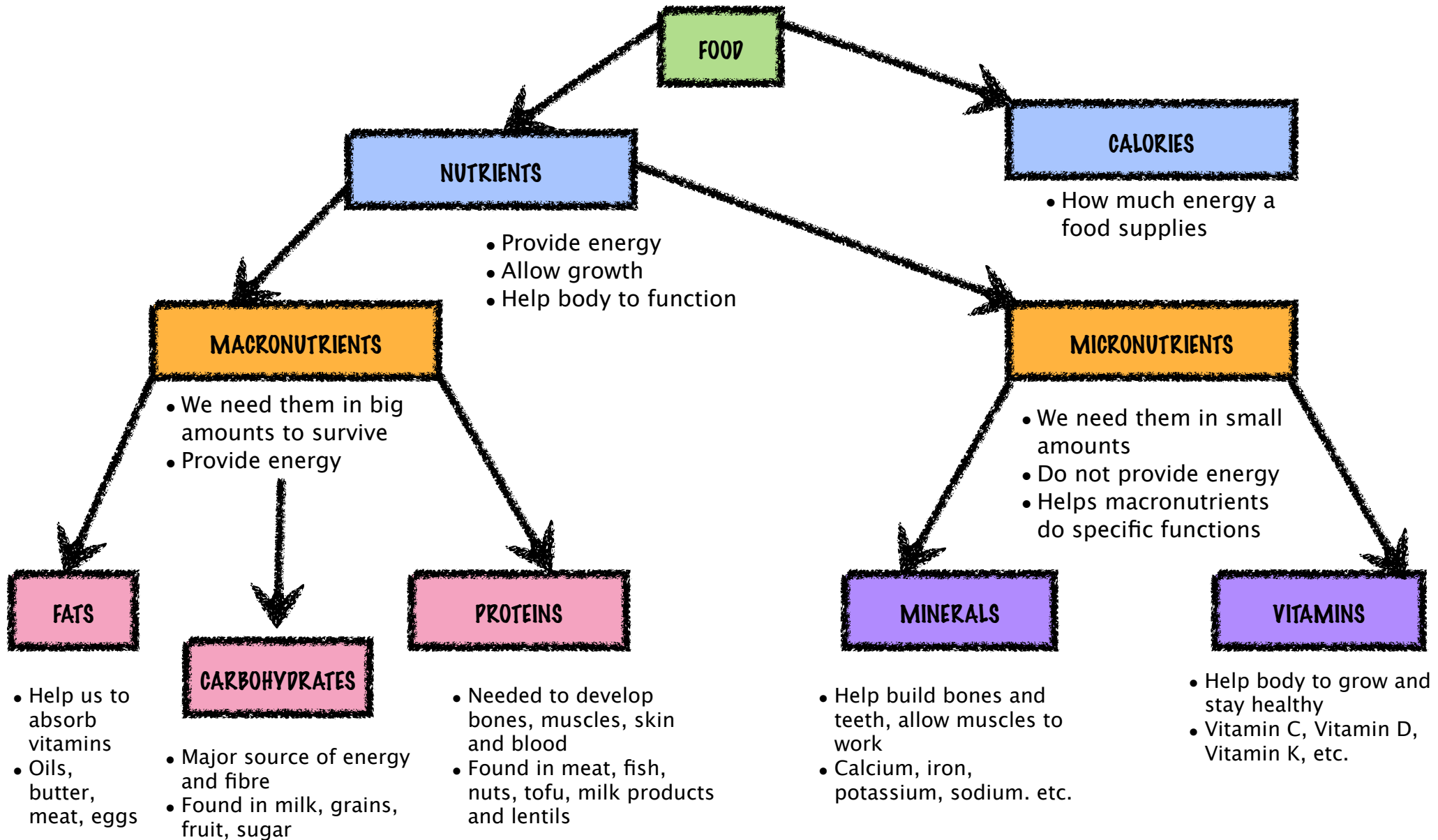


Name: _____

Date: _____

Energy and Nutrients



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:			
SUNDAY:			

Name: _____

Date: _____