




# WHAT DO I EAT?

Here is a guide to help you in your analysis. Fill in the blanks

HERE'S A GUIDE: Per 100g →	TOTAL FAT	BEST	OKAY	SOMETIMES
	SATURATED FAT	0 - 3g	3.1 - 20g	20g+
	SUGAR	0 - 1.5g	1.6 - 5g	5g+
	SODIUM	0 - 5g	5.1 - 15g	15g+
		0 - 120mg	121 - 600mg	600mg+

FOOD	TOTAL FAT	SATURATED FAT	SUGAR	SODIUM	HEALTHY?

<b>My nutrition habits are:</b>		
		

<b>Where is the problem?:</b>		
Too much fats	Too much sugar	Too much sodium

