

Use this worksheet for one day to track the amount of vitamins and minerals in your diet.

Challenge: Use the diary everyday for one week. When the week is over, turn your list in to your teacher and earn a Heart Smart certificate from the Texas Heart Institute.

NUTRITION

24-HOUR NUTRIENT DIARY

Date _____

My fat-soluble vitamin is _____ (Example: Vitamin A)

Source of Fat-soluble Vitamin

Example: Carrots			
Serving size (indicate tsp, TBSP; cup, etc.)	1/2 cup		
Number of servings	2		

My water-soluble vitamin is _____ (Example: Vitamin B1)

Source of Water-soluble Vitamin

Example: Cereal			
Serving size (indicate tsp, TBSP; cup, etc.)	3/4 cup		
Number of servings	2		

My macromineral is _____ (Example: Magnesium)

Source of Macromineral

Example: Kiwi			
Serving size (indicate tsp, TBSP; cup, etc.)	1/4 cup		
Number of servings	1		

My micromineral is _____ (Example: Iodine)

Source of Micromineral

Example: Garlic			
Serving size (indicate tsp, TBSP; cup, etc.)	1/4 tsp		
Number of servings	1		