

Session 9 – Fad Diets

V. Activity

You need a balance of nutrients. List one healthy Protein (fish, beans, skinless chicken, lean meat), Fat (avocado, nuts, vegetable oil, fish) and Carbohydrate (vegetables, fruits) you ate every day this week.



Weekly Log: Weight

Day	Foods
Monday	Protein Fat Carbohydrate
Tuesday	Protein Fat Carbohydrate
Wednesday	Protein Fat Carbohydrate
Thursday	Protein Fat Carbohydrate
Friday	Protein Fat Carbohydrate
Saturday	Protein Fat Carbohydrate
Sunday	Protein Fat Carbohydrate

