My diet

Analyse your diet and see how healthy it is. Try and
improve it and see the changes.
Complete the chart to show what foods you have eaten in
one day.

My day's diet Name	
Breakfast	Amount
Lunch	
Afternoon food	
Supper	
Snacks and drinks	

My diet

Use the Nutrition Program

- Click My Diets
- Create a new diet
- Enter the diet name
- Start day
- Age
- Sex – you choose male or female.

To do

Make a healthier version of your diet.

Click Make a healthier version.

Change some of the foods.

Look at the charts and see if it has improved.

Answer the questions to show how your diet has changed.

Enter the foods that you have eaten. The program helps with the weights.

Analyse your diet

- Click Diet Chart at the bottom of the screen.
- See if your diet provides for your nutrition needs.
- Click Diet Analysis Chart. This shows you other nutrients in your diet.
- You can export this chart and save it onto Word, Powerpoint or Publisher.

Questions

How healthy is your diet?
Write a little about it and the results.

LIst 3 changes you made. Did it make it a healthier diet?

How have the charts changed to show your results?