**Auswertung Ernährungstagebuch**

xx.xx.22

xx

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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)** |