*Complete the table below to enter* ***foods and beverages you consumed over any 2-day period****, entering in as many rows as you require. Please set out mixed meals appropriately as shown in the lectures and tutorials. Each food ingredient should have its own row.* *You should also clearly label the table and describe each meal and/or snack occasion (e.g. Day 1 – breakfast, Day 2 – lunch, etc.).*

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| *Food Record* | | *Energy and macronutrient content* | | | | | | | *Micronutrient content* | | |
| Foods and beverages | Amount consumed (grams, ml) | kJ | Total  Carbohydrates (g) | Sugars (g) | Protein (g) | Total Fat (g) | Saturated  Fat (g) | Fibre (g) | vitamins | minerals |  |
| Coconut water | 250ml | 135KJ | 8g | 8g | 0.5g | 0g | 0g | 0g | VIC C-25mg | Ca-30mg;  Mg-22mg;  K-500mg |  |
| Peri-Peri Pizza | 150grams(1/4 of 11’’ pizza) | 1750KJ | 43g | 4g | 24.3g | 16.5g | 7.9g | 4.2g | VIC E-0.51mg;  Niacin(B3)-4.22g | Ca-315mg;  Mg-39mg;  P-300mg;  K-255mg;  Na-660mg |  |
| Smoked salmon | 100 grams | 787KJ | 0g | 0g | 24.3g | 10.1g | 1.93g | 0g | Niacin(B3)-10mg;  VIC E-0.6mg | Ca-8mg;  Mg-34mg;  P-300mg;  K-420mg;  Na-1015mg |  |
| orange | 148 grams | 229KJ | 12.1g | 12.1g | 1.5g | 0g | 0g | 3.6g | VIC C -77mg;  VIC E-0.15g | Ca-34mg;  Mg-18mg;  K-281mg |  |
| Blueberry bagel | 80 grams | 883KJ | 40.2g | 1.9g | 8.6g | 1.5g | 0.29g | 4.9g | VIC E-0.16mg; | Ca-30mg;  Mg-30mg;  P-113mg;  K-112mg;  Na-480mg |  |
| Caesar salad | 100 grams | 522KJ | 10.6g | 0.8g | 7.4g | 5.6g | 2.4g | 1.6g | Niacin(B3)-1.11mg;  VIC C-1mg; | Ca-30mg;  Cl-421mg;  Mg-10mg;  P-73mg;  K-134mg;  Na-268mg; |  |
| Green grapes | 200grams | 534KJ | 31.2g | 30.4g | 1.6g | 0g | 0g | 1.6g | Thiamin(B1)-0.06mg;  VIC E-0.4mg | Ca-20mg;  Mg-16mg;  P-52mg;  K-440mg |  |
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| **TOTAL INTAKE OF TWO-DAY FOOD RECORD** |  | 4840KJ | 145.1g | 57.2g | 43.9g | 33.7g | 12.52g | 15.9g | VIC C-103mg;  VIC E-1.51mg;  B3-15.33mg;  B1-0.06mg | Ca-437mg;  Mg-169mg;  P-786mg  K-2142mg  Na-2423mg; |  |
| **AVERAGE INTAKE OF TWO-DAY FOOD RECORD** |  | 2420KJ | 72.55g | 28.6g | 21.95g | 16.85 | 6.26g | 7.95g | VIC C-51.5mg;  VIC E-0.755mg;  B3-7.665mg;  B1-0.03mg | Ca-218.5mg;  Mg-84.5mg;  P-393mg;  K-1071mg;  Na-1211.5mg |  |
| **RECOMMENDED DAILY**  **INTAKE** |  | 6500KJ | 230-310g | <24g | 46g | 46-66g | <12.29g  (6500KJ\*0.07/37) | 25g | VIC C-45mg;  VIC E-14-22.4mg;  VIC B1-1.1-1.2mg;  B3-11-13mg; | Ca-1000-1300mg;  Mg-310-400mg;  P-700-1000mg;  K-2300-2800mg;  Na-<2300mg;  Cl-2300mg |  |

*Complete the table below with* ***photos of your main meals*** *accompanied with a* ***selfie (or a form of photo ID)****. You should also clearly label the table and describe the relevant meal occasion (e.g. Day 1 – breakfast, Day 2 – lunch, etc.).*

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| --- | --- | --- |
| **Day 1 Meal 1** | **Day 1 Meal 2** | **Day 1 Meal 3** |
| Day 1 Breakfast: a fresh coconut water | Day 1 Lunch: Three pieces Peri Peri chicken pizza. | Day 1 Dinner: 100 grams of smoked salmon |
|  |  |  |
| **Day 2 Meal 1** | **Day 2 Meal 2** | **Day 2 Meal 3** |
| Day 2 Breakfast: a blueberry bagel | Day 2 Lunch: A Caesar salad was served with chicken breast | Day 2 Dinner: 200 grams of green grapes |
| Additional Meals | Additional Meals | Additional Meals |
| Day 1 Afternoon snack: an orange |  |  |