**Auswertung Ernährungstagebuch**

xx.xx.22

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| **Datum:** \_\_\_\_\_\_\_\_\_\_\_\_ |  | **x Arbeitstag** |  | **freier Tag** |  | **Urlaub** |  | **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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|  | **Uhrzeit** | **Ort** | **Essen / Menge** | **Getränke** | **Eiweiß** | **KH** | **Zucker** | **Ball.** | **Fett** | **ges.** | **Kcal.** |
| **Frühstück** | **6:40** | zuhause |  |  |  |  |  |  |  |  |  |
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| zwischendurch |  |  |  |  |  |  |  |  |  |  |  |
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| **Mittagessen** | **11:00** | Schule |  |  |  |  |  |  |  |  |  |
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| zwischendurch | **14:15** | Schule |  |  |  |  |  |  |  |  |  |
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| **Abendessen** | **15:25** | zuhause |  |  |  |  |  |  |  |  |  |
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| später | **19:15** | zuhause |  |  |  |  |  |  |  |  |  |
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| **Ergebnis** |  |  |  |  |  |  |  |  |  |  |  |

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| **Kalorienbilanz** | **Eiweiß zu jeder Mahlzeit (Muskulatur)** | **Kalorienfreie Flüssigkeitsmenge** | **Zusammensetzung Fette insb. Omega 3** |
| **Essenspausen 4-5h (Insulin)** | **Gemüse u. Obst zu jeder Mahlzeit (Mikronährstoffe)** | **KH-Quellen/Zucker (Insulin)** | **Ballaststoffe 30g (Darm)** |