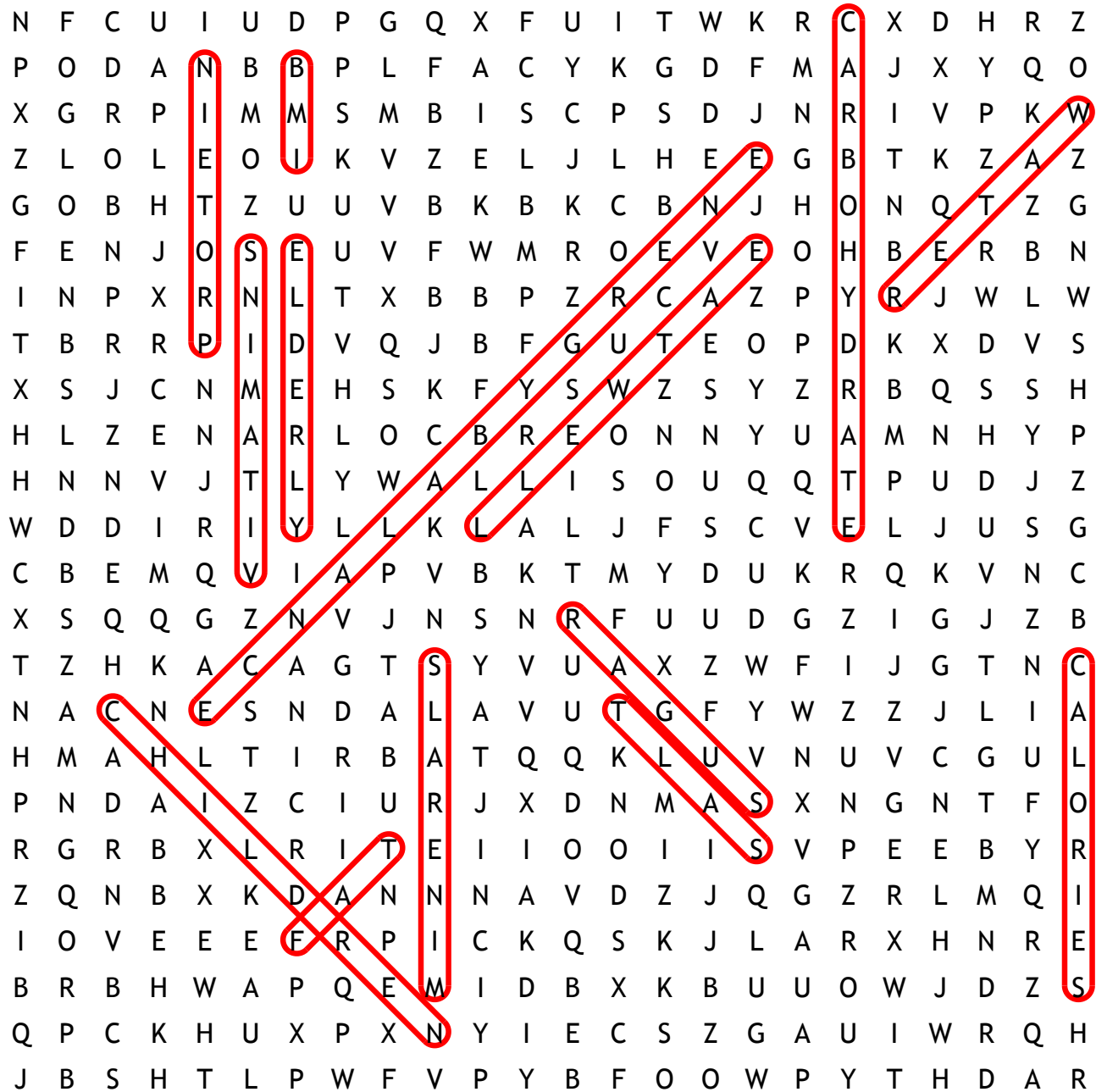


Name: _____

Date: _____

Planning a Balanced Menu



energy balance
vitamins
protein
water
fat

carbohydrate
children
eatwell
sugar
bmi

minerals
calories
elderly
salt