

Healthy Meals	
<i>Restaurant</i>	<i>Food</i>
Breakfast	
Lunch	
Dinner	

1.

Unhealthy Meals	
<i>Restaurant</i>	<i>Food</i>
Breakfast	
Lunch	

Dinner	

2.

[illegible]

[illegible]

2.

[illegible]

Total										
Total for the Day										

3.

Healthy Meal		
Nutrient	Recommended intake	Actual intake
% Fat		
% Carbohydrate		
% Protein		
Sodium (mg)		
Cholesterol (mg)		
Fiber (g)		

Unhealthy Meal		
Nutrient	Recommended intake	Actual intake
% Fat		
% Carbohydrate		
% Protein		
Sodium (mg)		
Cholesterol (mg)		
Fiber (g)		