



The X-Ray of My Plate

OBJECTIVE

Learn to analyse a dish or snack beyond calories, observing the **food matrix**, **nutrients**, **degree of processing** and identifying **simple improvements** that increase **nutritional density** without changing the plate completely.

YOUR MISSION

Choose a **dish or snack** that you usually eat and make your nutritional "X-ray".

Step 1 – Choose the dish

- Chosen dish/snack: _____
- When do you usually eat it? _____

Step 2 – Analyse the dish

Complete:

1. **Food matrix**
☐ Ultra-processed ☐ minimally processed ☐ whole ☐ food
(e.g., whole fruit vs. juice; whole wheat bread vs. crackers)
2. **Key macronutrients**
☐ carbohydrates ☐ protein ☐ fat
Which ones predominate? _____
3. **Most relevant micronutrients**
(e.g., iron, calcium, fibre, vitamins)
4. **Type of processing**
☐ low ☐ medium ☐ high
Why? _____



Step 3 — Increases nutrient density

Without changing the dish completely, it proposes **1–3 simple improvements**:

- ☐ replace soda with **water or infusion**
- ☐ **Add vegetables** to the plate
- ☐ swap **white bread for wholemeal bread**
- ☐ include **fruit** instead of sugary dessert
- ☐ other: _____

MY IMPROVEMENTS:

1. _____
2. _____
3. _____

FINAL REFLECTION

What did you learn from "looking inside" at a common dish?
What small change do you find easiest to maintain?

FOODWISELAB TIP

Improving your diet is not changing everything — it's **adjusting details** that increase nutritional quality and make a difference in your daily life.