Worksheet 14: Food intake and energy balance summary

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly summary
Total calorie intake								
Starch								
Fruit and vegetables								
Protein								
Dairy								
Sugar and fat								
Alcohol								
Base energy need + extra for energy expended in activity								
Energy balance (= calorie intake – energy need)								