














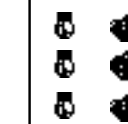


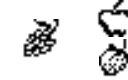




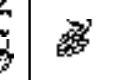















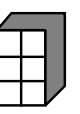















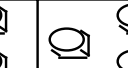
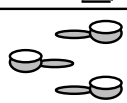
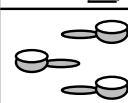
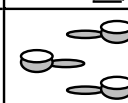
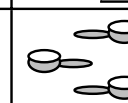
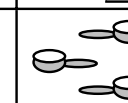
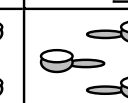
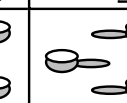
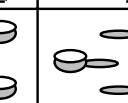


NAME: .....

	day	day	day	day	day	day	day	day
Exercise 30-40 min per day								

R = healthy diet food    4 = food which causes overweight

Breakfast	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4
Lunch	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4
Afternoon	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4
Evening	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4

Vegetables, root vegeta- bles 6 hg								
Eat as much as you like vegetables								
Fruit								
Potatoes 150 g								
6 dl milk or cheese								
Proteins 100-200 g								
Bread etc.								
30 ml fat								

Poisonous fat-building food for weight gain

Sandwich								
Cookies								
Candy								
Alcohol								
Too much other food								

G  
O  
O  
D  
  
F  
O  
O  
D  
  
D  
O  
P  
E

How to use the food diary:

1. Write your name at the top.
2. Complete the names of the weekdays.
3. Exercise per day. Note kind of exercise and time.
4. Breakfast, Lunch, Afternoon, Evening: Write a ring around R for correct food. Write a ring around the checkmark for other food.
5. Mark one vegetable unit for every 100 grams of vegetables you have eaten.
6. You can eat unlimited amounts of raw vegetables. Use the list of allowed vegetables to compose a good diet..
7. Mark one fruit symbol for each fruit or 150 grams of berries.
8. Potatoes: Eat not more than 150 grams of proteins or other calorie-rich vegetable. See the list of vegetables.
9. Mil or cheese: Each box corresponds to 100 ml of fat-free milk or yoghurt Eat 20 g of low-fat cheese (max 11 % fat) . 200 ml yoghurt or kefir corresponds to three boxes.
10. Proteins: At not more than 2 portions of protein per day. See the protein list..
11. Mark one bread symbol if you eat one slice of bread, 100 milliliters boiled rice or 100 ml. spaghetti. See the bread list.
12. Eat not more than 30 ml fat per day. Use only olive oil for frying.

If your weight is going down well: Eat the whole program.

If you still gain weight: Eat only the left column.

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