

Monitor your nutritional status	Date	Height (kg)	Weight (m)	BMI (kg/m <sup>2</sup> )	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"> <li>• Control your weight once or twice a month (at least);</li> <li>• Eat at least 5 portions of different fruits and vegetables every day;</li> <li>• Eat 3 meals per day at least (the average is 5) where 1 should be a hot meal;</li> <li>• Have some milk and dairy foods every day (preferably low-fat);</li> <li>• Stay hydrated, drink 2 L - 2.5 L of water or other non-sugar beverages per day;</li> <li>• Reduce salt (&lt; 5 g/day) replacing it with herbs and spices.</li> </ul>										