

What is the Nutritional Diversity of your Diet?

Complete the boxes with the individual foods you eat in a day *For example; a breakfast of porridge would include oats, milk, blueberries do this for a week but do not repeat a food item!*

Oats	Milk	Blueberries		

How many different foods do you eat in a day?

You can increase the nutritional content of your diet, the vitamins and minerals, just by increasing your choice of fruit and vegetables and including some healthy fats such as Omega 3 from oily fish or nuts and seeds

Would you like to discuss how and why you should increase your nutrient intake?

Contact Registered Nutritional Therapist

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