**Záznam stravy a pohybové aktivity**

Ambulance nutriční terapie NutriMUNI

**Jméno:**

**Vzor**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Datum | Čas | Místo | Potravina | Množství |
| 1. 9. 2021 | 07:30 | doma | chléb Šumava | 2 krajíce |
|  |  |  | máslo | 10 g |
|  |  |  | šunka nejvyšší jakosti | 3 plátky |
|  |  |  | paprika červená | 50 g |
|  | 09:45 | ve škole | raženka | 1 ks |
|  |  |  | Rama | 10 g |
|  |  |  | Gouda 45 % | 2 plátky |
|  |  |  | ledový salát | 30 g |

**Záznam stravy**

V případě nedostatku do tabulky doplňte potřebné řádky.

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| Datum | Čas | Místo | Potravina | Množství |
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**Záznam pohybové aktivity**

V případě nedostatku do tabulky doplňte potřebné řádky.

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| Datum | Čas | Aktivita | Délka trvání |
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