Protein: □□□

Calcium: □□□□

Vitamin C: □□□

Green/yellow: □□□

Other fruit/veg: □□

Whole grains/legumes: □□□□□□

Iron rich: □

Fats: □□□□

Fluids: □□□□□□□□

PNV: □

Protein: □□□

Calcium: □□□□

Vitamin C: □□□

Green/yellow: □□□

Other fruit/veg: □□

Whole grains/legumes: □□□□□□

Iron rich: □

Fats: □□□□

Fluids: □□□□□□□□

PNV: □

Protein: □□□

Calcium: □□□□

Vitamin C: □□□

Green/yellow: □□□

Other fruit/veg: □□

Whole grains/legumes: □□□□□□

Iron rich: □

Fats: □□□□

Fluids: □□□□□□□□

PNV: □

Protein: □□□

Calcium: □□□□

Vitamin C: □□□

Green/yellow: □□□

Other fruit/veg: □□

Whole grains/legumes: □□□□□□

Iron rich: □

Fats: □□□□

Fluids: □□□□□□□□

PNV: □

Protein: □□□

Calcium: □□□□

Vitamin C: □□□

Green/yellow: □□□

Other fruit/veg: □□

Whole grains/legumes: □□□□□□

Iron rich: □

Fats: □□□□

Fluids: □□□□□□□□

PNV: □

Protein: □□□

Calcium: □□□□

Vitamin C: □□□

Green/yellow: □□□

Other fruit/veg: □□

Whole grains/legumes: □□□□□□

Iron rich: □

Fats: □□□□

Fluids: □□□□□□□□

PNV: □