

Nutrition Journal

Part of living a healthy life is maintaining proper nutrition. Food is fuel for your body and there are healthy and unhealthy types of fuel. This week, let's take a look at what you are eating and work to find a balance. Take a look at the list foods and check off when you eat these foods.

Food	Daily	4-6 times a week	1-3 times a week	0 times a week
Vegetables				
Fruits				
Whole Grains				
Legumes				
Water				
Nuts				
Dairy Products				
Beef				
Pork				
Chicken				
Pork				
Fish				
Chips				
Sugar Sweetened Drinks				
Fast Food				
Fried Foods				
Candy				
Milk				
Cheese				
Whole Grain Pasta				
Pasta (not whole grain)				

CONSIDER THIS

Look at your fuel consumption over the past week. What would you change? Now consider a type of diet you've tried or heard about. Describe the foods promoted in that diet and how it fits into a well-rounded lifestyle.

