

WEEKLY DIETARY SURVEY



3PMAR

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MY REAL DIET

	BREAKFAST	LUNCH	FOOD	SNACK	DINNER
MONDAY	MILK (1) MUFFIN(5) CEREALS(6) YOGURT(1)	BREAD(6) SAUSAGES(2)	FISH(2) RICE(6)	YOGURT(1)	CEREALS(6) MILK(1)
TUESDAY	NOTHING	NOTHING	SPAGHETTI(6) MEAT(2)	APPLE(5)	MANGO(5)
WEDNESDAY	NOTHING	BREAD(6) SAUSAGES(2)	RICE(6) MEAT(2)	NOTHING	YOGURT(1)
THURSDAY	MILK(1) CEREALS(6) YOGURT(1)	BREAD(6) EGG(2)	RICE(6) EGG(2)	NOTHING	APPLE(5)
FRIDAY	NOTHING	BREAD(6) CHEESE(1)	CHEESE SOUP: MILK(1) WATER POTATOES (3) PASTA(6) CHEESE (1) OLIVE OIL(7)	DONUTS: FLOUR(6) SUGAR(6) WATER CHOCOLAT E(6)	ORANGE(5)
SATURDAY	MILK(1) MANGO(5)	NOTHING	FISH(2) RICE(6)	NOTHING	PAPAIA(5)
SUNDAY	MILK(1) MUFFIN(5) YOGURT(1)	NOTHING	MEAT(2) -SALAD: TOMATO(3) ONION(3) LETTUCE(3) OLIVE OIL(7) SALT	NOTHING	CEREALS(6) MILK(1)

MY IDEAL DIET

FOODS	GROUP	REAL DIET	IDEAL DIET	COMPARISON
MILK AND DERIVATIVES	1	2.2/D	½-1 LITER/D	EXCESS
FISH	2	2 TIMES/ WEEK	3-4 TIMES/ WEEK	PROBLEM
MEAT	2	3 TIMES/ WEEK	1-3 TIMES/ WEEK	CORRECT
EGGS	2	2 WEEK	3-4/ WEEK	PROBLEM
VEGETABLES COOKED POTATOES FRUITS SECS	3	2 VARIETIES/ WEEK	2 VARIETIES/ WEEK	CORRECT
VEGETABLES	4	NOTHING	AT LEAST 1 RATION /DAY	PROBLEM
FRUIT	5	2 UNIT/DAY	AT LEAST 2 UNIT/DAY	CORRECTE
CEREALS	6	5 PORTION/ DAY	4 PORTION/ DAY	EXCESS
SWEETS	6	1 PER WEEK	MODERATE	CORRECT
FATS AND OILS	7	2 VARIETIES/ WEEK	MODERATE	CORRECT

CONCLUSIÓN

I SHOULD NOT TAKE A LOT OF MILK AND CEREALS.

I MUST EAT MORE FISH, EGGS AND VEGETABLES.