

Monitor your nutritional status	Date	Height (kg)	Weight (m)	BMI (kg/m ²)	Waist circumference (cm)
<p>Name _____</p>					
<p>Age _____ years</p>					
<p>Gender <input type="checkbox"/> Female <input type="checkbox"/> Male</p>					
<ul style="list-style-type: none"> • Control your weight once or twice a month (at least); • Eat at least 5 portions of different fruits and vegetables every day; • Eat 3 meals per day at least (the average is 5) where 1 should be a hot meal; • Have some milk and dairy foods every day (preferably low-fat); • Stay hydrated, drink 2 L - 2.5 L of water or other non-sugar beverages per day; • Reduce salt (< 5 g/day) replacing it with herbs and spices. 					